

## **HOW TO DECIDE ABOUT SEX (AND MAKE YOUR DECISION STICK)**

If you aren't already, you will soon be making choices about sex and sexual activity. It will be one of the most important decisions of your life. Here are some things you can do to help you make a good decision.

- Get good information from people you trust.
- Talk to people about your feelings, especially your parents and family.
- Understand all the consequences - physical as well as emotional.
- Think about what you want out of life.
- Think about your values and who you are.
- Don't let anybody rush you into something you aren't ready for.

Once you've made the choice, how do you stick to your limits? Here are some suggestions for staying in control when you're under pressure.

- Know beforehand what you do and don't want to do.
- Stop things when you start to feel uncomfortable. Never push someone else to do anything they don't feel comfortable with.
- Clearly state your feelings.
- Point out the consequences.
- Suggest something else to do.

Adapted from [www.GoodCharacter.com](http://www.GoodCharacter.com)  
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