

Am I ready for sex?



Are you thinking about having sex with a partner?

There's a lot to consider if you think you might be ready to have sex, especially if it's your first time engaging in sexual activity with another person. Instead of rushing into a decision, make sure that your experience with sex is as good as it can be by thinking through some aspects of sexual encounters that you want to be prepared for.

Why do you want to have sex?

What is driving your desire to have a sexual encounter? What about your potential partner? Do you feel motivated to have sex because of your physical desires, or are you more driven by a desire for emotional closeness? Do you feel pressured to have sex by your partner, friends, society, or anyone else? Is sex going to get you what you really want, or is there another way to get what you desire?

Who are you thinking about having sex with?

What relationship do you have with the person you're considering having a sexual encounter with? Do you know how they feel about having sex? Do you feel safe with this person? Have you had a conversation about what both of you want from a sexual encounter, physically and emotionally? Do they care about what you want as much as they care about their own desires?

Why?

Who?

When & Where?

Is the setting right for you to have sex?

Why do you feel like you might be ready to have sex right now? How long have you known your partner? What ages are you and your potential partner? Do you have a safe and private location to have a sexual encounter?

What?

What do you expect from a sexual encounter?

Do you feel prepared for what might or might not happen during sex? Are you prepared for things to go differently than you want? Do you have what you need to make your sexual encounter safe and pleasurable? Do you have a plan for having safer sex, including both barrier methods and birth control, that you have agreed on with your potential sexual partner?

How?

How do you want to have sex?

What kind of sexual activity do you think you might want to have? Are there some things that you know you aren't interested in, and have you communicated them with your potential partner? Do you know what they want and don't want from the encounter?
