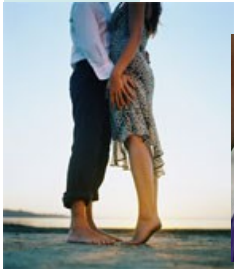


# How Will I Know When I'm Ready?

**When or whether you are ready to become sexually involved is a decision only you can make.**

## **Ask Yourself:**

- **Why** do I want to have sex **now**? Is this **what I want** or am I doing it to please someone else? Am I doing it because I think I'm the only one who hasn't had sex yet?
- Can I **talk** to my partner about sex? Does my partner **care** what I think?
- Would I feel **embarrassed** or ashamed if other people knew I was having sex? What about my parents, my family and other people I care about?
- Do I know how to **protect** myself and my partner from **STIs**? What about **pregnancy**?
- If I have sex, how will I **feel** afterwards?
- How **long** do I plan to be in a relationship with my partner? How long does my partner plan to be in a relationship with me?



## **How Can Someone Communicate Effectively?**

- **Know Your Boundaries:** What you would like to do, what you don't want to do and lines you're not willing to cross.
- **Speak Up:** People aren't mind readers and it sucks that silence can be misunderstood as consent. Tell your partner exactly what you want and do not want to do.
- **Be Clear:** Say exactly how you feel, directly & honestly. When you feel unsure take a break. It's always ok to take time to think and feel what you need or want. It's always ok to stop.
- **Use "I" Statements:** Own your feelings! Beginning statements with "I" ("I don't want to..." or "I feel"), rather than "you" ("You make me feel" or "the trouble with you is...") makes things clearer about how YOU feel.
- **Don't Apologize:** There is no need to explain or apologize for saying "no". It's your right to decide what you want and don't want and it's always ok to change your mind.



# What If I Want To Wait?

## **Love vs. Sex**

Love & Sex are NOT the same thing. Love is an emotion or a feeling. There is no one definition of love, because the word “love” can mean many different things to many different people. Sex, on the other hand is a biological event. Even though there are different kinds of sex, most sexual acts have certain things in common. Sex may or may not include penetration.

## **Abstinence: Saying “No” To Sex**

The word for not having sex is called abstinence. Some people think that abstinence is a completely bad thing. Actually, there are some really good things about abstinence!

Abstinence, or not having oral, vaginal or anal sex, is the best way to protect yourself from pregnancy and most STIs. It is possible to get an STI without having intercourse (penetration) through skin-to-skin contact (herpes & genital warts can be passed this way).

People also have their own personal values and feelings, and these feelings and values are involved in choosing to have sex or choosing to wait. Family, friends and peers also influence our choices.



## **The Dating Bill of Rights**

### I have the right:

- ♥ To trust myself & my instincts.
- ♥ To be respected as a person.
- ♥ To have my limits respected.
- ♥ To break up with someone who makes me feel bad.
- ♥ To suggest things to do.
- ♥ To refuse something, even if my date is excited about doing it.
- ♥ To change my mind at any time.

### I have the responsibility:

- ♥ To set my sexual limits.
- ♥ To speak clearly and be honest about my limits.
- ♥ Not to do something that makes me uncomfortable.
- ♥ To respect other people's sexual limits.
- ♥ To never humiliate another person in public or private.

## **Romantic Stuff To Do In Bend, La Pine, Sun River, Redmond, Terrebonne, Tumalo & Sisters**

- ♦ Float the river
- ♦ Do a sunset hike at Smith Rock
- ♦ Play scrabble or chess at the tea house in Bend
- ♦ Listen to music at Sisters coffee house
- ♦ Swim/Picnic at Steelhead Falls
- ♦ Go for a moonlight walk on the river trail
- ♦ Have a barbecue or picnic
- ♦ Go ice skating at the Inn
- ♦ Go sledding
- ♦ Play frisbee golf
- ♦ Grab a blanket and go star gazing
- ♦ Check out the pine mountain observatory
- ♦ Go for a trail run or mountain bike ride



**Questions? Contact us!**  
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