

AM I READY  
TO HAVE  
SEX?

WHAT IF I  
WANT TO  
WAIT?

BFF

LOL

TEXT

me!

me!

me!

me!



# Am I Ready?

## Think About it. Ask yourself some questions...

- Why do I want to have sex now? Is this what I want or am I doing it to please someone else? Am I doing it because I think I'm the only one who hasn't had sex yet?
- Can I talk to my partner about sex? Does my partner care what I think?
- Would I feel embarrassed or ashamed if other people knew I was having sex? What about my parents, my family and other people I care about?
- Do I know how to protect myself and my partner from STIs/STDs?
- What if I get pregnant? What if my girlfriend gets pregnant?
- If I have sex, how will I feel afterwards?
- How long do I plan to be in a relationship with my partner? How long does my partner plan to be in a relationship with me?

## How Can You Communicate Effectively?

- **Know Your Boundaries:** What you would like to do, what you don't want to do and lines you're not willing to cross.
- **Speak Up:** People aren't mind readers and sometimes silence can be misunderstood as consent. Tell your partner exactly what you want and do not want to do.
- **Be Clear:** Say exactly how you feel, directly & honestly. When you feel unsure take a break. It's always okay to take time to think. It's always okay to say "No" or to stop.
- **Use "I" Statements:** Own your feelings! Beginning statements with "I" ("I don't want to..." or "I feel"), rather than "you" ("You make me feel" or "the trouble with you is...") makes things clearer about how YOU feel.
- **Don't Apologize:** There is no need to explain or apologize for saying "no". It's your right to decide what you want and don't want and it's always okay to change your mind.

# What if I want to wait?

## **Love & Sex are NOT the Same Thing**

Love is an emotion. There is not one definition of love, because the word “love” can mean many different things to many different people. Sex, on the other hand, is a biological event. There are different kinds of sex, but none of them are the same as love and all of them require protection.

## **Abstinence: Not Having Sex**

Some people think that abstinence is a bad thing. There are good things about abstinence! Abstinence is the only 100% way prevent pregnancy. Not having oral, vaginal, or anal sex is the only 100% way to protect yourself from STIs/STDs, HIV, and Hepatitis.

## **The Dating Bill of Rights**

### **I have the right:**

- To trust myself & my instincts.
- To be respected as a person.
- To have my limits respected.
- To break up with someone who makes me feel bad.
- To suggest other things to do.
- To refuse something, even if my date is excited about doing it.
- To change my mind at any time.

### **I have the responsibility:**

- To set my sexual limits.
- To speak clearly and be honest about my limits.
- Not to do something that makes me uncomfortable.
- To respect other people’s sexual limits.
- To never humiliate another person in public or private