

Determining Readiness for Sex

A good sex life is one that keeps in balance with everything a person is about – their health, education, career goals, relationship with other people, and their feelings about themselves. If a person is considering having sex, encourage them to ask themselves the following questions:

- Do you know what your desires, curiosities, and limits are?
- How will sex affect you physically and emotionally?
- How will having sex make you feel about yourself?
- What types of sexual encounters do you prefer?
- Will sex change your relationship with your partner?
- How clear can you be with your partner about what you do and don't want to happen?
- Are you considering having sex because you want to or because someone is pressuring you?

Everyone has different desires, curiosities, and limits. These usually change over time, and can even vary from morning to night. Self-exploration (sexploration) is a continual process of getting to know yourself sexually. Consider your feelings about different sexual activities. Note which you find arousing, acceptable, or unappealing.

I ENJOY	I MIGHT TRY	I WOULD NOT

Act of Sex	Physical	Personality
Biggest Turn-Ons		
Biggest Turn-Offs		

Some people find certain words offensive or unpleasant and other words sexy. Talking with your partner about terms will allow partners to talk about sex comfortably and explicitly.

Act of Sex	It's Sexy	It's OK	It's Awful
Act of Sex			
Male Genitals			
Female Genitals			
Sex Completion			