

Abstinence

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What is abstinence?

- Avoidance of sexual intercourses
 - The only method of contraception that is 100% effective in preventing unwilling pregnancy and sexually spread diseases
- What are the advantages?
- It is a 100% effective in preventing unwilling pregnancy and a 100% protection against sexually spread diseases
 - There are no health risks
- What are the disadvantages?
- Pressure from society can really hinder the abstinence
- The level of effectiveness is 100%