

14. **Treat your body as a temple of the Holy Spirit.**

Jesus bought you with the price of His blood spilled on Calvary. Don't make light of that supreme gift by degrading your body through drug or alcohol abuse or premarital sex. Be careful not to put yourself in situations where you might do something you'll regret. Alcohol makes you vulnerable, and there are many girls who have been raped either by choosing to drink or even by having something slipped into their drink. Please, don't think that it can't happen to you.



15. **Refuse to believe the lies. Satan and the world will whisper** lots of them in your ear. (You need to lose 5 more pounds before he will consider asking you out. Your parents don't understand ANYTHING. You're just not good enough to be loved.) Sound familiar?

16. **Become the woman God made you to be.** Work on virtues like gentleness, patience, and courage. As Proverbs 31 says, "Charm is deceptive, and beauty fleeting, but the woman who fears the Lord is to be praised."

17. Show the world that modesty doesn't equal frumpiness. You can dress cute AND be modest. It may take some extra effort, but don't let anybody tell you it's not possible.

18. **Be grateful to be a woman!** Women have incredible gifts, and you have qualities and talents unique to you that are needed to help a hurting world know beauty and goodness.

Glorify God by developing and using the gifts you've been given.

19. **Be an example** to all of the young girls you know—your sisters, cousins, and neighbors. They deserve better than what the world is offering, and they're depending on you to model truth and real beauty to them.

20. Most important of all, **make Jesus your Best Friend.** He's the only One who is always faithful, and He'll encourage you as you strive to stand up and claim respect. He'll give you strength to become who He made you to be, and He'll pick you up every time you fall.

These 20 suggestions were written by Kristie Wellman when she was a young woman trying to claim respect herself. She is now Kristie Evers and so happy and blessed by God to be married to and raising a family with a man who loves and respects her very much.



Also available from One More Soul:

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20 Ways for Young Women to Claim the Respect They Deserve





1. **Dress in a way appropriate to your dignity.**

As Crystalina Evert, an awesome chastity speaker puts it, “Don’t walk around sending the message that your body is the best part of you—implying that your heart, mind, and soul aren’t so important. Instead, **say with your modesty, ‘I’m worth waiting to see.’**”

2. Give the gift of yourself in sex only to your husband. **THIS IS A PRECIOUS GIFT** that you will never regret saving for marriage, and by waiting you are loving your future spouse even now. The respect you will have for yourself in doing so, and the respect that men (both your future husband and any men you date before him) will have for you will set a strong foundation for a wonderful marriage someday.

3. Don’t wear degrading T-shirts with messages like “Who needs a brain when you have these?” (now discontinued because of protests). Consider refusing to buy from stores or manufacturers that make and sell these things. And don’t wear pants or shorts with writing across your bottom unless that is where you want to draw every pair of eyes that looks at you!

4. **KEEP YOUR STANDARDS HIGH FOR WHO YOU WILL DATE.** A real man will rise

to meet your standards, but if you stoop and lower yours to his, you’ll have much to regret, and he will not be challenged to be a better man. You may be discouraged, but amazing men do exist. They are just having as hard of a time as you are (probably harder!) at living purely in an impure world. So don’t let your future husband down, and PRAY for him that he is fighting the uphill battle for you!

5. **Pray to be more like Mary.** Was there ever a woman more beautiful and dignified than the Mother of God? Pray 3 Hail Marys a day for purity of mind, purity of body, and purity of heart.

6. Confront any guy who ogles you with his eyes or touches you inappropriately. Rather than laugh at it, **firmly** (but respectfully and perhaps in private) let him know that this is completely unacceptable. You will be doing him and yourself a favor.

7. **Don’t be duped** by the media’s promotion of fake standards for physical beauty. Look online for the Dove® Campaign for True Beauty’s short film “Evolution” for an example of how much computer editing is required for a woman to appear physically flawless!

8. Don’t go to restaurants where the women (or men) servers’ bodies are put on display to attract customers.

9. **DO let a guy be a gentleman.** As long as he is holding the door or pulling out your chair with the right spirit, he isn’t saying that you aren’t capable of doing these things yourself. He is saying that you are worth so much that **he wants to honor you with his actions.**

10. Avoid clothing (even prom dresses and swimsuits) that seem to be made for the purpose of tempting men to lust after the parts of your body that are **set apart for something incredible and holy.**

11. Say a prayer every time you see a woman dressed inappropriately, whether in person or on TV, etc. Pray that she will recognize her true worth, and pray that men will not be led astray by her.

12. **Treat each person you meet with respect.** Don’t let your kindness or attention depend on the other person’s (girl’s or guy’s) popularity or physical attraction. If you do, you could miss out on amazing and beautiful relationships.

13. Be **GENUINE.** There will only be one of you for all of eternity, and there is a place that only you can fill—**fearlessly be yourself.** Your genuineness will be a noticeable quality that will bring others to respect you. St. Catherine of Siena once said, “If you are what you should be, you will set the whole world on fire.”

