



GUARD YOUR HEART. GUARD YOUR MIND. GUARD YOUR BODY.

American College of Pediatrics Strongly Endorses Abstinence Education

Independence, MO, March 19 - When the United States Centers for Disease Control and Prevention, the Archive of Pediatric & Adolescent Medicine (a part of the American Medical Association), and the American College of Pediatricians agree on a topic, and are **all** willing to publish their information, it would be wise to sit up and take notice.

Recently, all of the agencies that are responsible for tracking and reporting adolescent health related trends and issues to the public, have taken the same stance on a controversial topic. That topic is Abstinence. “The American College of Pediatrics strongly endorses abstinence-until-marriage sex education and recommends adoption by all school systems in lieu of ‘comprehensive sex education’”. (Recent ACP press release, underline added.)

For years the CDC has stated that abstinence is the only 100% effective way to prevent the spread of STDs/STIs and pregnancy, but now the American Medical Association Archive of Pediatric & Adolescent Medicine have concluded a study of young people in an abstinence based curriculum, and they have come to the same conclusion. The research provides data that indicates a drop in the number of young, at-risk, students who will begin sexual activity as a teen. The study showed that more young people who had been through an abstinence based sex education course had put-off sexual activity after completion of a 24 month study.

As the tide toward agreement on the effectiveness of abstinence based education rises, it is not surprising that the group of people responsible to uphold the “human right to the highest attainable standard of health”, the American College of Pediatricians, has established that abstinence based character education is not only of utmost importance to the physical health of adolescents in preventing STDs and teen pregnancy, but also is **vital** to the emotional well-being of today’s teens. Their recent report on abstinence education states that “sexual activity alone has been acknowledged as an independent risk factor for developing low self esteem, major depression, and attempting suicide.”

As the United States faces a culture changing decision on health-care, it must be pointed out that in this country alone \$15.3 billion is spent annually on just the care and treatment of Sexually Transmitted Infections. These costs include treatment for those infected with HIV and subsequent AIDS related illnesses, HPV and its symptoms, Herpes with its lifelong symptoms and possibly deadly impact on infants born to infected mothers. **The obvious conclusion is that the *sexual* spread of these diseases can be halted when the population stops participating in at-risk *sexual* behavior.** Then why limit the level of education to the nation’s youth?

The report from the American College of Pediatricians also states that “Almost 40 years of emphasis on ‘safer sex’ with ‘values-neutral sex education’, condoms and contraception has clearly failed our young people.” American statistician W. Edwards Deming is credited for saying that “Your system is perfectly designed to give you the results you are getting.” The results that have been produced in this country over the last 40 years are directly related to the education that this country’s schools have been producing. The future of this nation deserves more than just “be safe”. They deserve a positive message that says, “You are valuable, precious, and irreplaceable, and you are worth saving for marriage”.