



A Vhutshilo Resource

The Vhutshilo curricula have been developed by Health & Education Training and Technical Assistance Services (HETTAS) and are currently being implemented throughout South Africa. For more info, contact HETTAS: info@cspe.org.za

Are you
ready for
sex?



Am I really ready to have sex?

Having sex for the first time can be an important emotional event. There are many questions that should be considered before actually doing it:

- Do I have a strong relationship that is based on trust and respect?
- How will I feel about myself after I have sex?
- How will I feel about my partner afterwards?
- Am I having sex for the right reasons?
- How will my parents and friends feel about me having sex?
- What do my religion and culture say about sex before marriage?
- How do I protect myself against unintended pregnancy or infection?
- What happens if I do get pregnant or get an infection? Am I ready to deal with the consequences?
- If I have sex will I have to lie about it later?
- Will I feel guilty?

If you are still unsure about the answers to these questions, say no and delay making this decision until you are really, really sure that you are ready.



Good points about saying NO to sex

- You can wait and delay having sex so that you can say 'Yes' when you are in a loving relationship with someone you trust.
- If you wait until you are ready, your first sex experience will be better because you will be prepared and can enjoy it in a good way.
- Saying 'No' to sex is the only 100% certain way of protecting yourself from pregnancy and STIs, including HIV. Although condoms are very effective if used correctly and every time you have sex, they can sometimes break or slip. No contraceptive is 100% effective. If you say 'No' to sex, you will not have any worries about these problems.
- If you value sex as something to only be done within marriage (or with a person whom you plan to marry), you will feel happy with yourself for keeping the values that are important to you and your family. Keeping by these values is a healthier and wiser choice.
- By saying no to having sex you will be able to better focus on your future without worrying about falling pregnant or messing up with exams.

Know how to respond when someone tries to persuade you to have sex and tells you:

- If you love me you'll say yes.
- Come on everyone is doing it.
- If you don't say yes, I'll leave you for someone who will.
- We need to see if we are good together, so let's try.
- I know you want to say yes, I can feel it; don't deny that you want to have sex too.
- I love you, you are the only one for me.

We all have the right to make choices that are best for us. Everyone has the right to say no to sex and we should feel good about the values and decisions we make. No one has the right to force us to have sex if we made a decision to delay having sex for now. Saying no and meaning it, is something that our partners should respect and value about us whether we are a man or a woman.

- If we are determined to delay sex or stop having sex, we must have the skill to say no.
- Saying no to sex means that we have to practice saying it so that we can keep our word no matter what.

Ways to say no to sex

Being assertive means saying no firmly and strongly. Sometimes we have to say no more than once to make sure that the other person understands we mean what we say. Here are examples of saying "No to Sex":

- I have made a decision to say no to sex until I am older and I'm delaying having sex until I'm ready.
- I love you and if you loved me too—you would be able to respect my wishes to say no to sex for now.
- I'd like you to respect my views when I say I'm not ready for sex just yet.
- Saying no and abstaining from sex now is the only 100% effective way to avoid getting an STI or HIV or falling pregnant. What would happen if one of us got an STI or HIV or became pregnant?
- I want to protect my health and life until I am ready to have a baby.
- I think sex before we are living together or married is wrong. I would feel bad if I went against my beliefs.
- Let me tell you what I want in my life and where I want to be in three years' time. Having a baby would stop me from getting to where I want to be.
- Let me tell you about what my parents hope for me and how they would feel if I had a child or got very sick.