Are you READY to do it?

Before you engage in any kind of sexual activity with someone, you should know your own boundaries and desires. 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 sexual activity at this time match with my beliefs and values?

☐ Do I think I might regret this at some point down the road?

☐ Am I doing sexual things because I want to or because other people seem to be doing it and I don’t want to be the only virgin?

More tips

Some people are NOT READY to do sexual things yet, even if they love their partner 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

**Outright Vermont**: Support for LGBTQQ youth ages 13-22, training, and education. [outrightvt.org](http://outrightvt.org)

**Advocates for Youth**: Since 1980, Advocates for Youth has worked with youth leaders to ensure that all young people’s rights are respected and that we have the tools we need to protect ourselves from STIs, HIV, and unintended pregnancy. [advocatesforyouth.org](http://advocatesforyouth.org)

**Love Is Respect**: Live peer online chat, cool videos, and quizzes. [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)

RIGHT HERE, RIGHT NOW

**Vermont Sexual Violence Helpline**: For information and support if you or a friend has been forced to have sex or to engage in any kind of sexual activity. [vtnetwork.org](http://vtnetwork.org)

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

**Pride Center/SafeSpace**: Emotional support, referrals, and advocacy to LGBTQQ survivors of violence. [pridecentervt.org/programs/safespace](http://pridecentervt.org/programs/safespace)

Hotline available Monday through Friday, 9 a.m.-6 p.m.: 802-863-0003/ toll free: 866-869-7341