

## WHAT TO SAY

Here are some things to cover when you talk. Add anything else that's important to you.

### Share your reasons for waiting.

- **Talk about your feelings and values** around sex. If you believe sex belongs only in marriage, make sure your partner understands that.
- **Discuss the health benefits of waiting.** Share your concerns about pregnancy and STD, including HIV.

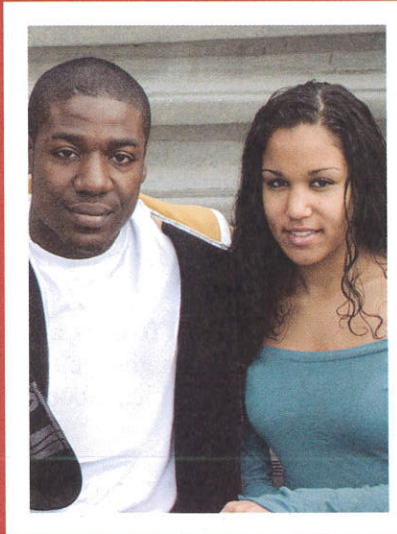
### Ask for support.

- **Acknowledge that you have sexual feelings.** It's OK to have sexual feelings and not have sex. Talk about other ways to direct your feelings.
- **Plan ways to spend time together** and grow closer that don't involve sex.

### Talk about pressure.

- **List situations that might make it hard to stick to your decision.** Agree together on ways to avoid these situations.
- **Look at pressures to have sex** from friends, the media, advertising, etc. Talk about how to resist these pressures and make up your own minds.
- **Remind each other that alcohol and other drugs affect judgment.** Agree to avoid using these substances if you think it will make it harder to stick to your decision.

communication



conversation

"It's easier to resist pressures to have sex when we both support each other."

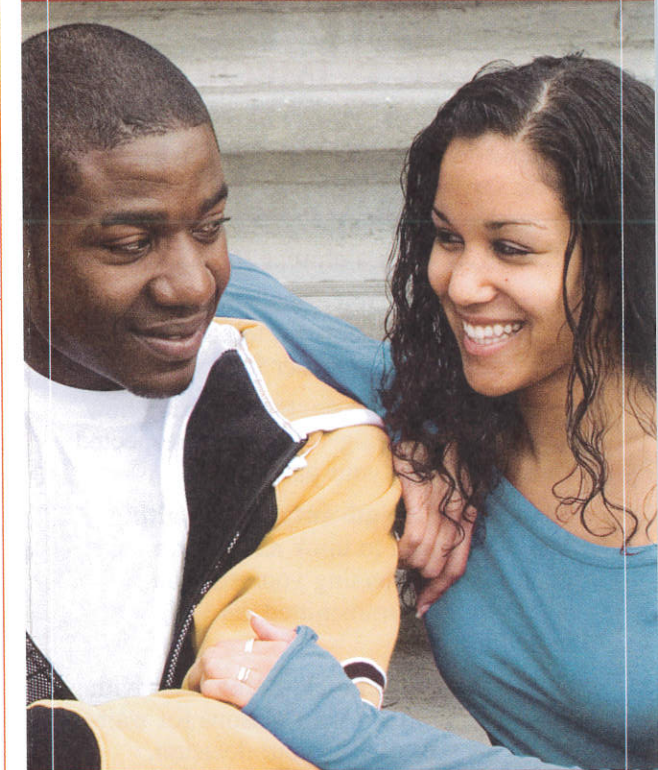
Remember, you're the one in control of your sexuality and your life. Make decisions you'll feel good about today and in the future.

## TALKING TIPS

- **It's normal to feel embarrassed** when talking about sex. Don't let it keep you from bringing up the subject.
- **Be honest** about what you feel and need.
- **Trust your feelings.** If you don't feel you're ready to have sex, you're not.
- **Listen to your partner.** Respect his or her feelings and ideas. But expect your partner to do the same for you and to honor your decision.
- **Don't send mixed messages.** Be clear and consistent about your limits, and be sure your partner understands them.
- **Keep a sense of humor.** Laughing together can make it easier to talk about sensitive subjects.

# Not Ready For Sex

## Talking with your Partner



Waiting has  
**LOTS OF BENEFITS.**  
Talking can  
**BRING YOU CLOSER.**  
How to begin and  
**WHAT TO SAY.**

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You want to be close and show you care. But you're not ready to have sex. How do you stick to your decision?

## TALKING IS IMPORTANT

You increase your chances of getting what you want—keeping the relationship but not having sex—if you're prepared and can talk to your partner openly and honestly.

Talking gives you a chance to:

- **Become closer.** You establish trust by sharing your decision not to have sex and hearing how your partner feels.
- **Learn about your partner.** Sharing how you feel and having your choice respected says a lot about your partner.
- **Remember the advantages of waiting.** You won't need to think about birth control and protecting yourself from STD (sexually transmitted disease), including HIV
- **Reinforce your choice.** Being clear with your partner about your reasons for waiting helps you stick to your decision.
- **Be a team.** It's easier to stick to your decision if your partner understands your feelings and agrees to support you.

You get all these benefits, no matter why you choose to wait.

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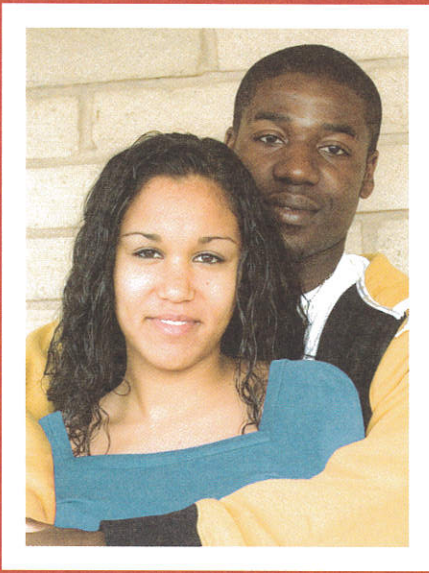
## KNOW WHY YOU'RE WAITING

Before you talk with your partner, be clear on your reasons for not having sex at this time in your life.

Waiting gives you:

- **Respect** from others and for yourself for sticking with the decision that's right for you.
- **Time** to get to know yourself and your partner without the pressures sex can add to a relationship.
- **Freedom** from worries about unplanned pregnancy or STD.
- **Stronger relationships** based on friendship and trust, without the confusion sex can add.

communication



conversation

"Talking was hard at first. But it made our relationship stronger."

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## GETTING READY

Sex can be uncomfortable to talk about. But not talking now can make things more difficult later on.

Plan what you want to say.

- **Make a list of your reasons for waiting.** Think about what you need from your partner to support your decision.
- **Prepare to listen.** Be ready to hear your partner's point of view, while being firm about your decision.
- **Share your decision with friends and family members.** This can give you practice talking and being clear about your reasons.

## HOW TO BEGIN

- **Choose a good time.** Talk before you get into an intimate situation. Find a time when both of you can give your full attention to the subject.
- **Choose a good place.** Find someplace where you can talk without distractions or interruptions.
- **Focus on the things that are special about your partner.** This lets him or her know you're saying no to sex, not to the relationship.

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communication



conversation

"My partner really understands my reasons for waiting. I'm glad we talked."

Together you can find ways to be close and express your affection without having sex.

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