

## The Big Decision Summary and Reflection

This article explained why your first-time sexual act is so important, as well as the “dos” and “don’ts” of it. It explained how that act is a way for you to understand your sexuality first-hand, to really know what your values are. Maybe you thought it was going to be a great experience, or maybe you thought it was an overhyped activity — whatever the case, that first time is a way to confirm or totally change the way you think about something, just like any other first impressions. But whatever you originally think, it is always of utmost importance to stay healthy and do this in a controlled manner: if it gets out of control, whether or not you enjoy it or not, the consequences could be disastrous to your life, or perhaps even deadly (with an STI). The article also highlights a few “whys” of first-times, and how important it is to do it for your own sake, not for your partner’s or your reputation to friends. In summary, the article outlines the importance of learning your human sexuality with a safe first-time.

In many ways, I agree with this article; much of it is common sense. You don’t want to be literally out-of-control to have your first time, such as with Tara’s experienced being wasted (on alcohol). Drugs are especially terrible in such a situation, because unlike peer pressure you can be totally disinhibited, “blacked-out” — not having *any recollection* of what you did. I find this extremely frightening, the fact that you wouldn’t know if you had sex the night before; and if you did, did you contract an STI? Did you become pregnant (if you were a girl)? Were there incriminating pictures taken? Was it illegal? On the spot, however, peer pressure and the idea of “jumping on the bandwagon” is another scary idea. If you were in your closest group of friends, all of whom had lost their virginity some time ago, and they were threatening to kick you out if you didn’t become like them at the next party or if they constantly teased you for it — then it becomes a tough struggle between morals at friendships, an important support system. I totally agree with this first part on staying safe by staying in control.

I also partially agree with the argument that a first-time encounter means for a way to learn your own sexual values. It is true that if a person is really curious or has a powerful sex drive, then let them go ahead and try it out for themselves — there wouldn’t be any fault. But I don’t think it’s as important for someone who’s uncomfortable with the idea to have to test it out.

You don't *have* to choose to ever be sexually active, like the article says. I personally, for example, am really uncomfortable with the idea and do not know if I ever will be; I don't believe that this is so necessary to a person's life.

Lastly, I also understand the three main reasons that were listed about having sex for the first time, based on my knowledge of us teens. It is true that we are very curious, some of us to the point of pushing us to do "crazy" things like sex; like the article said, it is perfectly natural. Again, I don't totally agree with this because it really depends on the person; some people may not be as curious or willing to go so far as others. The second reason I also see often in teenagers: they tend to go for something for power, for a better standing with friends or a more attractive look. When this starts to happen, though, is when major problems arise for both sides: the person who does it for power may not realize that they aren't really gaining any; and the person who is being used for power may feel manipulated by the other. This is just another impulsive trait of teens. Thirdly, if teens do it for peer pressure or just because "it happened," this means that they start to lose control over the situation, and negative consequences usually occur if you can't have the control and power over yourself to stop them. Interestingly enough, I rarely hear about love in high school: I only hear "cute" and "hot," but not any signs of emotional attachment over physical looks and "sexiness." I guess this means that most (or all) of us teens in high school are not nearly mature enough to understand such a complex idea, and that, unfortunately, young people don't get sexually active because they "love" each other.