



SEX AND RELATIONSHIPS CURRICULUM

CITATIONS FOR 2023 WILLING TO WAIT MS PARENT HANDBOOK

1. 75.6% Of Michigan high school students have not had sex.

“Youth Risk Behavior Surveillance — United States, 2021.” MMWR Supplement, 72, no.1. *Centers for Disease Control and Prevention*, April 28, 2023.

Centers for Disease Control and Prevention (CDC). 1991-2021 High School Youth Risk Behavior Survey Data. Available at <http://yrbs-explorer.services.cdc.gov/>. Accessed on July, 24, 2023.

For older data, see: “Youth Risk Behavior Surveillance — United States, 2019.” *Centers for Disease Control and Prevention*, MMWR, 69, no. 1 (2020). See Table 131 in https://www.cdc.gov/healthyyouth/data/yrbs/2019_tables/pdf/2019_MMWR-SS_Tables.pdf

2. 80% Of Kent County high school students have not had sex.

Michigan Department of Education. “Michigan Profile for Healthy Youth: 2019-2020 Kent County,” 2020. <https://mdoe.state.mi.us/schoolhealthsurveys/ExternalReports/CountyReportGeneration.aspx>.

There is a newer sample from the 2021-2022 academic year with a slightly lower number of 78.8% students who have not had sex. However, that number was based on a small sample size that included more 11th graders than most other years. The link above can be used to access reports from any available year.

3. Parents are the single most influential factor.

Albert, B. “With One Voice 2012: America’s Adults and Teens Sound Off About Teen Pregnancy.” Washington, D.C: The National Campaign, 2012. <https://thenationalcampaign.org/resource/one-voice-2012>.

Kim, Christine. “Teen Sex: The Parent Factor.” Backgrounder. Washington, D.C: The Heritage Foundation, October 7, 2008. <http://www.heritage.org/research/reports/2008/10/teen-sex-the-parent-factor>.

4. Teens want their parents to talk with them about sex.

Albert, B. “With One Voice 2012: America’s Adults and Teens Sound Off About Teen Pregnancy.” Washington, D.C: The National Campaign, 2012. <https://thenationalcampaign.org/resource/one-voice-2012>.

Kim, Christine. “Teen Sex: The Parent Factor.” Backgrounder. Washington, D.C: The Heritage Foundation, October 7, 2008. <http://www.heritage.org/research/reports/2008/10/teen-sex-the-parent-factor>.

5. The adolescent brain is still in the process of developing.

Casey, B.J., Rebecca M. Jones, and Todd A. Hare. “The Adolescent Brain.” *Annals of the New York Academy of Sciences* 1124 (March 2008): 111–26. doi:10.1196/annals.1440.010.

National Institute of Mental Health. “The Teen Brain: Still Under Construction.” Accessed December 5, 2016. <https://www.nimh.nih.gov/health/publications/the-teen-brain-still-under-construction/index.shtml>.

Blakemore, Sarah-Jayne. *The Mysterious Workings of the Adolescent Brain*. TED: Ideas Worth Spreading. June, 2012. https://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain.

Blakemore, Sarah-Jayne. “THE ADOLESCENT BRAIN | Edge.org,” June 5, 2012. https://www.edge.org/conversation/sarah_jayne_blakemore-the-adolescent-brain.

Griffin, Angela. “Adolescent Neurological Development and Implications for Health and Well-Being.” *Healthcare* (Basel, Switzerland) 5, no. 4 (September 29, 2017): 62. <https://doi.org/10.3390/healthcare5040062>.

6. 148,850 teens in the U.S. gave birth in 2021.

Osterman, Michelle J. K., Brady E. Hamilton, Joyce A. Martin, Anne K Driscoll, and Claudia Valenzuela. "Births: Final Data for 2021." *National Vital Statistics Reports* 72, no. 1 (January 31, 2023). <https://www.cdc.gov/nchs/data/nvsr/nvsr72/nvsr72-01.pdf>.

See also:

Martin, Joyce A., Brady E. Hamilton, Michelle J. K. Osterman, and Anne K Driscoll. "Births: Final Data for 2019," *National Vital Statistics Reports*, Volume 70, no. Number 2 (March 23, 2021). <https://www.cdc.gov/nchs/data/nvsr/nvsr70/nvsr70-02-508.pdf>

Maddow-Zimet, Isaac, and Kathryn Kost. "Pregnancies, Births and Abortions in the United States, 1973–2017: National and State Trends by Age." Guttmacher Institute, March 2, 2021. <https://doi.org/10.1363/2021.32709>.

Maddow-Zimet, Isaac, and Kathryn Kost. "Pregnancies, Births and Abortions in the United States, 1973–2017: National and State Trends by Age; Appendix Tables." Guttmacher Institute, March 2, 2021. <https://doi.org/10.1363/2021.32709>.

7. Teenage pregnancy can cause financial hardships, lower educational levels, and fatherless homes.

This is a summary statement based on more specific data. One report, based on information from the population data published by the Census Bureau in September, 2011 made the following observations:

- "In 2010, the poverty rate among single-mother families with children under the age of six was 54.0 percent." (Page 3)

- "...in 2010, the poverty rate for single-mothers aged 18-24 was 67 percent..." (Page 4)

- "Children growing up in single-mother households experience higher rates of poverty than those growing up in married-couple households (46.9 percent versus 11.6 percent, in 2010)." (Page 5)

Redd, Zakia, Tahilin Sanchez Karver, David Murphey, Kristin Anderson Moore, and Dylan Knewstub. "Two Generations in Poverty: Status and Trends among Parents and Children in the United States, 2000-2010." *Child Trends Research Brief*. Washington, D.C.: Aspen Institute, November 2011. <http://www.childtrends.org/wp-content/uploads/2011/11/2011-25DUPGenerationsInPoverty.pdf>.

Another report notes that "67% of teen mothers who moved out of their own families' household live below the poverty level," and "63% of teen mothers receive some type of public benefits within the first year after their children were born."

"Why It Matters: Teen Childbearing, Education, and Economic Wellbeing." *The National Campaign to Prevent Teen and Unplanned Pregnancy*, July 2012.

"About Teen Pregnancy | Teen Pregnancy | Reproductive Health | CDC." Accessed July 14, 2016. <http://www.cdc.gov/teenpregnancy/about/>.

Klepinger, Daniel H., Shelly Lundberg, and Robert D. Plotnick. "Adolescent Fertility and the Educational Attainment of Young Women." *Family Planning Perspectives*, 1995, 23–28.

Mollborn, Stefanie. "Exploring Variation in Teenage Mothers' and Fathers' Educational Attainment." *Perspectives on Sexual and Reproductive Health* 42, no. 3 (September 2010): 152–59. doi:10.1363/4215210. This study does not necessarily support the above claim, but provides a more nuanced look at how pregnancy affects teen mothers and fathers differently.

Hoffman, Saul D. "By the Numbers: The Public Cost of Teen Childbearing." National Campaign to Prevent Teen Pregnancy. Washington, D.C., October 2006.

8. If a teenager finishes high school, holds a full-time job, waits until they are 21 years or older, and gets married before having a child, there is a very small chance that the child will grow up in poverty.

Wang, Wendy, and W Bradford Wilcox. "THE MILLENNIAL SUCCESS SEQUENCE." Institute for Family Studies, 2017. <https://www.aei.org/wp-content/uploads/2017/06/IFS-MillennialSuccessSequence-Final.pdf?x91208>

Wang, Wendy, and Brad Wilcox. "The Power of the Success Sequence for Disadvantaged Young Adults." Institute for Family Studies, American Enterprise Institute, May 2022. <https://ifstudies.org/ifs-admin/resources/reports/successequencedisadvantagedya-final.pdf>.

Haskins, Ron, and Isabel V. Sawhill. *Creating an Opportunity Society*. Washington, D.C: Brookings Institution Press, 2009.

Isaacs, Julia B., Isabel V. Sawhill, and Ron Haskins. "Getting Ahead or Losing Ground: Economic Mobility in America." *Brookings Institution*, 2008. <http://eric.ed.gov/?id=ED500256>.

"Teenage Births: Outcomes for Young Parents and Their Children." Albany, New York: Schuyler Center for Analysis and Advocacy, December 2008. http://www.scaany.org/documents/teen_pregnancy_dec08.pdf.

"Why It Matters: Teen Pregnancy, Poverty, and Income Disparity." The National Campaign to Prevent Teen Pregnancy, March 2010. teenpregnancy.org

A discussion of the limitations of the "Success Sequence" can be read in the essay by Michael Tanner below. The "Success Sequence" is a description of predictive markers for attaining the middle class. There is debate over whether these three steps are also valid strategies for avoiding poverty. In other words, does the "Success Sequences" show causation or mere correlation?

Tanner, Michael. "The Success Sequence - and What It Leaves Out." *Cato Unbound: A Journal of Debate*, May 9, 2018. <https://www.cato-unbound.org/2018/05/09/michael-d-tanner/success-sequence-what-it-leaves-out>.

9. The typical failure rate of a condom to prevent pregnancy is 13%. The failure rate of the pill is 7%.

Hatcher, Robert A. *Contraceptive Technology*. 21 edition. Managing Contraception LLC, 2018. <http://www.contraceptivetechnology.org/wp-content/uploads/2013/09/Contraceptive-Failure-Rates.pdf>.

Centers for Disease Control. "Contraception | Reproductive Health | CDC," August 13, 2020. <https://www.cdc.gov/reproductivehealth/contraception/index.htm>.

"Contraceptive Use in the United States | Guttmacher Institute." Guttmacher Institute, October 2015. <https://www.guttmacher.org/fact-sheet/contraceptive-use-united-states>.

10. How STDs Spread.

"HIV Transmission | HIV Basics | HIV/AIDS | CDC." Accessed June 30, 2016. <http://www.cdc.gov/hiv/basics/transmission.html>.

"STD Facts - Genital Herpes," Accessed July 25, 2023. <http://www.cdc.gov/std/herpes/stdfact-herpes.htm>.

"STD Facts - Human Papillomavirus (HPV)," May 16, 2016. <http://www.cdc.gov/std/hpv/stdfact-hpv.htm>.

"Fact Sheet for Public Health Personnel | Condom Effectiveness | CDC," March 25, 2013. <http://www.cdc.gov/condomeffectiveness/latex.html>.

Wald, A., M. Ericsson, E. Krantz, S. Selke, and L. Corey. "Oral Shedding of Herpes Simplex Virus Type 2." *Sexually Transmitted Infections* 80, no. 4 (August 1, 2004): 272–76. <https://doi.org/10.1136/sti.2003.007823>.

D'Souza, Gypsyamber, Yuri Agrawal, Jane Halpern, Sacared Bodison, and Maura L. Gillison. "Oral Sexual Behaviors Associated with Prevalent Oral Human Papillomavirus Infection." *The Journal of Infectious Diseases* 199, no. 9 (May 1, 2009): 1263–69. <https://doi.org/10.1086/597755>. (This study showed an association between various non-sexual activities like deep kissing and sharing oral hygiene products and HPV infection. Subsequent publications below qualified that as a low or theoretical risk.)

11. The World Health Organization lists approximately 30 known STDs today.

"Sexually Transmitted Infections (STIs)." Accessed July 17, 2019. [https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-\(stis\)](https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-(stis)).

12. According to the Centers for Disease Control (CDC) there will be approximately 26 million new cases of STIs this year. About half of those new cases affect young adults between the ages of 15 and 25.

Kreisel, Kristen M., Ian H. Spicknall, Julia W. Gargano, Felicia M. T. Lewis, Rayleen M. Lewis, Lauri E. Markowitz, Henry Roberts, et al. "Sexually Transmitted Infections Among US Women and Men: Prevalence and Incidence Estimates, 2018." *Sexually Transmitted Diseases* 48, no. 4 (April 2021): 208–14. <https://doi.org/10.1097/OLQ.0000000000001355>.

Weinstock, Hillard S., Kristen M. Kreisel, Ian H. Spicknall, Harrell W. Chesson, and William C. Miller. "STI Prevalence, Incidence, and Costs in the United States: New Estimates, New Approach." *Sexually Transmitted Diseases* 48, no. 4 (April 2021): 207. <https://doi.org/10.1097/OLQ.0000000000001368>.

13. According to the CDC, the best and most effective protection from an STD is abstinence.

"Sexual Behaviors | Adolescent and School Health | CDC." Accessed July 15, 2016. <http://www.cdc.gov/HealthyYouth/sexualbehaviors/>.

"What Is Abstinence? | Preventing Pregnancy and STDs." Accessed August 3, 2016. <https://www.plannedparenthood.org/learn/birth-control/abstinence>.

14. Condoms reduce but do not eliminate the risk of getting STDs.

"Fact Sheet for Public Health Personnel | Condom Effectiveness | CDC," March 25, 2013. <http://www.cdc.gov/condomeffectiveness/latex.html>.

Smith, Dawn K., Jeffrey H. Herbst, Xinjiang Zhang, and Charles E. Rose. "Condom Effectiveness for HIV Prevention by Consistency of Use among Men Who Have Sex with Men in the United States." *Journal of Acquired Immune Deficiency Syndromes (1999)* 68, no. 3 (March 1, 2015): 337–44. doi:10.1097/QAI.0000000000000461.

15. You cannot tell who is infected with an STD without testing.

Farley, Thomas A, Deborah A Cohen, and Whitney Elkins. "Asymptomatic Sexually Transmitted Diseases: The Case for Screening." *Preventive Medicine* 36, no. 4 (April 2003): 502–9. doi:10.1016/S0091-7435(02)00058-0.

16. You will never get rid of some viral STDs – HIV, Herpes, and (possibly some times of) HPV.

"STD Facts - Human Papillomavirus (HPV)," May 16, 2016. <http://www.cdc.gov/std/hpv/stdfact-hpv.htm>.

"STD Facts - Genital Herpes," May 19, 2016. <http://www.cdc.gov/std/herpes/stdfact-herpes.htm>.

"STD Facts - HIV/AIDS & STDs." Accessed November 14, 2016. <http://www.cdc.gov/std/hiv/STDFact-STD-HIV.htm>.

17. Often there are no symptoms to warn you.

The number "80%" is used by many online publications, however no medical or government institution claims that number. Instead, the CDC points out that certain infections (especially Chlamydia and HPV) can be spread without any symptoms and most people infected do not know they have an infection. Several medical articles also listed below provide various numbers for how many people studied knew they were infected with STD; some of these rates exceed the 80% we state. However, rather than the specific percentage, we think it will be more helpful in the future to say (as the CDC does) that most people with an STD don't know they have one.

"STD Facts - Chlamydia," May 19, 2016. <http://www.cdc.gov/std/chlamydia/stdfact-chlamydia.htm>.

"STD Facts - Human Papillomavirus (HPV)," May 16, 2016. <http://www.cdc.gov/std/hpv/stdfact-hpv.htm>.

Farley, Thomas A, Deborah A Cohen, and Whitney Elkins. "Asymptomatic Sexually Transmitted Diseases: The Case for Screening." *Preventive Medicine* 36, no. 4 (April 2003): 502–9. doi:10.1016/S0091-7435(02)00058-0.

Mullick, S, D Watson-Jones, M Beksinska, and D Mabey. "Sexually Transmitted Infections in Pregnancy: Prevalence, Impact on Pregnancy Outcomes, and Approach to Treatment in Developing Countries." *Sexually Transmitted Infections* 81, no. 4 (August 2005): 294–302. doi:10.1136/sti.2002.004077.

Fleming, Douglas T., Geraldine M. McQuillan, Robert E. Johnson, André J. Nahmias, Sevgi O. Aral, Francis K. Lee, and Michael E. St. Louis. "Herpes Simplex Virus Type 2 in the United States, 1976 to 1994." *New England Journal of Medicine* 337, no. 16 (October 16, 1997): 1105–11. doi:10.1056/NEJM199710163371601.

Bunnell, Rebecca E., Linda Dahlberg, Robert Rolfs, Raymond Ransom, Kenneth Gershman, Carol Farshy, Wilbert J. Newhall, Scott Schmid, Katherine Stone, and Michael St. Louis. "High Prevalence and Incidence of Sexually Transmitted Diseases in Urban Adolescent Females Despite Moderate Risk Behaviors." *Journal of Infectious Diseases* 180, no. 5 (November 1, 1999): 1624–31. doi:10.1086/315080.

18. STDs can cause pain, permanent organ damage, infertility, and death.

Center for Disease Control and Prevention. "Reported STDs in the United States: 2015 National Data for Chlamydia, Gonorrhea, and Syphilis." National Centers for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. Accessed November 3, 2016. <http://www.cdc.gov/nchstp/newsroom/docs/factsheets/std-trends-508.pdf>.

Xu, Jiaquan, Sherry L. Murphy, Kenneth D. Kochanek, and Elizabeth Arias. "Deaths: Final Data for 2019." *National Vital Statistics Reports* 70, no. 8 (July 26, 2021): 87.

19. Sex during teenage years is linked to higher risk for depression.

Carcedo, Rodrigo J., Noelia Fernández-Rouco, Andrés A. Fernández-Fuertes, and José Luis Martínez-Álvarez. "Association between Sexual Satisfaction and Depression and Anxiety in Adolescents and Young Adults." *International Journal of Environmental Research and Public Health* 17, no. 3 (January 29, 2020): 841. <https://doi.org/10.3390/ijerph17030841>.

Vasilenko, Sara A. "Age-Varying Associations between Nonmarital Sexual Behavior and Depressive Symptoms across Adolescence and Young Adulthood." *Developmental Psychology* 53, no. 2 (2017): 366–78. <https://doi.org/10.1037/dev0000229>.

Kugler, Kari C., Sara A. Vasilenko, Nicole M. Butera, and Donna L. Coffman. "Long-Term Consequences of Early Sexual Initiation on Young Adult Health: A Causal Inference Approach." *The Journal of Early Adolescence* 37, no. 5 (May 2017): 662–76. <https://doi.org/10.1177/0272431615620666>.

Vasilenko, Sara A., Kari C. Kugler, and Cara E. Rice. "Timing of First Sexual Intercourse and Young Adult Health Outcomes." *Journal of Adolescent Health* 59, no. 3 (September 2016): 291–97. <https://doi.org/10.1016/j.jadohealth.2016.04.019>.

Savioja, Hanna, Mika Helminen, Sari Fröjd, Mauri Marttunen, and Riittakerttu Kaltiala-Heino. "Sexual Experience and Self-Reported Depression across the Adolescent Years." *Health Psychology and Behavioral Medicine* 3, no. 1 (January 2015): 337–47. <https://doi.org/10.1080/21642850.2015.1101696>.

Mendle, Jane, Joseph Ferrero, Sarah R. Moore, and K. Paige Harden. "Depression and Adolescent Sexual Activity in Romantic and Nonromantic Relational Contexts: A Genetically-Informative Sibling Comparison." *Journal of Abnormal Psychology* 122, no. 1 (2013): 51–63. <https://doi.org/10.1037/a0029816>.

20. Sex during teenage years is linked to higher risk for suicide.

Smith, Lee, Sarah E. Jackson, Davy Vancampfort, Louis Jacob, Joseph Firth, Igor Grabovac, Daragh McDermott, et al. "Sexual Behavior and Suicide Attempts among Adolescents Aged 12–15 Years from 38 Countries: A Global Perspective." *Psychiatry Research* 287 (May 1, 2020): 112564. <https://doi.org/10.1016/j.psychres.2019.112564>.

Baiden, Philip, Lisa S. Panisch, Yi Jin Kim, Catherine A. LaBrenz, Yeonwoo Kim, and Henry K. Onyeaka. "Association between First Sexual Intercourse and Sexual Violence Victimization, Symptoms of Depression, and Suicidal Behaviors among Adolescents in the United States: Findings from 2017 and 2019 National Youth Risk Behavior Survey." *International Journal of Environmental Research and Public Health* 18, no. 15 (July 27, 2021): 7922. <https://doi.org/10.3390/ijerph18157922>.

Kim, Hyunkyung, Wonjeong Jeong, Sungin Jang, Youseok Kim, and Euncheol Park. "Association between Sexual Behavior and Depression in South Korean Adolescents: A Cross-Sectional Study." *International Journal of Environmental Research and Public Health* 18, no. 8 (April 16, 2021): 4228. <https://doi.org/10.3390/ijerph18084228>.

21. Sex during teenage years is linked to higher risk for drug use.

Centers for Disease Control and Prevention. "Substance Use and Sexual Risk Behaviors Among Youth," July 2018, <https://www.cdc.gov/healthyouth/substance-use/pdf/dash-substance-use-fact-sheet.pdf>.

Clayton, Heather B., Richard Lowry, Euna August, and Sherry Everett Jones. "Nonmedical Use of Prescription Drugs and Sexual Risk Behaviors." *Pediatrics* 137, no. 1 (January 1, 2016). <https://doi.org/10.1542/peds.2015-2480>.

Cavazos-Rehg, Patricia A., Melissa J. Krauss, Edward L. Spitznagel, Mario Schootman, Linda B. Cottler, and Laura Jean Bierut. "Number of Sexual Partners and Associations with Initiation and Intensity of Substance Use." *AIDS and Behavior* 15, no. 4 (May 2011): 869–74. <https://doi.org/10.1007/s10461-010-9669-0>.

Cornelius, Jack R., Duncan B. Clark, Maureen Reynolds, Levent Kirisci, and Ralph Tarter. "Early Age of First Sexual Intercourse and Affiliation with Deviant Peers Predict Development of SUD: A Prospective Longitudinal Study." *Addictive Behaviors* 32, no. 4 (April 2007): 850–54. <https://doi.org/10.1016/j.addbeh.2006.06.027>.

22. Waiting for sex increases the opportunities for better grades and education.

Whitworth, Tanya Rouleau, and Anthony Paik. "Sex and Education: Does Sexual Debut During Adolescence Lead to Poor Grades?" *Perspectives on Sexual and Reproductive Health* 51, no. 2 (2019): 81–89. <https://doi.org/10.1363/psrh.12101>.

Pham, Chung, Tracy Keenan, and Bing Han. "Evaluating Impacts of Early Adolescent Romance in High School on Academic Outcomes." *Journal of Applied Economics and Business Research* 3, no. 1 (2013).

Frisco, Michelle L. "Adolescents' Sexual Behavior and Academic Attainment." *Sociology of Education* 81, no. 3 (2008): 284–311.

Rasberry, Catherine N., Richard Lowry, Michelle Johns, Leah Robin, Richard Dunville, Sanjana Pampati, Patricia J. Dittus, and Alexandra Balaji. "Sexual Risk Behavior Differences Among Sexual Minority High School Students — United States, 2015 and 2017." *MMWR. Morbidity and Mortality Weekly Report* 67, no. 36 (September 14, 2018): 1007–11. <https://doi.org/10.15585/mmwr.mm6736a3>.

McCarthy, Bill, and Eric Grodsky. "Sex and School: Adolescent Sexual Intercourse and Education." *Social Problems* 58, no. 2 (May 1, 2011): 213–34. <https://doi.org/10.1525/sp.2011.58.2.213>.

Centers for Disease Control and Prevention, "Making the Connection: Sexual Behaviors and Academic Grades," (2015) https://www.cdc.gov/healthyouth/health_and_academics/pdf/DASHfactsheetSexualBehaviors.pdf

23. Waiting for sex increases the opportunities for better long-term relationship health.

Rhoades, Galena K, and Scott M Stanley. "What Do Premarital Experiences Have to Do with Marital Quality Among Today's Young Adults?" The National Marriage Project | University of Virginia, 2014. www.virginia.edu/marriageproject.

Magnusson, Brianna M, Jennifer A Nield, and Kate L Lapane. "Age at First Intercourse and Subsequent Sexual Partnering among Adult Women in the United States, a Cross-Sectional Study." *BMC Public Health* 15, no. 1 (December 2015): 98. <https://doi.org/10.1186/s12889-015-1458-2>.

Paik, Anthony. "Adolescent Sexuality and the Risk of Marital Dissolution." *Journal of Marriage and Family* 73, no. 2 (April 2011): 472–85.

Sassler, Sharon, Fenaba Addo, and Daniel Lichter. "The Tempo of Sexual Activity and Later Relationship Quality." *Journal of Marriage and Family* 74 (August 1, 2012). <https://doi.org/10.1111/j.1741-3737.2012.00996.x>.

Longmore, Monica A., Wendy D. Manning, Jennifer E. Copp, and Peggy C. Giordano. "A Prospective Study of Adolescents' Sexual Partnerships on Emerging Adults' Relationship Satisfaction and Intimate Partner Aggression." *Emerging Adulthood (Print)* 4, no. 6 (December 2016): 403–16. <https://doi.org/10.1177/2167696816631098>.

24. Waiting for sex increases the opportunities for better mental and physical health.

Edelstein, Zoe R., Margaret M. Madeleine, James P. Hughes, Lisa G. Johnson, Stephen M. Schwartz, Denise A. Galloway, Joseph J. Carter, and Laura A. Koutsky. "Age of Diagnosis of Squamous Cell Cervical Carcinoma and Early Sexual Experience." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research*, Cosponsored by the American Society of Preventive Oncology 18, no. 4 (April 2009): 1070–76. <https://doi.org/10.1158/1055-9965.EPI-08-0707>.

Epstein, Marina, Madeline Furlong, Rick Kosterman, Jennifer A. Bailey, Kevin M. King, Sara A. Vasilenko, Christine M. Steeger, and Karl G. Hill. "Adolescent Age of Sexual Initiation and Subsequent Adult Health Outcomes." *American Journal of Public Health* 108, no. 6 (June 2018): 822–28. <https://doi.org/10.2105/AJPH.2018.304372>.

Ngueta, Gerard, and Ruth Ndjaboue. "Early Sexual Experience and Hypertension in US Adults: Results from the National Health and Nutrition Examination Survey 2001–2016." *Journal of Hypertension* 36, no. 12 (December 2018): 2414–19. <https://doi.org/10.1097/HJH.0000000000001821>.

Rotz, Dana, Brian Goesling, Nicholas Redel, Mendere Shiferaw, Claire Smither-Wulsin, and Mathematica. "Assessing the Benefits of Delayed Sexual Activity: A Synthesis of the Literature." OPRE Report. U.S. Department of Health and Human Services, May 2020.

Wesche, Rose, Derek A. Kreager, Eva S. Lefkowitz, and Sonja E. Siennick. "Early Sexual Initiation and Mental Health: A Fleeting Association or Enduring Change?" *Journal of Research on Adolescence: The Official Journal of the Society for Research on Adolescence* 27, no. 3 (September 2017): 611–27. <https://doi.org/10.1111/jora.12303>.

25. Consent and sexual assault laws.

Michigan Penal Code. *Michigan Legislature - Section 750.520d*. Accessed December 19, 2016. [www.legislature.mi.gov/\(S\(e12oawayp2yyzwyfvpvsvuss\)\)/mileg.aspx?page=getobject&objectname=mcl-750-520d](http://www.legislature.mi.gov/(S(e12oawayp2yyzwyfvpvsvuss))/mileg.aspx?page=getobject&objectname=mcl-750-520d).

- 26. Producing, sending, or forwarding a sexual picture in any medium (including computers and mobile devices) of any person under 18 is illegal. In fact, it is a felony! Even if the picture is of yourself! It is considered "child sexually abusive material."**
AND
- 27. "Manufacturing child pornography"**
AND
- 28. "Distributing child pornography"**
AND
- 29. "Possessing child pornography"**

Citations 26 through 29 are based on:

Michigan Penal Code. *Michigan Legislature - Section 750.145c and Section 750.145d*. Accessed December 19, 2016. [http://www.legislature.mi.gov/\(S\(e12oawayp2yyzwyfvpvsvuss\)\)/mileg.aspx?page=getobject&objectname=mcl-750-145c](http://www.legislature.mi.gov/(S(e12oawayp2yyzwyfvpvsvuss))/mileg.aspx?page=getobject&objectname=mcl-750-145c).

30. The average age of first exposure to internet pornography is 11 years old.

Mueller, Walt. "A Parents' Primer on Internet Pornography." Digital Kids Initiative. Center for Parent/Youth Understanding, 2016. http://www.digitalkidsinitiative.com/files/2016/09/Parent_Primer_Internet_Pornography-Revised-September-2016.pdf.

Others suggest the average age of first exposure is 12 years old.

"Pornography Statistics." Owosso, MI: Covenant Eyes, 2015. www.covenanteyes.com, which references Morgan, Elizabeth M. "Associations between Young Adults' Use of Sexually Explicit Materials and Their Sexual Preferences, Behaviors, and Satisfaction." *Journal of Sex Research* 48, no. 6 (December 2011): 520–30.

31. The largest consumers of internet porn are kids ages 12-17.

Tandon, Nidhi. "Cyber Violence Against Women and Girls: A World-Wide Wake-up Call." The UN Broadband Commission for Digital Development Working Group on Broadband and Gender, 2015, page 8. <http://www.unwomen.org/~media/headquarters/attachments/sections/>

library/publications/2015/cyber_violence_gender%20report.pdf?v=1&d=20150924T154259.

Mueller, Walt. "A Parents' Primer on Internet Pornography." Digital Kids Initiative. Center for Parent/Youth Understanding, 2013. http://www.digitalkidsinitiative.com/files/2013/02/Parent_Primer_Internet_Pornography.pdf

32. In the U.S., 25% of teens have been exposed to porn online when they weren't even looking for it.

Jones, Lisa M., Kimberly J. Mitchell, and David Finkelhor. "Trends in Youth Internet Victimization: Findings From Three Youth Internet Safety Surveys 2000–2010." *Journal of Adolescent Health* 50, no. 2 (February 2012): 179–86. doi:10.1016/j.jadohealth.2011.09.015.

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[Contrary findings] Kislev, Elyakim. "Does Marriage Really Improve Sexual Satisfaction? Evidence from the Pairfam Dataset." *The Journal of Sex Research* 57, no. 4 (May 3, 2020): 470–81. <https://doi.org/10.1080/00224499.2019.1608146>. Kislev did not find marriage to be a determining factor in sexual satisfaction. His sample from the German population may not be comparable to our context given different cultural attitudes toward marriage and sex

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