



Emotional and Mental Health Outcomes Correlated with Teen Sex

Sex during teenage years is linked to higher risk for:

- Depression¹
- Suicide²
- Drug use³

Waiting for sex increases the opportunities for:

- Better grades and education⁴
- Better long-term relationship health⁵
- Better mental and physical health⁶

¹ Mendle et al., "Depression and Adolescent Sexual Activity in Romantic and Nonromantic Relational Contexts" (2013); Vasilenko, Kugler, and Rice, "Timing of First Sexual Intercourse and Young Adult Health Outcomes" (2016); Savioja et al., "Sexual Experience and Self-Reported Depression across the Adolescent Years" (2015).

² Smith et al., "Sexual Behavior and Suicide Attempts among Adolescents Aged 12–15 Years" (2020); Baiden et al., "Association between First Sexual Intercourse and Sexual Violence Victimization, Symptoms of Depression, and Suicidal Behaviors among Adolescents in the United States" (2021); Kim et al., "Association between Sexual Behavior and Depression in South Korean Adolescents" (2021).

³ CDC, "Substance Use and Sexual Risk Behaviors Among Youth" (2018); Clayton et al., "Nonmedical Use of Prescription Drugs and Sexual Risk Behaviors" (2016); Cavazos-Rehg et al., "Number of Sexual Partners and Associations with Initiation and Intensity of Substance Use" (2011); Cornelius et al., "Early Age of First Sexual Intercourse and Affiliation with Deviant Peers Predict Development of SUD" (2007).

⁴ Pham, Keenan, and Han, "Evaluating Impacts of Early Adolescent Romance in High School on Academic Outcomes" (2013); Frisco, "Adolescents' Sexual Behavior and Academic Attainment" (2008); McCarthy and Grodsky, "Sex and School" (2011); Raspberry, "Health-Related Behaviors and Academic Achievement Among High School Students" (2017).

⁵ Magnusson, Nield, and Lapane, "Age at First Intercourse and Subsequent Sexual Partnering among Adult Women" (2015); Paik, "Adolescent Sexuality and the Risk of Marital Dissolution" (2011); Sassler, Addo, and Lichter, "The Tempo of Sexual Activity and Later Relationship Quality" (2012); Longmore et al., "A Prospective Study of Adolescents' Sexual Partnerships" (2016).

⁶ Edelstein et al., "Age of Diagnosis of Squamous Cell Cervical Carcinoma and Early Sexual Experience" (2009); Epstein et al., "Adolescent Age of Sexual Initiation and Subsequent Adult Health Outcomes" (2018); Ngueta and Ndjaboue, "Early Sexual Experience and Hypertension in US Adults" (2018); Rotz et al., "Assessing the Benefits of Delayed Sexual Activity: A Synthesis of the Literature" (2020); Wesche et al., "Early Sexual Initiation and Mental Health" (2017).