

## “CHASTITY BELTS AND OTHER METHODOLOGIES” Strategies to remain abstinent until marriage.

If you want children to practice abstinence until marriage, it will require training on the part of the parent. Remember, you did not train your children in table manners in one evening, and you will not train them in sexual abstinence in one talk. Abstinence is a lifestyle, a mind set which takes years to develop. It is really never too early to begin the process.

- Talk openly with your children about your expectations for them. Kids will generally deliver what is expected of them.
- The earlier you start the easier for all concerned. Common sense does dictate that the content of the conversation be age appropriate.
- Welcome your child's questions - in fact, invite their questions.
- If your child never asks questions it will be up to you to stimulate conversation by asking the questions of your child.
- Parents need to clearly state their family values. In addition, you **MUST SET AN APPROPRIATE EXAMPLE.**
- Talk to both your sons and your daughters. Both boys and girls need to be encouraged to adopt abstinence until marriage as a lifestyle. Just expecting girls to hold the line against premarital sex is unfair and will be unsuccessful.
- Even if you were not abstinent until marriage does not mean you can not expect it of your children. Times are different, the diseases more deadly, and the onset of sexual activity is occurring at younger and younger ages. Mistakes you made in the past should do nothing but encourage you to pass wisdom to your children so that they might avoid making the same mistakes.
- Set the rules for dating **LONG** before the dating age.
- Have a dress code and enforce it.
- Always have a curfew for your son or daughter.
- Know who they are dating.
- Have limits on which rooms in the house may be used to entertain dates.
- Think twice about leaving your child home alone after school.
- Wait up for your child.
- Develop a positive relationship between parent and child.

(see our “Building Self-Esteem” page)