

# sex R U Ready?

Think you should be 'doing it'?

Think all your friends are?

Someone saying you should be 'doing it'?

Do our quiz to see if you are really ready – and be honest with yourself!

**1** Do you feel you could say 'No' if you wanted to?  
Yes  Maybe  No

**2** Can you have a laugh together without anything sexual being involved?  
Yes  Maybe  No

**3** Have you both made a special connection, making it feel right to have sex?  
Yes  Maybe  No

**4** Are you being pressured to have sex?  
Yes  Maybe  No

**5** Are you thinking of having sex because YOU want to, and not just to please someone else?  
Yes  Maybe  No

**6** Do you want to have sex because your friends say they're all doing it?  
Yes  Maybe  No

**7** Are you embarrassed to talk to each other about using condoms?  
Yes  Maybe  No

**8** Have you both agreed what contraception you will use?  
Yes  Maybe  No

**9** Do you understand the risks involved in having sex? (i.e. pregnancy and STIs)  
Yes  Maybe  No

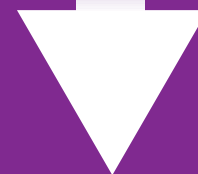
**10** If you did have sex, do you think you might regret it later?  
Yes  Maybe  No

**11** Have you found out about each other's bodies and what you like and don't like?  
Yes  Maybe  No

Circle your answers on the chart below to work out your score.

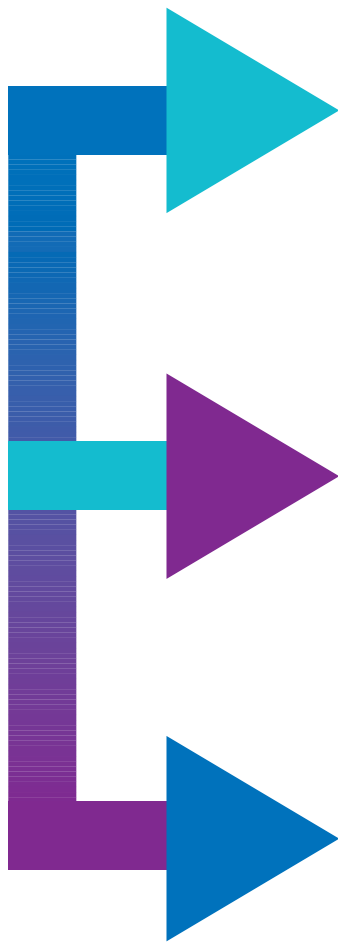
Q	Yes	Maybe	No
1	C	B	A
2	C	B	A
3	C	B	A
4	A	B	C
5	C	B	A
6	A	B	C
7	A	B	C
8	C	B	A
9	C	B	A
10	A	B	C
11	C	B	A

Turn over the page to see if you're ready to have sex



Thinking  
about  
having sex?

Try our quiz  
to see if  
you're ready



### **MOSTLY As = DEFINITELY NOT READY**

You're definitely not ready to have sex. Concentrate on making friends and having fun. Find out about contraception and condoms so you're prepared for when you do decide you're ready. Remember, most young people aren't actually having sex.

### **MOSTLY Bs = NOT READY YET**

You're probably not ready to have sex. Talk to your partner about your feelings and see if there are other things you could do together. Find out about contraception and condoms so you're prepared for when you do decide you're ready.

### **MOSTLY Cs = COULD BE READY**

You could be ready to have sex (but that doesn't mean you have to!) Sort out contraception/safe sex BEFORE you start. And even after you've 'done it', you can change your mind - you don't have to do it again or with anyone else unless you want to.

## **Sexual health and contraception:**

You don't have to be having sex before you can ask for advice about sexual health or contraception. In fact, it's better to sort out contraception and learn about condoms BEFORE you start having sex.

There are lots of places young people can get free, confidential advice:

- your GP or school nurse
- any sexual health/contraception clinic (for a list of young people's clinics: [www.urlife.org.uk/c-card](http://www.urlife.org.uk/c-card))
- [www.ruthinking.co.uk](http://www.ruthinking.co.uk)
- call Sexwise on 0800 28 29 30



Don't forget: when you do decide you're ready for sex, you can get free condoms from the Camden c-card scheme. visit: [www.urlife.org.uk/c-card](http://www.urlife.org.uk/c-card)