TEEN PREGNANCY PREVENTION

TALKING ABOUT SEX

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BREAKING BOXES
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.
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.