Abstinence

Many people have different definitions of abstinence with the most common being refraining from any type of sexual activity including oral, anal and vaginal-genital intercourse.

A person’s choice to abstain from sex could be for a variety of reasons including but not limited to: religion, values and beliefs, health and safety.

Additionally, some individuals choose to be periodically abstinent if their partner is studying abroad or has been deployed in the military while others feel they just haven’t met the “right” person.

For whatever reason one chooses to be sexually abstinent, it is important that all parties involved explore and communicate with their partner(s) what abstinence means for them. Having this conversation may be difficult but is essential for maintaining a healthy relationship and to prevent any miscommunication.

Being sexually abstinent is free, available to everyone, is an effective strategy to prevent sexually transmitted infections (STI) and unintended pregnancy, and has no side effects. Unfortunately for some remaining abstinent requires willpower, dedication and is difficult when things “heat up.”

Asserting your rights and expressing your feelings openly and honestly with a partner is the best strategy to getting your needs met.

Sexuality is natural and normal

Masturbation to flirting, kissing to petting, oral sex to intercourse — are all big decisions.

It involves many feelings, thoughts and responsibilities. Figuring out when you’re ready for sex continues throughout life.

Every time a sexual situation arises.

Things to consider:

- your personal values and goals;
- your feelings about the kinds of emotional and physical risks you are willing to take;
- whether you feel pressured;
- how assertive you are with your partner about what you do and don’t want to happen;
- what you want out of your relationship.

If you choose to become sexually active, there are many different forms of contraception available. The contraceptive method(s) you and your partner choose to use depends on a variety of determinants.

The percentage of MU students who have never had consensual sex.

The percentage of MU students reported to be sexually abstinent in the last 30 days.

The percentage of women who had sexual intercourse and used at least one method of contraception.