

Teen Talk's Sexual Readiness Handout

AM I READY FOR SEX? HOW DO I KNOW IF I'M READY?

Here are some lists that might help you decide if you are or aren't ready for sex.

I might feel ready for sex when....

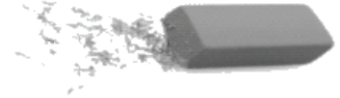
- I feel comfortable talking with partners about sex even when it's awkward.
- I know where to get safer sex supplies (condoms, sex dams, birth control etc.) and know how to use them.
- I understand the basics of anatomy, STI/HIV transmission, testing and how a pregnancy happens.
- I have a good idea what turns me on and can communicate what I like while also asking my partner what they like.
- I can use consent

I might not feel ready for sex when....

- I'm too nervous to talk with a partner about things like condoms, birth control, sex dams or testing.
- I don't feel like I have enough info on things like anatomy, STI/HIV, or pregnancy.
- It doesn't fit with my values/religion/spirituality
- It's not something that interests me



You could check each of these boxes off and still not be ready for sex and that's okay too!



Being ready for sex can mean different things to different people. Trust what is in your heart and in your mind.

You know what is right for you!

