

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

Opinion

ABSTINENCE: What a concept!

By Richelle Wiseman, Multi-faith Chaplaincy coordinator

Abstinence is a choice that is often left off the menu, though in many ways it offers the safest sex and safest emotional health possible. Saying “no” now can be a terrific “yes” to your future.

1 Abstinence can guarantee 100 per cent effectiveness in preventing unwanted pregnancies and in preventing sexually transmitted diseases. No other birth control method can make that claim.

2 Abstinence is a way to preserve a person’s health, peace of mind and emotional well-being. It also establishes a personal boundary, which preserves self-esteem. Young adults should focus on their education and career development rather than face the emotional turmoil of a sexual relationship complete with the worry of potential pregnancy and disease.

3 Abstinence is a practice which values sexuality highly and reserves intercourse for the context of a mature relationship that includes commitment, mutual respect, shared spiritual values and wholeness as key ingredients.

Registered
Dietician

Rory
Hornstein

is BACK to talk about

NUTRITION
+ STRESS

12 p.m. to 1 p.m.
room EA1026

March 29



How effective are these birth control methods...

For more information, contact a nurse in Health Services (440.6326)

(Source: www.cbca.ab.ca)

Birth Control Method	Effectiveness (%)
Birth control pill (combination pill)	97%–99%
Birth control pill (progestin only/mini-pill)	95%–99%
Chance	15%
Condoms (female)	79%–95%
Condoms (male)	75%–97%
Continuous abstinence*	100%
Depo-Provera (the shot)	99%
Diaphragm (with spermicide)	80%–94%
Emergency Contraception Pill (ECP)	75%–89%
Fertility awareness (natural family planning)	70%–85%
Intrauterine Device (IUD)	98%–99%
NuvaRing (the ring)	99%
OrthoEvra (the patch)	99%
Spermicide only	71%
Sponge	80%–91%
Tubal ligation (sterilization for women)	99%
Vasectomy (sterilization for men)	99%
Withdrawal	73%

*the only 100% effective method of preventing the transfer sexually transmitted infections