### 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.

<table>
<thead>
<tr>
<th>Ask yourself:</th>
<th>Be sure to think about:</th>
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| Is having sex something I want to do? | - It is common for teens to feel pressured by their friends and peers to have sex.  
- **Just remember: It is your choice to decide when having sex is right for you**, no one else’s. It is your choice every time, even if you’ve had sex before. |
| Do I know about the risks involved with having sex? | - **While sex can be really great, it also has risks.** Pregnancy and STIs are some examples of these risks.  
- Having sex before you’re ready or having sex with someone who makes you feel uncomfortable can lead to stressful feelings. |
| Am I comfortable talking with my partner about having sex? | - **Talk to your partner about any worries you have.** It is important to talk to your partner and keep communication open.  
- This includes talking to your partner about the importance of getting tested for STIs. |
| Do I know where to get condoms and birth control to practice safe sex? | - If you are thinking about having sex, it is good to know where to get condoms and birth control.  
- **Condoms are the only way to protect you from HIV and STIs.** You can get free condoms at CHN. |

Talk to your health educator if you have more questions!

Care you feel good about. 866.246.8259 www.chnnyc.org