

THE NAKED TRUTH ABOUT SEX, TEENS & STDS

Abstinence Advocate Sounds Off on Our Sex-Saturated Culture

(Los Angeles, Calif) One of the biggest deciding factors in a teen's decision to have sex is their blurred perception that everyone else is "doing it." Several influences can be attributed to sexually saturated magazines, television shows, advertisements, music lyrics and celebrities who are getting the wrong attention.

Abstinence advocate **Lakita Garth** believes that parents, teachers and those working with teenagers should sense the urgency to share the disturbing truth on premarital sex. In *The Naked Truth: About Sex, Love and Relationships* (Regal Books, March 2007, \$14.99) Garth exposes the following statistics from the Center for Disease Control:

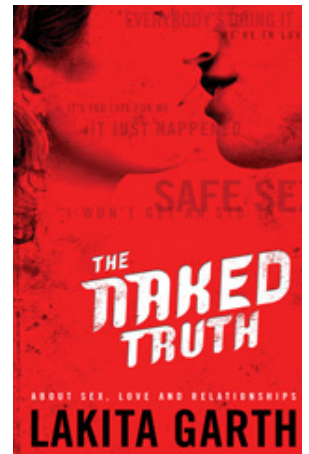
- In 2005, 47% of high school students have had sexual intercourse, and 14% have had four or more sex partners during their life.
- Every year 2.5 million American teenagers contract a STD.
- \$13 billion dollars is spent annually on medical costs involving STDs.
- Over 50% of all sexually active single adults already have, or will have a STD.
- 800,000 teenage girls get pregnant every year in the U.S. nearly half of them are fathered by men over the age of twenty.
- In 2002, 55% of males and 54% of females aged 15-19 had engaged in oral sex.

Garth, who waited to have sex until she was married, speaks from experience to over 500,000 students a year and reminds parents they are not without blame for their sexually active kids, "Young people who don't get affirmation and affection from their parents will seek it through sex." She also believes teens should abstain from drugs and alcohol because it distorts a young person's decision to have sex. *The Naked Truth* delves into the following areas:

- The Top 10 STDs – statistics, symptoms, prevention and treatment.
- The "Safe Sex" lie in public school (Sexual abstinence is given lip service in sex-education while most educators promote "safe sex" and condom use).
- Renewed Virginity – commitment to a secondary virginity.
- AIDS epidemic in Africa (15 million children are orphaned) and the miraculous AIDS decline in Uganda (more than any other country).
- Controversial HPV campaigns for young girls (no studies on long term effects of the HPV shot and condoms have proven ineffective in preventing the virus).
- Deflecting the sexual influence of television, music and celebrities.
- The emotional, psychological, financial and spiritual consequences of pre-marital sex (married couples are the most sexually satisfied).

Garth provides the principles of an abstinent lifestyle including self-control, self discipline, delayed gratification and setting relationship boundaries. In addition to her book, Garth has also released *The Naked Truth* DVD and a student and leader guide.

Author Bio: As a highly sought-after abstinence speaker, **Lakita Garth** has talked with millions of teenagers through motivational assemblies across the United States and



internationally. She has also testified before the U.S. Surgeon General and the U.S. Senate on teen pregnancy prevention, and serves on the executive board of The National Abstinence Clearinghouse. Garth, a former Miss Black California, has appeared in numerous commercials and television shows, including *MTV*, *BET*, *The View* and *People Magazine*.

Sample Interview Topics:

1. Abstinence advocate shares why more teens are choosing abstinence
2. Empowering teens on how to respond to sexual peer pressure
3. Choosing between “Safer Sex” and “Safe Sex”
4. Helping young people can build character aside from their sexuality
5. What is new regarding Abstinence and STDs
6. Controversy over former Surgeon General Jocelyn Elders
7. Current HPV campaigns for young girls (no studies on long term effects of the HPV shot and condoms prove ineffective)

Suggested Interview Questions:

1. How does your definition of safe sex differ from the norm?
2. Why do you believe condoms are over rated as birth control?
3. Explain the four steps in decision making regarding abstinence?
4. What are the three components of an abstinent lifestyle?
5. What do you mean sex is a process and not an event?
6. Why do you believe the excuse of peer pressure or social acceptance for pre-marital sex is not legitimate?
7. How can someone reclaim their virginity?
8. How do you defend sex within marriage when it seems marriages today do not last?
9. Share your personal choice of abstinence before marriage.
10. Can a parent really prevent their child from having pre-marital sex?

Lakita Sounds Off...

- “If you’re not modeling what you’re teaching, then you’re teaching something else”
- “Every right demands responsibility and if someone exercises their right to have sex then be responsible about it.”
- “Impressionable minds live up-or down-to the expectations placed on them.”
- “People have a right to privacy but what is done in secret will always come out into the light.”
- “What’s right is not always popular and what’s popular is not always right.”