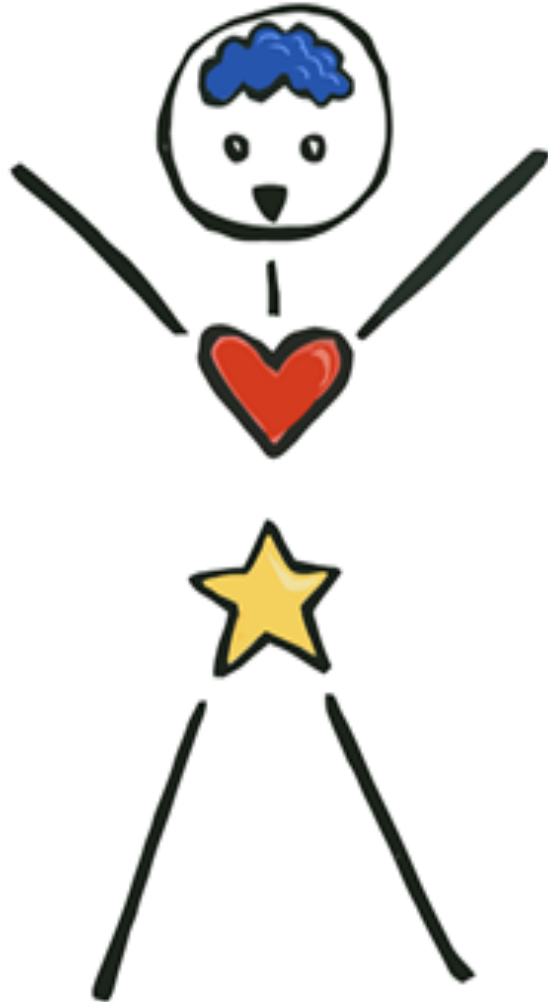


# HEAD. HEART. BODY: AM I READY FOR SEX?



## Head = Thinking

- Why do I want to have sex? \_\_\_\_\_
- Is this the right person or relationship? \_\_\_\_\_
- What age is it okay to have sex at? \_\_\_\_\_
- What are some things that could happen after? \_\_\_\_\_
- What are the positives and negatives to having sex? \_\_\_\_\_
- Do I need birth control, condoms, or an STI test? \_\_\_\_\_
- Have we talked about what we want and what our boundaries are? \_\_\_\_\_
- Do I have all the information I need? \_\_\_\_\_
- What will my friends/family think? Am I okay with that? \_\_\_\_\_



## Heart = Feeling

- Do I know how to have safe sex? \_\_\_\_\_
- Is this something I feel comfortable doing? \_\_\_\_\_
- Do I trust myself and the other person? \_\_\_\_\_
- How will I feel after? (relieved, happy, disappointed, angry) \_\_\_\_\_
- Is there anything I'm scared of or worried about? \_\_\_\_\_
- Am I nervous or anxious about having sex? \_\_\_\_\_



## Body = Sensing

- Butterflies (good/bad) in my stomach
- Excited, like I want to jump up and down
- Muscles relaxed / Muscles tensed
- Sick like I might throw up
- Aroused (hard/wet)

• Other feelings in my body:

\_\_\_\_\_