

Am I Ready for Sex?

- Are you in an emotionally intimate and safe relationship? Can you talk to your boyfriend/girlfriend about your feelings, worries, and concerns without fear? Is there a sense of trust between you?
- Are you able to talk with your boyfriend/girlfriend about sex, including your own and his/hers expectations and values, level of commitment, and how you will prevent disease and pregnancy?
- Are you physically attracted to your partner?
- Would having sex now go against your religious and/or moral beliefs?
- Are you willing to obtain condoms and hormonal birth control methods? Do you think you and your boyfriend /girlfriend will be able to use condoms and hormonal birth control methods every time you have sex and use them correctly?
- Are you willing to risk a possible pregnancy or catching an STD, even though you are protecting yourself as much you can? Have you and your boyfriend/girlfriend talked about how you would handle this situation if it happened?
- Do you have sex when you are under the influence of drugs or alcohol?
- Are you willing to accept that the relationship will change as a result of having sex, and that you will not know if those changes will be good or bad?
- Do you believe that having sex will affect emotionally?

Somerset County Teen Pregnancy Prevention Program