

# Am I Ready to Have Sex?

Deciding to have sex is a big decision and it is important to think it through. Use this handout to help you think about if you are ready to have sex.

Ask yourself:	Be sure to think about:
Is having sex something I want to do?	<ul style="list-style-type: none"><li>• It is common for teens to feel pressured by their friends and peers to have sex.</li><li>• <b>Just remember: It is your choice to decide when having sex is right for you</b>, no one else's. It is your choice every time, even if you've had sex before.</li></ul>
Do I know about the risks involved with having sex?	<ul style="list-style-type: none"><li>• <b>While sex can be really great, it also has risks.</b> Pregnancy and STIs are some examples of these risks.</li><li>• Having sex before you're ready or having sex with someone who makes you feel uncomfortable can lead to stressful feelings.</li></ul>
Am I comfortable talking with my partner about having sex?	<ul style="list-style-type: none"><li>• <b>Talk to your partner about any worries you have.</b> It is important to talk to your partner and keep communication open.</li><li>• This includes talking to your partner about the importance of getting tested for STIs.</li></ul>
Do I know where to get condoms and birth control to practice safe sex?	<ul style="list-style-type: none"><li>• If you are thinking about having sex, it is good to know where to get condoms and birth control.</li><li>• <b>Condoms are the only way to protect you from HIV and STIs. You can get free condoms at CHN.</b></li></ul>

Talk to your health educator if you have more questions!