

ABSTINENCE

Effectiveness (chances of NOT getting pregnant)

- 100%

What is Abstinence?

- Refraining from vaginal, anal, or oral intercourse.

Advantages of Abstinence:

- No risk of unintended pregnancy.
- No risk of becoming infected with a sexually transmitted disease.
- Opportunities to express feelings and affection for another in other ways.

Disadvantages of Abstinence:

- Both partners must agree to honor this choice.
- Partners must have excellent communication skills; yes must mean yes and no must mean no.
- May need emergency contraceptive method if this method fails.

How do I decide?

- Are you comfortable expressing your feelings for another in nonsexual ways?
- Is your partner in agreement?
- Does this method fit with your religious or moral beliefs?
- Is abstinence the best decision for you?
- Do you want to discuss this method with your clinician, family planning clinic staff, husband, partner, friend, or family member? In the Philadelphia area, click here for a list of local family planning clinics. Outside of Philadelphia, please click here for a clinic near you www.plannedparenthood.org.