

# How do I know if I'm ready for sex?

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Mark the statements that you can easily do.

## I can...

- Talk about having sex together with my clothes (and lights) on (e.g. sitting at a table at lunch)
- Plan in advance what I do and don't want to do
- Say "yes" only when I want to
- Say "no" if I change my mind
- Explain my decision if friends or parents ask why
- Feel good about my decision even if I break up with my partner or my family doesn't agree
- Be sure it is my idea (not something I'm being pressured to do or am doing stay in the relationship)
- Be sure I am not going to feel guilty afterward
- Say "touch me here," "like this," and "not like that"
- Have sex that *relieves* stress, not cause stress
- Say things to my partner like "I think I might have herpes," or "I think I might be pregnant"
- Buy my own condoms without being embarrassed
- Be the one to put on the condom *correctly, myself*, every time
- Stop myself from having sex if we don't have condoms
- Take myself to get tested and treated for genital infections
- Take myself or ask my parents to take me to get birth control
- Use my birth control correctly and get it refilled on time, every time
- Feel comfortable deciding what to do if we get pregnant
- Turn to a parent or a close friend if I need help
- Feel good about my decisions, not ashamed

Total the number of statements that you marked: \_\_\_\_\_

You **might** be ready for sex if your total is 20. You need to be able to do *all* these things easily and comfortably. Sex is serious--it can be a healthy part of a strong relationship or it can ruin your life. The longer you wait, the better the sex will be.

## You have the right...

### To say no at any time.

If you don't feel comfortable, don't do it.

### To change your mind.

Just because you may have done it before, doesn't mean you have to keep doing it.

### To have healthy, safe relationships.

This takes hard work and a commitment to protect yourself above anyone else.

### To feel good about your sexual decisions.

This requires a level of maturity, honesty, and communication that is very difficult for most teens.

### To have GREAT sex.

You deserve to have sex that feels good and doesn't cause physical or emotional pain. If it hurts, don't do it.

Having a great relationship is complicated. Having great sex is even harder.

If you're not sure, you're not ready.

