

Abstinence

What is Abstinence?

Abstinence is not having sex. If two people don't have sex, then sperm can't fertilize an egg and there's no possibility of a pregnancy.

Abstinence Protects Against Pregnancy and STIs!

- Abstinence is the ONLY form of birth control that is 100% effective in preventing pregnancy.
- The only way to avoid all STIs is to avoid all types of intimate genital contact. Some STIs are spread through oral and anal sex and even intimate skin-to-skin contact without vaginal intercourse. (However, abstinence does not prevent all spread of HIV because HIV can be spread through shared needles from drug use, tattooing, or taking steroids.)
- Abstinence only works if it is practiced all the time. Having unprotected sex even once means that the person risks getting pregnant or an infection.

Are You Ready for Another Baby?

Here are some things to think about when deciding if you're ready to have another baby.

Is this the right time for me to have another child?

- Do I have the time and energy for an infant?
- Do I want to go back to school to get a degree or my GED?
- Am I currently physically and emotionally healthy enough to get pregnant?
- Will having another child make it too hard for me to care for the children I already have?
- Am I in an age group that places my pregnancy or my baby at risk?

Do I have my family's support in having another child?

- Does my partner want another child?
- Is my marriage/relationship stable?
- Will my family members offer help and support in caring for the new baby?

How will another child affect my relationship with my partner?

- Will a new baby take too much time away from the time my partner and I share?
- Will my partner support me with the new baby, financially and in daily activities?
- Will I be able to leave the house to spend time with my partner?
- Can my partner deal with another child in the home?

Will I be able to support my new baby and the rest of my family?

- Do I have the financial resources (it takes about \$9,000 a year to feed, clothe, house, and keep a child healthy) to support a new baby?
- How much will my child care costs increase?
- Will I be able to continue to work the same number of hours after the new baby arrives?

- How much time off will my employer give me during my pregnancy and after the birth of my baby? (The Family and Medical Leave Act requires most employers to give employees 12 weeks of unpaid, job-protected leave following childbirth.)

Do I have the medical support I need in order to have a healthy baby?

- Do I have medical insurance?
- Do I qualify for Medicaid?
- Do I qualify for Florida KidCare?