

Choosing to live a chaste life will lead you to a happy, healthy, and holy life, it will grant you happiness by giving you the chance not to have unexpected children with someone you don't want to spend your life with and it can also help you and your loved one to develop a deeper more fulfilling relationship. It can lead you to a healthy life because any sexual diseases can't affect you and hurt you. Being chaste will help you have a better relationship with God, it helps refrain from sexual intimacy before marriage which has a lot to do with religion because when you get married you and your partner are making a promise to God to commit to going through life challenges together. The problems that you can avoid by being chaste are broken relationships, unwanted pregnancies, choosing the wrong partner, freedom from sexually transmitted disease, and low self-esteem. A way you can take a stand for the dignity of every human person by opposing abortion is by acknowledging the humanity of the child and recognizing the value of life from the creation of the child and supporting replacement to abortion like adoption and things like that. It means to me that to show respect for human life in your daily activities is showing regard for people's abilities and worth, and caring for people's feelings and their views even if I don't necessarily agree with them, also accepting people on an equal basis and giving people the same consideration you would give yourself. Changes I would like to see made in our world today so that a greater respect is shown for all human life, are equality, make sure everyone has access to things like food, healthcare, and education, other things is peace to work to stop violence and promote peace everywhere I would also like to change human rights to protect everyone's rights, no matter their backgrounds, I would change mental health to take mental health seriously and help those in need. Environments, protect the planet to keep safe for future generations. With these changes I think we can create a world where everyone is treated with respect and care.

Ryan Simon

## **RUNNER UP**

Living a chaste life makes us happy, healthy, and holy because it lets us know the boundaries we need to set for ourselves for our day to day basis. It makes you proud if you stay clean until marriage, it gives you true happiness knowing you followed all of God's rules towards marriage and you can live happily ever after with your loved one. It makes you closer to God, when you see others around you giving in to the temptation, and you took the long path to glory and everlasting love and success so you can have a better chance of getting into God's Kingdom, for eternity. You build that special and close bond with God that nobody else has when you stay chaste. You will also be in a healthier relationship if you are chaste and wait until after marriage because you won't be so full of lust, and you can focus on the things that matter so you can build a family and nurture them into Catholics so they can follow the same path as you. If you act like this, you will be a role model for all, and it sets you and your family/ friends up for the future. It puts you in a healthy environment, and makes you happy that you have a good relationship with your loved one. So, you should be clean until marriage and live in a chaste so you can have a healthy relationship, have a better bond with God, and so you can be open with your loved ones so you can be happy!

Leading a chaste life is one way to show respect for all lives. Chastity means abstaining from sex until you are married. This is an essential act that all Catholics should do for many reasons. Having sexual relations with someone is a special bond, that you should only have with one person: the person you are married to. Many people use sex as a way to have fun, or simply because they want to, but that is not the way you should do it. Once you have chosen to have sex, you cannot go back. You have crossed a line with a person that you might not be willing to spend your life with. Your virginity is an exceptional gift that can only be given away to that person. Not only that, but it is also an act that should be used only to reproduce. Catholics believe that once you are married, you *should* settle down and start a family. The feat of bringing another person into the world is an incredible experience, and it should only be taken with that special person. If you still are not convinced, sex before marriage can also lead to teenage pregnancy, an age where you are not ready to bring a child into the world, and sexually transmitted diseases, which can lead to cancer.

This all counts as respecting life because you are advocating for your own respect, and respect of your partner. If you give away your gift to the wrong person, it can demean you and you should always respect yourself. Also, if you are ready to have sex with your spouse, but you have already given away your gift, it loses that special meaning and can be disrespectful to them. Maybe they have been waiting for that special person, but you have not.

All in all, I believe that chastity is the best way to go about your life due to the rewards that you will reap.