

TEEN PREGNANCY PREVENTION

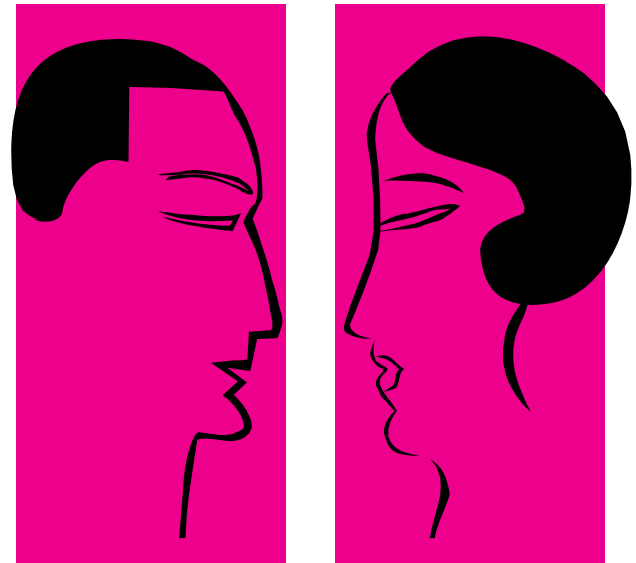
TALKING ABOUT SEX

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TALKING ABOUT SEX

- *Talking about sex might feel uncomfortable, but it's necessary if you are thinking about being sexually active.*
- *Being sexual with someone involves a lot of communication!*



CONVERSATIONS ABOUT SEX

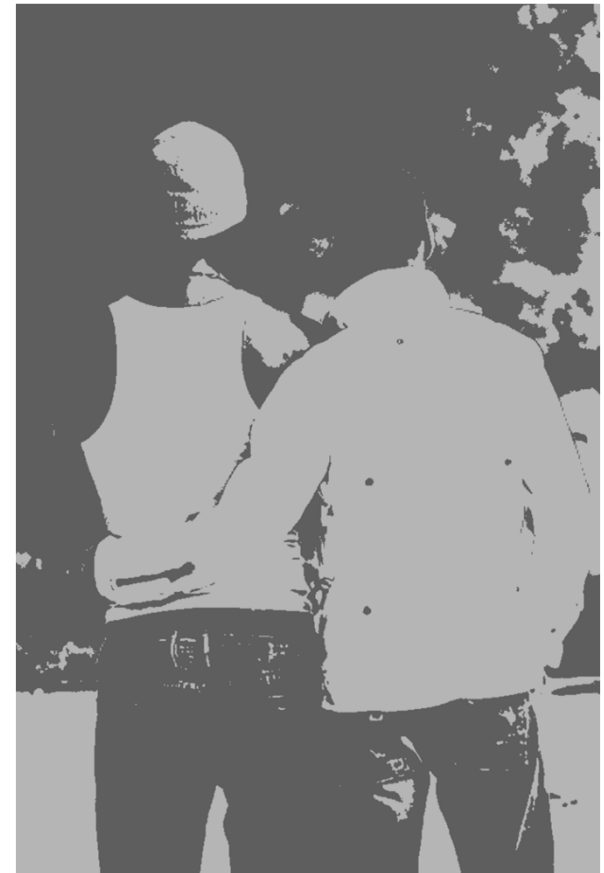


Your sexuality. *Your sexuality determines which gender you are attracted to.*

- *When you are attracted to members of the opposite sex (male/female), you are considered **heterosexual**.*
- *Mainstream society “normalizes” heterosexuality, which can make all the other types of sexuality appear controversial or abnormal.*

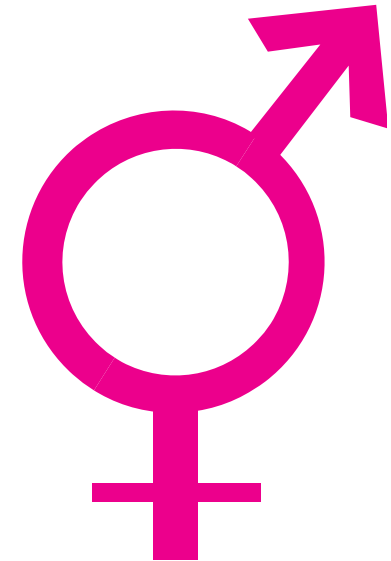
CONVERSATIONS ABOUT SEX

- *When you feel attraction to members of the same sex, you are considered **homosexual**.*
- *Some people use the word **gay** to describe homosexual relationships between two men and two women.*
- *Women who like women are also known as **lesbians**.*
- *Feeling attraction to both sexes is considered being **bisexual**.*



CONVERSATIONS ABOUT SEX

- *There are other ways to express sexuality as well. People that are **transgendered** are born one sex, but feel they can't relate to the gender identity they were born with.*
- *They may relate to the identity of the opposite sex, or no sex at all.*
- *People that reject any type of definition of male and female identities or gender roles, and chose to define sexuality themselves might consider themselves **queer**.*



CONVERSATIONS ABOUT SEX



- *People that aren't sure about and/or experimenting with their sexuality are considered **questioning**.*
- *There are many different types of sexuality and no one is better, or more normal than the next.*
- *It's not always an easy process to determine your sexuality so take your time and ignore pressure to be anything other than who you are.*

CONVERSATIONS ABOUT SEX

Your values regarding sex. *Abstinence, or the practice of not having sex is always a good option if you don't know where you stand on the issue.*

If you are considering having sex with your partner you will need to discuss:

- *Your feelings about the “right” time.*
- *How long you have to be together before you will consider having sex.*
- *The type/s of contraceptives you will use.*



CONVERSATIONS ABOUT SEX



Your comfort level as the relationship progresses. *Spending time discussing what you are comfortable with sexually reduces awkward situations later.*

Contraception choices. *Your partner might be too shy or embarrassed to bring it up, but it relieves a ton of stress for both of you once you get it out of the way.*

CONVERSATIONS ABOUT SEX

Your likes and dislikes. *You should not feel pressured, afraid, or guilty for telling someone no.*

- *People like different things and have different levels of comfort regarding sexual experiences.*
- *Knowing what you are comfortable with will help you set boundaries and hold to the values you set regarding sex and relationships.*

