

No Worries!

Are you ready...or not quite yet?

- Do you feel you could say no and that would be ok?
- Do you have fun together without having sex?
- Do you want it for yourself, not for the other person or to fit in with friends?
- Are you sure no one is forcing you, pressuring you or making you?
- Have you checked out whether your boyfriend/girlfriend is ready too?
- Have you discussed using condoms and contraception and got it sorted?
- Are you sure you won't regret it?

You probably won't be ready for sex until you can tick ALL of these boxes.
But even if you answer yes to these questions you still have a choice.
If you're not sure, you should take more time to think about it.

For free, confidential advice about sex and relationships you can call
0800 28 29 30 or visit the **No Worries!** Pages on

www.youthunltd.com