

# Are you **READY** to do it?

You should know your own boundaries and desires before you engage in any kind of sexual activity with someone. Below is a list of questions to help you think about whether this is the right person, right time, and right thing for you to do now.

## ASK YOURSELF:

- Am I doing this because I **WANT** to? No pressure from anyone else?
- Do I know my partner well enough? Do I know what they will share about me and trust them to respect my boundaries?
- Do I know how to have safe sex and have access to things like condoms and other safe sex and birth control tools?
- Can I talk to my partner about this easily?
- Does having sex now fit with my beliefs and morals?
- Do I think I might regret this at some point down the road?
- Am I having sex because I really love the person I'm with or just because other people seem to be doing it and I don't want to be the only virgin?

Some people are **NOT READY** to have sex yet, even if they **LOVE** their boyfriend or girlfriend or have been with the same person *forever*. Some people can't wait to express their affection physically.

*There is no "normal"* time for people to feel like they are ready for sexual activity; some people abstain from intercourse until marriage, and some people don't. Each of us makes the choices that feel right for us.

**Don't rush. Take the time to think about what you do and don't want to do and how you will talk about it.** If you're not sure, **wait**. Your partner should always respect your choices and **you have the right to say no** to anything, anytime- even if you have said yes before.

# ***CHECK IT OUT!***

## **Learn more on the web→**

**Amplify Your Voice:** a national project for peer to peer education for teens about sexual health; features blogs, message boards and a rich online community, including special sections for GLBTG and young women of color.

[Amplifyyourvoice.org](http://Amplifyyourvoice.org)

For GLBTQQ: [Amplifyyourvoice.org/youthresource](http://Amplifyyourvoice.org/youthresource)

For young women of color: [Amplifyyourvoice.org/mysistahs](http://Amplifyyourvoice.org/mysistahs)

**Love Is Respect: National Teen Dating Violence Hotline-** Live peer online chat, cool videos and quizzes.

Hotline to call anytime: 1-866-331-9474 | 1-866-331-8453 TTY

[Loveisrespect.org](http://Loveisrespect.org)

**That's Not Cool:** Information for teens on textual harassment, how to communicate your boundaries and deal with pressure to send risky pics or engage in other sexual activity.

[Thatsnotcool.com](http://Thatsnotcool.com)

**The Safe Space:** information on dating violence, how to support a friend, and how to be an anti-violence activist.

[Thesafespace.org](http://Thesafespace.org)

## **Right here, Right now→**

**Vermont Sexual Violence Helpline:** for information and support if you or a friend has been forced to have sex or engage in any kind of sexual activity.

[Vtnetwork.org](http://Vtnetwork.org)

**Call anytime 24/7: 1-800-489-7273 (1-800-489-RAPE)**

**SafeSpace:** emotional support, referrals, and advocacy to GLBTQQ survivors of violence. Hotline available Monday through Friday 9am-6pm.

[Ru12.org/safespace](http://Ru12.org/safespace)

Hotline: 802-863-0003/ toll free: 866-869-7341

