

## Abstinence Contract

I, \_\_\_\_\_ Teen's Name \_\_\_\_\_, and I, \_\_\_\_\_ Teen's Name \_\_\_\_\_, agree to abstain from sexual contact and activities until we move out of our parents' houses, get married, turn 18, etc.. We agree to comport ourselves in a mutually respectful manner and to stay away from risky behavior.

We agree to abstain from the following activities:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

We agree that the following activities are appropriate:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

If we violate the above agreement, we agree to the following punishments or restrictions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

We understand that this contract is designed to promote safe and respectful behavior and we agree to talk to a trusted adult such as a parent or counselor if either of us has doubts, concerns or questions.

\_\_\_\_\_  
Teen's Signature

\_\_\_\_\_  
Teen's Signature

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date