

## WRONG OBJECTIVE, MAYBE?

An article in the Oct 2013 *Journal of the American Medical Association* found that counseling people who take a rapid HIV test on how to reduce their risk for sexually transmitted diseases (STDs) was not effective.

The researchers found that “brief risk reduction” counseling for these at-risk patients did not reduce the incidence of STDs — meaning their rates of infection did not go down. They concluded therefore the solution was *more extensive* counseling when administering the HIV tests.

But what if it wasn't the *length of time* taken to counsel the patient that was ineffective? What is what there were counseling the *patient to DO* was ineffective?



The objective of the “brief” counseling given to the at-risk patients in these clinics was intended to “increase their consistent use of condoms.” Even the CDC acknowledges in the case of some STDs condoms provide little or no protection.

So, if USING CONDOMS doesn't actually decrease the number of infections, then it doesn't really matter if there is “brief” or “extensive” behavioral counseling. However, this was not a recommendation the researchers made. Clearly, there is an assumption that the reason patients are still getting infected must be linked to the *counseling* that doesn't work, not the use of *condoms* which don't.

But In Real Life the ONLY way to eliminate the risk of contracting STDs is sexual self-control.

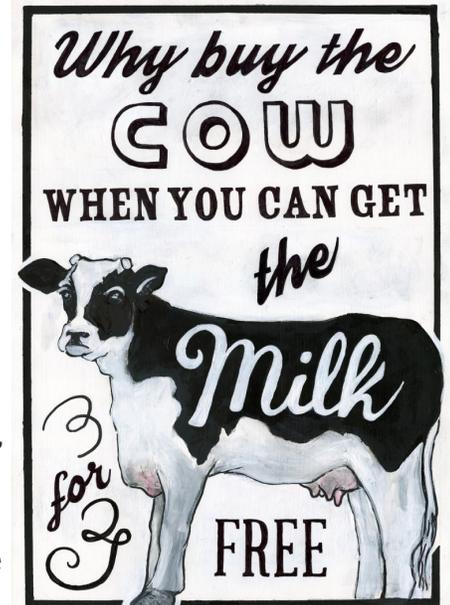
Back in the day there was a saying, “*Why buy the cow when you can get the milk for free?*”

It is not something that is easily understood by teenage girls today. They have been taught that being “Friends With Benefits” **empowers WOMEN.**

(Are you shaking your head, saying, “*Whaat?*”)

How do girls fall for this.? Two reasons. First, because sex seems to be REALLY important to boys, so it's easy to believe if he gets sex, then love will follow. Ask any guy, however, and he will say, that RARELY happens because she is showing him a guy doesn't need to do much to get her in bed. For guys that means: No **challenge** and no **trust**.

Second, because a teen's world is filled with taunts, critiques and ridicule, it's easy to believe if they “practice” at sex now, they won't be embarrassed later. *Inexperience equals humiliation.* They think its



the same as not being a good dancer.

I remember a pair of girls who talked to me after a school presentation: “I'm glad you came. My friends and I were planning to have sex with random guys this weekend to get it over with.”

These two girls attend one of better schools in the Valley. Their teachers tell me they get good grades and cause no trouble. And I'm pretty sure their parents assume they're making good decisions about sex because they're good students.

## LoveFest 14 - Feb. 13, 2016

TEENS: Hear from experts discussing today's tough topics & how to deal with them!  
ADULTS: Plenty of sessions for you, too. If you know a teen, this is a 'MUST SEE' event!  
YOUTH/SR PASTORS: Fun & educational... for the entire Congregation... from a Christian perspective!



This event sponsored by Our Savior Lutheran Church in Arcadia, CA brings lots of talented people together to offer a positive Christian view of sexual self-control. Please go to [www.lovefestosl.com](http://www.lovefestosl.com) to see the line up of talent & register (meals included for \$25).

It is also an opportunity to see adult and teen workshops by Jim and Karen Kropf on the same day!

## STRANGE NEW TREND

From an article in the Online Magazine  
*McClatchy D.C.*

- 27.6 % of single Japanese men and 22.6 % of single Japanese women have no interest in engaging in a relationship with the opposite sex.
- 41.6 % of males in their 20s have never dated anyone.
- 23.8 % of females and 10.1 % of males who told government surveyors sex was too much work.

"The world is pretty established as single-person-based, so there is not much inconvenience," said another 30-something Japanese. "I cannot really imagine having people in my life."

Large Japanese cities offer every imaginable convenience tailored specifically to singles' needs – including physical. Even life-like sex dolls are easily found for those who want the human touch without touching a human. For many Japanese singles, apparently, there's no need for a live partner.

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Japan's birthrate has been in decline for years, too.



### **This Month's Coaching Exercise**

College students often tell me, they had no idea how much things **cost**. Food was just "there" when they lived at home. They had no idea if they were getting a bargain on avocados or where to cut back spending to stay on budget.

Since ninety percent of all relational FAILS have a **financial** problem in the middle of it, learning to manage money, time and other resources is a **PRICELESS** skill!

**EXERCISE:** Give your adolescent the experience of figuring out what "stuff" costs. Give them your typical grocery list and have them go into the market **WITHOUT YOU**. Whether they make the purchase or not doesn't really matter, as long as they record how much each item costs. Then give them a budget of \$40 or \$50 less than the total and have them figure out what they would cut, or replace.

If they can practice, even as a teen, before they have to do it in Real Life, it will give them confidence in their ability to make decisions when they leave the nest. But more importantly, this is a **GREAT** way to show your child you are practicing thinking of them as an **ADULT** and that is essential if you're going to be included *in their adult decisions!*

Remember your goal as a coach is **NOT** to supply the right answers, but teach them to make a right decisions. If you tell them what they "should" think, it short-circuits the development of the neural network they will need to act or answer when you are not there.

***If you need help or resources, we are just a phone call or email away!***

Call **818-357-2050** or email  
[justask@PositivelyWaiting.com](mailto:justask@PositivelyWaiting.com)



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