

# Top 10 Reasons Why CHOCOLATE is Better than SEX

10. You can have chocolate in front of your parents.
9. If you have to pay for your chocolate, it's not too expensive.
8. Nobody starts rumors about who you had chocolate with.
7. The word "commitment" doesn't scare off chocolate.
6. Chocolate is satisfying even if it's gone soft.
5. You can have chocolate with a group of friends without being obscene.
4. A big piece of chocolate lasts longer, but even a small piece is satisfying.
3. You can have chocolate in the library without upsetting other students.
2. It's easy to GET chocolate any time you want.
1. Chocolate is just as attractive when you're sober!!!



# The Dating Bill of Rights

1. I have the right to refuse to date anyone.
2. I have the right to be respected as a person.
3. I have the right to disagree with my date.
4. I have the right to be loved.
5. I have the right to be cared about.
6. I have the right to various levels of intimacy.
7. I have the right to say NO.
8. I have the right to know who I am.
9. I have the right to know who I am dating.
10. *I have the right to refuse to have sex.*

## Available Resources

### Information

life.wlu.edu  
www.nomoho.org

### Recreation

outingclub.wlu.edu  
commons.wlu.edu/events  
campuslife.wlu.edu  
www.lexingtonvirginia.com

### Support

Counseling Center x8590  
Peer Counselors  
DCs and RAs



NOT  
Having...

Sex

in

Big

Lex

# Reasons to ABSTAIN

- ◆ Only 100% effective method of contraception
- ◆ Only 100% effective method of preventing STIs
- ◆ Decreases the risk of cervical cancer
- ◆ Religious reasons
- ◆ You don't feel ready to have sex
- ◆ You're uncomfortable with the idea of sex in general, or just at the moment
- ◆ To focus on getting to know your significant other as a person
- ◆ Time to reflect on the emotional rigors of a previous intimate relationship
- ◆ Morality- a belief that sex belongs only in marriage

*Because You Can*

**A** *go hiking on House Mountain* *take a drive on the Blue Ridge Parkway*

**L** *go star-gazing at the ruins*

**T** ~~code-line~~ ~~together~~ *take an outing club trip*

**E** *Support a W&L athletic team* *have a picnic at Goshen*

**R** *volunteer together* *go to the drive-in*

**H** **play at a local playground** *give each other a foot and hand massage* **have a snowball fight**

**A** *leave each other love notes* *go to a play at Lenfest or Limekiln*

**T** *go kite flying* *take pictures together* *go bowling*

**I** *dance together in your room*

**V** *go for a jog* **FLIRT WITH ONE ANOTHER** *go to a concert*

**E** *give flowers just because* *have coffee* **watch the sun set**

**S** *play frisbee* *read a book together* *play a board game*

*leave a rose on your girlfriend or boyfriend's windshield*

# ABSTINENCE

*is always an option*

- ◆ Even if you're not a virgin
- ◆ Even if it's only for tonight
- ◆ Even if it's with someone you've slept with before
- ◆ Even if it's with a serious boyfriend or girlfriend

## Sticking to Your Decision

### *Tips to Help*

- ◆ Discuss it openly with your partner
- ◆ Be clear about what you will and will not do sexually
- ◆ Don't send mixed messages
- ◆ Pace your alcohol consumption
- ◆ Don't put yourself in situations that will make your previous decision difficult to honor