

## I Am Not Ready for Sex!

If you aren't ready for sexual activity, you can ask yourself: What could we do instead? There are many ways to show someone you care: go for walks, write love notes, share private thoughts, etc. (Contact the Sexual Health Centre for a list of 100 ideas).

Work on your knowledge and comfort level. Read about STIs, birth control, and sex. Talk to someone who is knowledgeable and who you can trust. And perhaps just wait. Wait for your mind to mature and develop and catch up with your body.

## I Think I'm Ready!

If you think you are ready for sex, it doesn't mean you *have* to. Maybe you don't have a partner, the opportunity, the time, or you don't want to. But, maybe you do. If you are a younger teen, you might try talking to your parents. They may not be ready to hear that their 'baby' is thinking about sex, but once they have time to digest that info, they may come around and support you. They don't want you and your partner to get an infection or have to deal with an unplanned pregnancy.

Remember to respect yourself and your partner, talk often, make sure you are both receiving pleasure from sex, and visit your doctor regularly. Keep informed, keep on talking, and keep asking questions.

- **Need to know how to use a condom properly?**
- **Don't know what an oral dam is or how to use it?**
- **Need information on birth control or STIs (Sexually Transmitted Infections)?**

**Contact the Sexual Health Centre**

### SEXUAL HEALTH CENTRE

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## Am I Ready?



### A Checklist for Teens and Young Adults About Sexual Activity

### SEXUAL HEALTH CENTRE

Lunenburg County

*The experts in sexual and reproductive health*

# Am I Ready?

As a teen or young adult, you might decide to have sex (or any kind of sexual activity) or to wait until you are older. Only you can decide who to have sex with and when.

But how do you know if you're ready? You may find this is a hard decision. But that means you're thinking about many of the reasons you should or should not have sex.

Consider your personal values and beliefs as well as those of your family. Do you have religious beliefs? How important are all these to you?



## Ask yourself these questions:

- How do I feel about my partner?
- Do I believe that people should be in love before they have sex?
- Do I believe in pre-marital sex?
- Just because we love each other, does this mean we should have sex?
- How do I know if I'm in love?
- How do I know if my partner loves me?
- What will my friends think?
- What will my parents think?



Check the statements that are true for you:

- Sex is the right thing for both of us.
- I will make sure we use a good method of birth control. (OR, my partner and I are ready to have a baby.)
- I am comfortable talking openly with my partner about my feelings.
- I am comfortable using proper terms like penis, vagina, vulva, clitoris, testicles, orgasm, etc., without shame or embarrassment.
- If our birth control fails I have enough money for emergency contraception. (Or, I am comfortable waiting in the emergency department for some.)
- I know what our 3 pregnancy options are and I will deal immediately with the possibility of pregnancy.
- I will insist that we use condoms.
- I know my body well enough to tell if I have an infection.
- I am comfortable talking with my doctor about my sexual health.
- I will go to the doctor for regular checkups like Pap tests (girls only) and STI tests (guys and girls).



If **ALL** these were true for you, you might be ready for sexual activities. But first, answer the next set of questions:



Check the statements that are true for you:

- I am feeling pressured or being pushed into sexual activity.
- I am uncomfortable going to my doctor about sexual health matters.
- Having sex might cause problems for me.
- I am too embarrassed, nervous, or scared to get and use birth control.
- I am too embarrassed, nervous, or scared to get or use a condom or an oral dam.
- I have nowhere to get condoms.
- I can't get (or get my partner) to the doctor or drug store for birth control.
- I can't afford birth control, even if the two of us split the cost.
- I don't know the signs and symptoms of STIs.
- I want to do it to be cool or popular, or because I'm curious.
- I want to do it so I don't get called or feel like a "loser".
- I am scared my partner will break up with me if I don't.



If **ANY** of these were true for you, you're probably not ready for sex. Go to the next page for more information...