

*"V.D. is a minor problem and can easily be cured".*

Not true. Somebody who has casual sex stands every chance of getting venereal disease at some stage.

It's on the increase. Strains which are resistant to normal treatment are now developing. It isn't easily avoidable for someone who sleeps around, because a sex-partner may not have the symptoms but can still pass it on to you. You yourself could become a 'carrier' without knowing it; you might only find out when you had a damaged baby. The gays probably won't tell you, but it's just as much a problem for homosexuals.

Nobody can make V.D. part of your life — if you say 'no'.

*"Loving means having sex."*

Real love is more than something physical — it comes before sex and it's going to last a lot longer. Don't let sex be a substitute for a loving relationship. Don't let anyone kid you it's the same thing.

In fact loving can mean — not being afraid to say 'no'.

### SAYING 'NO'

But there are more important reasons for saying 'no' than just avoiding disease. It's a question of your whole personality, your uniqueness and your freedom.

Real freedom comes from being true to your real beliefs. Saying 'no' isn't negative — 'no' to 'having sex' is saying 'yes' to a real caring relationship for the future. Sex is only really fulfilling when it's part of the total commitment of marriage.

Sleeping around cheapens sex — don't be afraid to say you're saving it for its real purpose. The people you value and are happy with will agree with you anyway, and it's friendship and love that really matter.

You're going to get asked; people are going to try it on. Don't be exploited. Affirm your own identity by saying 'no'.

Do what you know is right.

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**SAYING NO TO SEX** isn't always easy, especially when everyone's talking about it and trying to make you change your mind.

Suddenly there's lots of pressure on you: advertisements for free contraceptives, offers of abortion 'advice', posters telling you that you might be 'gay'. Everybody seems to be doing it.

You're told it's really liberated. It's the way everybody lives now. People say "You don't need to be hung up about sex now you're not a kid any more." or "How come you haven't? Nobody ever asked you?" Maybe you're afraid of losing your boyfriend or girlfriend.

It starts to seem odd to say 'no'.

### REAL LIBERATION?

But how many people are truly liberated by casual sex? There are lots of reasons why people get involved in having sex:

- trying to become more popular and be accepted
- proving their independence from their parents, showing they aren't children any more
- thinking that they're 'repressed' if they don't give in to their sexual feelings
- worrying that it's the only way not to appear homosexual.

But the people who boast about their sex lives are often the ones with the problems.

### PRESSURES ON YOU

Lots of people have an interest in making you have sex. Contraceptives, for instance are big business. That friendly hand-out telling you where to go for free advice is doing somebody's advertising for them. You're becoming part of their consumer market. Their supply creates your demand.

Does that abortion agency really care about you? Their advice may be free, but then you just become a statistic of the abortion industry.

The gays have a lot of aggressive propaganda. They try to persuade you that, if you're not actively heterosexual, you're probably a repressed homosexual - it's just a question of 'coming out'. But don't be fooled. It's rarely a biological condition. It's more a matter of conditioning. You don't have to be gay.

Plenty of people want to exploit your sex life - ideologically and commercially. Don't be a victim.

### MYTHS ABOUT SEX

Because a lot of groups have a vested interest in sex, you aren't always told the whole truth. Here are some of the things that are said:

*"So long as you've got your contraceptive, you're O.K."*

No contraceptive is 100% reliable - unless you've been surgically sterilised. The failure rates for some of the most widely used contraceptives, for instance the sheath, are surprisingly high. One of the most widely used contraceptives, the famous Pill, is far from medically safe. Its many side-effects from changes in your body chemistry are now well known, such as depression, raised blood pressure and weight increase.

The only completely safe way to avoid conception is - saying 'no'.

*"Sleeping around doesn't do you any harm."*

Whether you use a contraceptive or not, this simply isn't true. There is more and more evidence that the younger a girl is when she starts to have sex, the more likely she is to develop cancer of the womb in later life.

This isn't scare-mongering - it's scientific fact. Take care of your body - say 'no'.