

## Sexual Readiness

Here are some questions to ask yourself **BEFORE** getting involved in sexual intercourse:

- How do I feel about sexual intercourse? When do I think it would be right for me? Under what conditions and with what kind of person?
- How does the other person feel? How do these feelings fit with my own?
- What makes me feel I want to have intercourse right now? Is there any chance that I am pressuring or exploiting the other person? Could they be pressuring or exploiting me?
- What do I expect sexual intercourse to be like? What if it is bad and I don't enjoy it? How would I feel about myself, about my partner, about my future partners or a husband or wife?
- How would I and my partner feel if others find out about our relationship?
- Do I really TRUST my partner completely?
- What if this turns into a strictly sexual relationship and that's all we ever do - how would I feel then?
- What extra strains might there be on the relationship once we've had intercourse?
- How will I feel if we break up?
- What will I do to prevent pregnancy? To prevent sexually transmitted infections (STI)?
- What would I do if a pregnancy results from having intercourse? How would I and my partner feel?
- What would I do if my partner gets an STI?
- How would my family (parents, siblings) feel if they found out about my sexual relationship? How would I feel about their knowing?

If you cannot answer **ALL** of the above questions with confidence, you are not ready for sexual intercourse. You are the only one who can make the decision-  
**MAKE IT WISELY!!!**

Adapted from Pamela Wilson