

# Sexual Readiness Brainstorming Activity

## Goals:

- To explore what it means to be ready for sex.

## Have Ready:

- Sexual Readiness worksheet
- Flipchart paper and markers

## Directions:

- Hand out a worksheet for each person to complete as homework or on their own in the group.
- Youth may write on their worksheet, or simply think about their responses.
- Reassure youth that no one will be asked to share their list; the worksheet is for their reference only.

## Debrief:

- Ask youth, **“What is the ‘right age’ for sexual activity?”** It really depends and the right age will be different for everyone. Being ready for can include checking in with thoughts, feelings, and the physical body. <sup>1</sup>
- Ask youth, **“What does it mean to be ready for sex?”** Let youth share their thoughts and flipchart the responses (see below).
- If someone is choosing not to have sex or isn’t ready for sex yet, that is totally okay. Sometimes reflecting on these things can help a person see when don’t feel ready for sex.

- Let youth know that thinking about these things or talking about them with a partner can happen at any time, even if they are already sexually active.

## **Sample Flipchart:**

### **What does it mean to be ready for sex?**

- Thinking about what your expectations are for sex
- Being able to talk about what you are comfortable with to a partner
- Understanding consent and that sex or touching has to stop if someone changes their mind
- Knowing about STI/HIV and how to prevent them
- Knowing where to get condoms and how to use them
- Knowing how pregnancy happens
- Being able to use birth control, if needed
- Thinking about pregnancy options (abortion, adoption and parenting)
- Going to get tested for STI

## **Additional Activities:**

Ideally, this activity can be followed by:

- Things to Talk About Before Having Sex Brainstorm

# AM I READY FOR SEX?

# HOW DO I KNOW IF I'M READY?

Here are some lists that might help you decide if you are or aren't ready for sex.

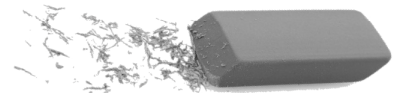
## BODY CHECKLIST:

- I know where to get safer sex supplies (condoms, sex dams, lube) and know how to use them.
- I understand the basics of anatomy, STI/HIV transmission and how a pregnancy happens.
- I can explore my body to learn what feels good for me and what doesn't.
- I have a good idea what turns me on and can communicate what I like.



## RELATIONSHIP CHECKLIST:

- I can express my wants, needs and limits. I trust my partner to respect them. My partner can trust me to respect their limits and boundaries.
- I feel I can communicate with my partner honestly, even when it's awkward, and feel my partner can do the same.



## EMOTIONAL CHECKLIST:

- I know my limits and boundaries when it comes to sex.
- I have someone to talk to about sex and go to for emotional support (i.e. family, friend, elder, teacher).
- I understand that having sex could change my relationship.
- I can handle the risk of a pregnancy (if I'm having penis / vagina sex), getting an STI, or rejection from my partner.
- I can participate in physical affection/sexual activities without a lot of anxiety or shame.

Being ready for sex can mean different things to different people. Your check list might be different from this one.  
**You are the expert of your mind, body and life!**

**You could check each of these boxes off and still not be ready for sex and that's okay too!**

# Endnotes

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<sup>1</sup>Calgary Sexual Health Centre, [www.calgarysexualhealth.ca/2013/04/sex-without-regret-checking-in-with-head-heart-body/](http://www.calgarysexualhealth.ca/2013/04/sex-without-regret-checking-in-with-head-heart-body/), accessed, August 2016.