

R U Ready?

Complete our quiz to find out if you might be ready.
Be honest with yourself!

1. Do you feel you could say 'No' if you wanted to?
Yes Maybe No

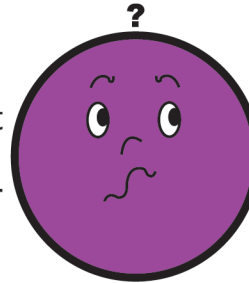
2. Can you have a laugh together without anything sexual involved?
Yes Maybe No



3. Have you both made a special connection and it feels right to have sex?
Yes Maybe No

4. Is your partner pressuring you to have sex?
Yes Maybe No

5. Do you want to have sex for yourself and not to please the other person?



Yes Maybe No

6. Do you want to have sex because your friends say they're all doing it?
Yes Maybe No



7. Are you embarrassed to talk together about safer sex?
Yes Maybe No

8. Have you both agreed what protection you will use?
Yes Maybe No

9. Do you understand the risks involved in having sex? (i.e. pregnancy and/or STIs)
Yes Maybe No

10. Do you think you might regret it later?
Yes Maybe No



11. Have you already found out about each others' bodies and what you both like and don't like?
Yes Maybe No

Now turn over to see if you might be ready.

Now work out your score

	Yes	Maybe	No
Q1	A	B	C
Q2	A	B	C
Q3	A	B	C
Q4	C	B	A
Q5	A	B	C
Q6	C	B	A
Q7	C	B	A
Q8	A	B	C
Q9	A	B	C
Q10	C	B	A
Q11	A	B	C

MOSTLY C's Definitely not Ready

It sounds as though you are definitely not ready for sex. Maybe you could concentrate on making friends and having fun. You could find out about safer sex so you are prepared for later. remember most young people aren't actually having sex.

MOSTLY B's Not Ready Yet

You're probably not ready for sex. Maybe talk to your partner about your feelings and see if there are other things you could do together. Find out about safer sex so you are prepared for later.

MOSTLY A's Could be Ready

It sounds as though you could be ready for sex but this doesn't mean you HAVE to! Make sure you have safer sex sorted BEFORE you do it. Remember you can change your mind at any time, even after you've 'done it', you can take some time out.

For sexual health information and to find contact details for clinics in your area, visit www.gettingiton.org.uk

Gettingiton is a website for young people living in Croydon, Kingston, Wandsworth, Richmond, Sutton and Merton.

Helplines

Sexwise helpline www.ruthinking.co.uk
0800 28 29 30

Brook helpline www.brook.org.uk
0808 802 1234

Family planning association www.fpa.org.uk
0845 122 8690

Marie Stopes International www.abortion-help.co.uk
0845 300 8090

LGBT young people www.tht.org.uk/nrg
0845 1221 200

National Aids Helpline www.nat.org.uk
0800 56 71 23

Thanks to

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Thinking about sex?

**Thinking you should be
'doing it'?**

**Someone else saying
you should be 'doing it'?**

**Try our quiz to see if
you're ready!**