

HOW DO I KNOW WHEN I AM READY FOR SEXUAL ACTIVITY? REFLECTION SHEET

Decisions around sexual activity are often made spontaneously. A lot of people don't take the time to think about their personal values and beliefs around sexual activity. This involves answering important questions like 'what types of sexual activities, if any, am I comfortable with?' and 'in what circumstances (casual, committed, loving relationship)?'. Taking the time to think about your choices and having a plan can reduce future disappointments and support your overall well-being.

If you are considering having any form of sexual activity, you may want to ask yourself:

- Do I know enough about my partner?
- Am I emotionally and physically ready for this?
- Is it in conflict with my beliefs and values?
- Am I feeling pressured into making a decision?
- Do I really want this?
- What does having any form of sexual activity mean to me and my partner?
What if it means different things?
- How will having sexual activity affect my relationship?
- Do I know enough about preventing pregnancy and sexually transmitted infections?
- Do I understand what consent means?

If you can't even discuss sexual activities with someone you trust, you are not ready to have sex.

What are some unhealthy circumstances for that may interfere with your decision-making a sexual activity?

- To do what others are doing
- Being drunk and/or high
- To be popular
- To improve the relationship
- To prove you are grown up
- To rebel
- Feeling too embarrassed to say STOP

1. After reflecting on the questions above, what values and beliefs are most important to you and your decisions about sexual activity?

2. If you are considering being sexually active, who can you talk to? (i.e., parent, trusted adult, York Region Sexual Health phone line or clinic)

3. My plan for sexual activity is:

