

I, _____, choose to postpone sex until my marriage. If I have already been sexually active, I will claim my new virginity from this time forward.

This gives me freedom to:

- Figure out who I am and where I want to go with my life
- Build strong relationships with trust and respect
- Save myself for a deep relationship with my real deal love one day
- Have time to work hard at school, and my future plans and goals
- Have time for sports, hobbies, and friends

This gives me freedom from:

- Emotional and relational pain
- Sexually transmitted diseases and pregnancy
- Regrets, risks, and shame
- The distraction of complicated, sexual relationships

Signed: _____ Date: _____

Parent or Close Friend Signature (optional) _____