

PREVENTING UNCOMFORTABLE SEXUAL SITUATIONS



FEELINGS & SET

LIMITS — Before a date. What will you gain and what will you lose?

NO EXCUSES —

Tell your partner about personal limits without excuses or reasons prior to sexual activity.

"YES" MEANS "YES"

& "NO" MEANS "NO" — Though you agree to kiss, you have not agreed to sexual intercourse. You have the right to change your mind with no pressure.

BE CLEAR — Make sure you are clear if something happens that you do not like. Good communication is the only way your partner will know how you feel about a situation. Remember, people are not mind readers.

TRUST YOUR FEELINGS — If you feel you are being pressured into sex, then you are right.

IF YOU LOVED ME — Beware of people who use pressure lines such as, "If you loved me you would."

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 www.healthoregon.org/fp



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