



Are you ready to have sex?

Use our checklist as a guide to help you decide. You're probably ready if you can answer 'yes' to most of these questions, but remember even once you are ready – it still doesn't mean you have to!

- ◆ You feel you could say no to your boy/girlfriend if you wanted to but still want to do it.
- ◆ You can have fun together without anything sexual involved.
- ◆ You are sure your boy/girlfriend wants to have sex as much as you do.
- ◆ You want to have sex for yourself and not to keep or please your boy/girlfriend or to make you popular.
- ◆ You both really like and trust each other, have been going out for a while and want to take your relationship to the next level.
- ◆ You know your own mind and know it's right for you.
- ◆ You may have some worries about it but not any fear.
- ◆ You don't feel pressured or forced into it by anyone.
- ◆ You're not doing it just because you think your friends are.
- ◆ You have talked about it with your boy/girlfriend, discussed using condoms and contraception and agreed what happens next.
- ◆ You both have a similar idea of what you want to keep private and not tell your friends afterwards.
- ◆ You understand the law in relation to sex.
- ◆ You don't feel you will regret it.