



Sex and Love

1. Love comprises three essential components, namely intimacy, passion and commitment.
2. Sex is a normal behavior displayed on the basis of mutual affection (intimacy and passion) and marriage (commitment). It is not a momentary pleasure and is instead an intimate relationship which requires deep emotion, capacity to shoulder responsibilities and commitment through marriage.
3. Sexual impulse is a natural and normal physiological response which can be controlled, or else making love may occur. When males are driven by sexual impulse, their penis would be engorged with blood, followed by enlargement and erection, and probably ejaculation. As for females, their responses are less noticeable which may include increased clitoral blood flow and vaginal secretion.
4. Adolescents are prone to develop sexual impulse as a result of visual, audio and tactile stimuli. Therefore, you should protect and avoid letting others touch your genitals and sensitive areas, stay away from obscene articles and refrain from wearing seductively. Moreover, you should avoid spending time with the opposite gender alone at romantic and quiet locations where sexual impulse could be readily induced. You should participate in more group activities instead.
5. Ways to deal with sexual impulse:
 - ✚ leave the scene immediately to avoid doing something which is even more intimate;
 - ✚ cease having sexual fantasies;
 - ✚ drink some water or wash your face with cold water to calm down yourself; consider the consequences of having sex; and
 - ✚ divert your attention by ways such as doing exercises.
6. Pre-marital sex may lead to consequences which both sides are unwilling and unable to bear, such as mental stress, deterioration of relationship and pregnancy. Therefore, adolescents must not be reckless and should reject sexual advances resolutely while saying “no” to avoid doing something regretful.

