

Sex, Virginity & Abstinence

People have sex for many reasons – to feel close to their partner, to show and receive affection, and to experience the physical pleasure of sex. There are also many reasons that people choose not to have sex – religious beliefs, they don't feel ready, or they have not found the right person yet. In the end, it is always your decision to have sex or not have sex, the first time and every time after.

Here are some Common sexual Behaviors...

- ☆ **Masturbation** - touching yourself in a sexual way. Partners can masturbate together and watch each other.
- ☆ **Finger Sex** - touching your partner's sexual organs with your hands.
- ☆ **Sex talk** or “talking dirty” - people saying things to each other about sexual feelings, fantasies, and acts. Sex talk can be used during sexual touching or intercourse.
- ☆ **Phone sex** - people talk sexually to each other over the phone.
- ☆ **Anal intercourse** - a penis, finger, sex toy, or other object is put inside the anus.
- ☆ **Vaginal intercourse** - a penis, finger, sex toy, or other object is put inside the vagina.
- ☆ **Oral sex** - a mouth or tongue is used to sexually stimulate someone. The tongue is used on the penis, scrotum, clitoris, vagina, anus, etc.

Other Important Terms

Abstinence – some people use the word “abstinence” to refer to not having sex. They may mean that they are not doing any sexual activities with another person at all. It can also mean that they are doing some sexual activities, just not having vaginal intercourse.

Periodic Abstinence – when someone decides to take a break from sex. People can decide to take a break from sex for a few days or a few years.

Sexual Self-Reliance – when you rely on yourself to make yourself feel sexually satisfied. This is often through masturbation. Relying on yourself is different from relying only on a partner for sexual pleasure. You can use self-exploration and masturbation to get to know your body and show your partner what you like. Being sexually self-reliant can also make sex with someone else better.

Am I a Virgin?

Virginity refers to never having had sex. For some people, being a virgin means someone has not done any sexual activities with another person. For others, being a virgin just means that someone has not had vaginal intercourse.

Myths and Facts about Virginity

- ☆ There is a virginity test.
myth! There is no medical test to tell if you are a virgin.
- ☆ If a girl breaks her hymen, she can still be a virgin.
Fact! The hymen, also known as “the cherry,” is a thin tissue that covers the vaginal opening. This tissue can break from sexual or non-sexual activities. These non-sexual activities could be riding a bike or climbing a tree.
- ☆ You can tell if someone has had sex by the way he or she looks or acts.
myth! You cannot tell if someone is sexually active by how he or she looks or acts. Everyone is different.