

If you're a teen, there are some good reasons to wait. You or your family may have cultural or religious reasons for waiting. This message focuses on your health.

It's your right to decide about sex.

Only you can choose how far you want to go. No one else knows how you feel. If you feel sure of yourself and feel safe in every way, you can say "yes" to what you want. Then, you probably won't get talked into, flattered into or frightened into doing something that you don't want.

IT'S YOUR DECISION!



For more information, contact a public health nurse in the Sexual Health program at the Haldimand-Norfolk Health Unit.

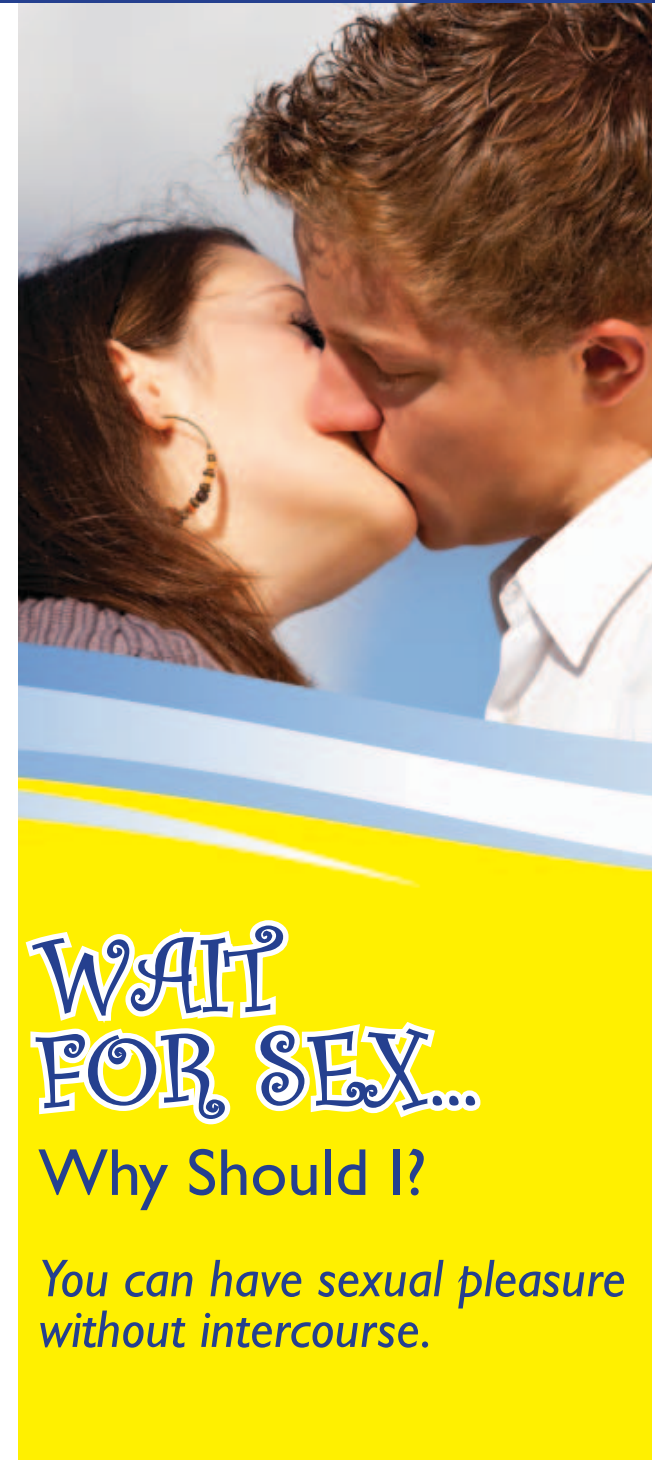
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WAIT FOR SEX...

Why Should I?

You can have sexual pleasure without intercourse.

WAIT FOR SEX - WHY SHOULD I?

You can have sexual pleasure without intercourse.

Girls, this is for you.

It can be safe and fun to use your mouth and hands to kiss and touch each other. If you're with a guy, you won't have to worry about pregnancy. But there are still some risks for Sexually Transmitted Infections (STIs) if you:

- use the mouth on the genitals (oral sex).
- have skin-to-skin contact in the genital area.

You can get STIs from any partner who has one because most people with STIs don't even know it.

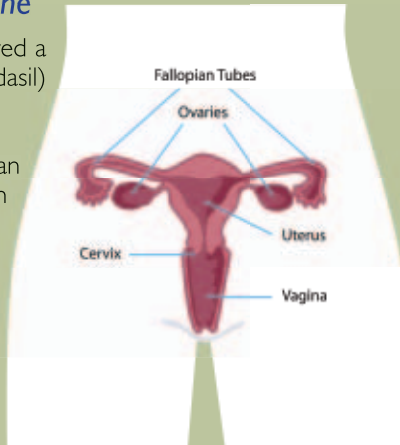
Your body may look like it is ready for sex, but that's only on the outside. The cells in your vagina and cervix aren't fully mature. If you start having sexual intercourse without condoms before these changes are finished, it's easier for bacteria and viruses that cause STIs to get in. One of these viruses could eventually cause cancer of the cervix.

Gardasil vaccine

Some girls received a vaccination (Gardasil) in grade 8. It

protects against specific types of an STI called Human Papillomavirus (HPV). Two of these types are linked to cancer of the cervix. Even if you had the vaccine, you still need to

use condoms if you have sex. You will also need regular sexual health check-ups, including a Pap test. The Pap test checks for abnormal cells on the cervix that can lead to cancer.



Guys, this is for you.

The risks for you when you have sex in your early teens are different from the risks for girls. Girls get pregnant. Guys don't. If there's a pregnancy, you may have some tough issues to face.

You can get STIs from any partner who has one because most people with STIs don't even know it.

But if you don't have sex, you can kiss and touch each other and have the pleasure of orgasm with less risk.

You won't need to worry about STIs unless you have oral sex or have skin-to-skin contact in the genital area.

Some guys are just as worried as girls about having sex, but not just about STIs or pregnancy. They worry about:

- "coming" too fast.
- if they are always supposed to say yes, even when they don't really want to.
- how to do it.
- how to use a condom. Using condoms properly takes practice. This is an important skill to learn.

Of course, it's not always easy to wait.

Sometimes you find yourself making out and getting really hot. Maybe you don't feel in control. Maybe you want to stop, or at least, you don't want things to go any further. You really like this person but you don't want to have sex. It can be hard for both guys and girls to say no.

- How do you say "no" without hurt feelings?
- How do you say "no" without saying "goodbye"?
- How do you say "no" so you can keep your reputation?
- How do you say "no" without being put down?

Well you could say,

- "I really like you, but I want to cool things down a little."
- "I love it when we kiss (touch ...), but that's as far as I want to go for now."
- "I don't feel ready for this."

Sometimes saying "no" is hard and there are hurt feelings. You still have the right to say it.

Lots of teenagers don't have sexual intercourse.

- They don't feel ready.
- They're afraid of STIs or pregnancy.
- They worry that people will find out.
- They're waiting for the right person.
- They're waiting for marriage.

Here are some suggestions for getting out of a heavy situation.

- Talk before the making out gets you too close to sex.
- Explain how you feel or just say, "I don't want to."
- Remind yourself that neither of you has to have intercourse to enjoy each other.
- Kissing and touching can be great.
- Be clear: Move away, change seats, get up. Do something else.
- If you party, do it safely. It's a lot harder to make a decision about sex when you are drunk or high.
- At a party, have a friend keep an eye out for you if you go somewhere to be private.