

You didn't get pregnant.  
You didn't get AIDS.



Revised: November 2007

OPA Office of  
Population Affairs  
Clearinghouse

**For additional copies, please contact:**  
Office of Population Affairs Clearinghouse  
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SO WHY DO YOU  
FEEL SO BAD?



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Office of Public Health and Science  
Office of Population Affairs

**NO ONE HAS INVENTED  
BIRTH CONTROL**

**THAT KEEPS YOU FROM GETTING HURT.**

**How many teens who  
have had sex** ★★★★★  
**still have each other?**

What's wrong with having sex with someone you love so much—especially when you're sure your love will last forever? The fact is, most teenage relationships don't last. Just because your body is ready for sex, that doesn't mean your mind and heart are ready.

**Getting pregnant and catching diseases**

*aren't the only ways that*

**sex can hurt you.**

Birth control fails more often than you probably imagine. In fact, there's no such thing as completely "safe sex." But even if you don't get pregnant or get a Sexually Transmitted Disease (STD), sex before you're really ready can leave emotional scars that you may feel for the rest of your life.

**You may have thought it was love,**

**but it was just having sex.**

When you're having sex with someone, it's hard to tell what you love—the person or the sex. So it's easy to wind up in a relationship with someone who's wrong for you. Waiting to have sex lets you find out if the person you're with is really someone you can love.

**Having sex is no  
guarantee**

*you'll stay together.*



Lots of teenagers give in and have sex to "keep" someone. And then that person leaves anyway. If you have sex to keep someone you care about, is that person really worth keeping?

**After you've had sex with someone,**

*breaking up hurts*  
**twice as much.**

Sex means different things to different people. Your sexual feelings for one another may be strong, but not strong enough to keep you together for many years, or to help you stand by each other in case of pregnancy, an STD or HIV/AIDS. People don't always care about each other in the same way. When you trust someone completely and then that person walks away, you may feel used in a way you never have before. It doesn't take a baby or a disease to make you feel bad. So why not wait? You may be surprised by how good it feels.

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