

Are you ready? Checklist

Y

N

Can I talk to my partner about sex and my body?

Have I considered the realities of first time sex and know that it might not be like I have seen on films or the internet?

Do I feel like I have a choice about whether to have sex or not?

Do I feel comfortable and safe with my partner?

Can I be honest about what type of sex I want to have? (Masturbation, oral etc?)

Can I respect and listen to what my partner does and does not want?

Do I understand how to protect myself from unplanned pregnancy and STI's?

Have I thought about what I am and am not comfortable with? Do I know what my boundaries are?

Do I feel like I can trust my partner?

Do I understand what the law says about sex? (Including age and consent?)

Am I feeling pressured into having sex?

Do I feel excited and ready to have sex?