

### 1. Will it be embarrassing or awkward?

Probably. But its okay to have a laugh together, take a break and get in the mood. Everyone is nervous to start. Nervous and exited is okay. If you are not sure or worried then do not go any further, wait.

### 3. Will putting a condom on be awkward?

Probably. Men, make sure you have practiced beforehand, lots of practice. Whether your partner is male or female they can help you practice too. In the moment it's okay to take a moment and get it right.

### 5. Will I have an orgasm the first time?

A man is more likely to come, and if it's the first time this might happen faster than he wants it to. For a young woman she might not have an orgasm the first time. As the woman gets more comfortable and knows what they like during sex, then having an orgasm becomes more common.

### 2. Is penetrative sex the only sex?

Absolutely not. In fact, if you are thinking of having penetrative sex, take your time. The sexual things you do, as well as penetrative sex are extremely important, that means things like kissing, oral, fingering and touching. You can do these things for as long as you like, before you start to have penetrative sex.

### 4. Is it painful to have penetrative sex?

It may feel uncomfortable at first. Some young women say there is some pain to start, but it should not be very painful. There may be some spots of blood. It is far less likely to be uncomfortable if the woman is relaxed and sure she wants to have sex. Using a water-based lube can help (always water-based to make sure the condom isn't damaged). It's a good idea to try some different positions and find what's most comfortable. Stop, change positions, take your time. If you have anal sex, whether you are male or female, the advice is pretty much the same - condoms, lube, take your time, stop when you want to, its always okay to stop.

### 6. Can a girl get pregnant the first time she has penetrative sex?

Yes. That's why you have to use condoms and get contraception sorted.

### 7. What happens if we have penetrative sex without a condom? Or it comes off or breaks?

If you are a girl, and the boy's condom breaks or comes off and you aren't using another contraception, then go to a clinic or chemist/pharmacy to get emergency contraception. A chemist's shop can give you emergency contraception up to 3 days after sex, a clinic up to 5 days after, it is recommended that you do it as soon as you can. If you have had anal sex and didn't use a condom or had a problem with it, then you might be at risk of HIV infection and you can go to a sexual health clinic or A&E Department and ask for PEP (Post Exposure Prophylaxis). You should do this within 24 hours if you can and no later than 3 days after the problem with your condom.

**8. Where do we do it? How do we set the atmosphere?**

If it's your first time you want it to be somewhere where you can take your time, have privacy, not be interrupted. So, it needs a bit of planning. Don't do it outside, in the cold, or when there are others hanging about. Don't do it at a party.

**9. Will having a drink help relax us?**

Well you'd think it might, but it's more likely that because you are nervous you might drink too much, or not be able to make decisions about what you want. Your first time is a time to be in control, not out of control.

**10. Will he/she tell other people?**

If you are worried about this then don't do it. Sex with your partner is between you and him/her, it's a private intimate thing and not something to be gossiped about.