

# Do you wanna know the **truth** about **sex**?

The **truth** is...saving sex for **marriage** brings you:

- No Regrets
- Higher Self-esteem
- Self Control
- Fewer Conflicts
- Good Health
- Deeper Friendships

## The Science of **SEX**



### During sexual activity,

powerful hormones are released in the brains of men and women that produce lasting bonds with their partner. The most influential of these hormones are oxytocin and vasopressin. Oxytocin is a bonding hormone released during childbirth and nursing that causes the mother to bond with her infant. It is also released during sexual activity and acts as emotional super glue between partners.<sup>1</sup> Both men and women have oxytocin and release it during sexual activity, but women are more affected by oxytocin and men by vasopressin, another bonding hormone released during sex. Vasopressin helps a man bond to his partner and instills a protective instinct toward his partner and children.<sup>2,3</sup>

This bonding effect of sex, due to hormones oxytocin and vasopressin, can be compared to taping a couple's arms together with packing tape. Imagine ripping off the tape and using the same piece of packing tape to wrap the girl's arm to a new guy's arm. What happens is not exactly pleasant. By switching partners several times, particles of skin and hair left on the tape reduce the adhesiveness so it doesn't attach effectively. The same is true of sex. Research suggests the ability to bond and produce oxytocin is damaged by the stress hormones released during a break-up. Just like debris on packing tape, previous sexual experiences reduce the ability to bond correctly. Oxytocin levels can return to normal if sexual activity is stopped and time is given to address physical and emotional healing.<sup>4</sup> Refrain from getting into a new relationship for a year or two and commit to save sex for marriage.

Conversly, imagine the packing tape was never removed. The packing tape would begin to feel like a part of the arm and the adhesion would be strong.<sup>5</sup> When a couple waits until marriage to have sex, and remains faithful to each other during marriage, oxytocin and vasopressin increase the biological bond between the husband and wife.

<sup>1</sup>The female Brain. 2006; <sup>2</sup>Nature. Oct 7, 1993; <sup>3</sup>Progress in Brain Research. 1998; <sup>4</sup>Keroak, Eric, M.D. "Oxytocin: Is This Nano-Peptide a Chemical Type of Human Super Glue?" 2006; <sup>5</sup>Ibid.

The **truth** is...choosing sex *now* will cause **harm** to you:

- PHYSICALLY:** sexual diseases, unnecessary medical procedures
- EMOTIONALLY:** guilt, heartbreak, lower self-esteem, emotional baggage
- SOCIALLY:** damaged relationships, possible parenting responsibilities
- MENTALLY:** loss of focus, conflicts, inability to exercise mental power
- MORALLY:** inability to know right from wrong, unclear values

**Your choice - choose wisely!**

**20 MILLION**  
Americans affected with HPV  
(Human Papillomavirus)



**1 out of 6 people**  
have **genital herpes**

**43%**  
of US females  
have **HPV**

Will you be  
a **statistic** or  
wait for **true love**?

Love vs. Lust...what's the diff?

LUST can't wait to *get*.

LOVE can wait to *give*.

**True love** is when someone can tell you,  
"My love will **never** hurt you,  
will **never** use you or abuse  
you, and you will be a **better**  
person because **I love you!**"

Wanna chat more about **love, sex,** and **relationships?**

Text/call **607.205.8506** or visit **LifeChoicesCenter.org/HealthyRelationships**