

Abstinence Pledge

Today I commit to Abstinence. I commit to wait until marriage to have sex. I want to be free from worry, guilt, pregnancy, sexually transmitted diseases, and the feeling of being used by others.

By making this commitment, I will be able to control my life, to like myself, to work toward personal goals, to experience healthy relationships, and enjoy being a teenager.

I make this commitment of sexual abstinence to myself, my family, my friends, and my future spouse.

Signed: _____ **Date:** _____

In order to gain support and encouragement, I will tell these people and ask them to hold me Accountable:

1. _____

2. _____