

Sexual Readiness Reflection

Recommended Age: 12+

Goal

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

Have Ready

- Sexual Readiness worksheet.
- Flipchart paper and markers.

Instructions

- Hand out a worksheet for each person to complete as homework or individually during the session. 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 depends. The right age will be different for everyone. Being ready can include checking in with thoughts, feelings, and body.ⁱ
- 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 they 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.

Sample Flipchart

What does it mean to be ready for sex?

- Figuring out what sexual activity means to them

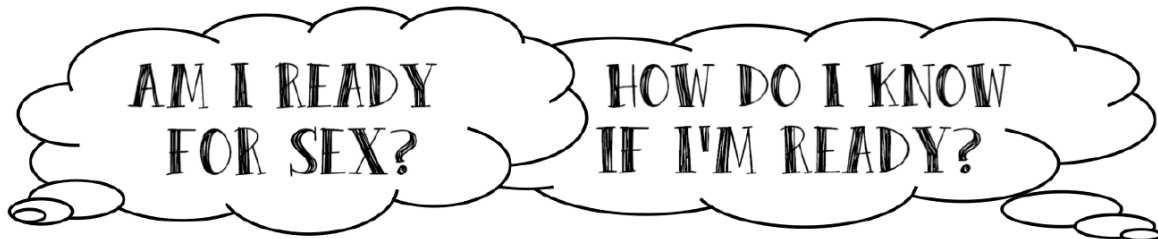
- Knowing what's important to them
- Figuring out how comfortable they are with the idea of a sexual relationship
- Figuring out how it may affect their relationship
- Being able to talk about consent and limits and boundaries (what they want/don't want) with their partner
- Having information about birth control (if applicable) and protection from STIs/HIV
- Understanding how pregnancy happens and considering pregnancy options (if applicable)
- Understanding how STIs/HIV are spread
- Feeling comfortable with condoms/sex dams
- Getting tested for STIs/HIV
- Feeling comfortable with their body

Additional Activities

Ideally, this activity can be followed by:

- Consent & Things to Talk about Before Having Sex Brainstorm

Teen Talk's Sexual Readiness Handout



I might feel ready for sex when...

- ☐ I can talk with partners about sex even when it's awkward
- ☐ I know where to get safer sex supplies (condoms, sex dams, birth control, etc.) and know how to use them
- ☐ I understand the basics of anatomy, STI/HIV prevention, testing, and how pregnancy happens
- ☐ My partners and I can talk about pleasure, comforts, and boundaries
- ☐ I can use consent

I might not feel ready when...

- ☐ I can't talk with partners about sex, condoms, birth control, sex dams, pregnancy, or testing
- ☐ I don't have enough info on things like anatomy, STI/HIV, or pregnancy
- ☐ It doesn't fit with my values/religion/spirituality
- ☐ It's not something that interests me

You could check all of these and still not be ready for sex

Trust what is in your heart and in your mind. You know what is right for you.



ⁱCalgary Sexual Health Centre. (2013, April 29). *Sex without regret: Checking in with “head, heart, body.”* Centre for Sexuality. <http://calgarysexualhealth.ca/2013/04/sex-without-regret-checking-in-with-head-heart-body/>