

How to deal with **SEXUAL PRESSURE**

If someone tries to pressure you to have sex, use these steps:

STATE YOUR SEXUAL LIMITS —

State how far you will go — without giving excuses or reasons.

If pressure continues:

REPEAT your decision.

REFUSE to discuss it anymore.

LEAVE!

You hear:

✗ Manipulation —

Convincing someone to do something they are not comfortable with and making a person feel that they have little choice in a decision.

“If you loved me you would...”

“We’ve had sex before so you can’t say ‘no’ now.”

✗ Threats — Saying that they will hurt or leave you if you won’t have sex.

“You’re not the only girl I could date.”

“I will kill myself if you break up with me.”

✗ Guilt trips — Using guilt to convince someone to do something.

“Don’t you like me?”

“You can’t say ‘no’ because I spent all that money on you.”

✗ Persuasion — Using pressure lines.

“I know you really want to.”

“Why not have sex with me? Everyone else is doing it.”

You say:

“If you loved me, you wouldn’t pressure me to...”

“Just because I had sex with you before doesn’t mean I have to have sex with you right now.”

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“You are not the only guy I could date. I chose to date you and I can change my mind.”

“Are you thinking about suicide? If so, I need to tell someone.”

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“Yes, I like you. If you really liked me, you wouldn’t make me feel bad about...”

“If you think spending money on me means you can have sex, then I would be glad to give you the money for my share of the evening.”

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“No, I’m not ready for sex. I made the decision to wait.”

“I don’t have sex with anyone. Most of my friends are not having sex.”

Reference: Preventing Sexual Coercion Among Adolescents Training Guide; Emory University School of Medicine; Atlanta, Georgia 2003. Funded in part by a grant from the US DHHS - OPA National Sexual Assault Hotline 1-800-656-4673. Available for downloading from our Web site at