



AM I READY  
FOR SEX?

HOW DO I KNOW  
IF I'M READY?

## 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.**

