

4.2 Sex: Pressure, pleasure and first time sex

Having sex for the first time – a checklist

Cut out the 11 boxes below. Then take the 11 items on cards, work in a 2 or 3, and sort into 2 piles. The two piles are: 'First time sex: Essential/must have things' and 'First time sex: Important things'.

1. I feel ready.

2. I feel safe.

3. I have someone I can speak to about this before I do anything.

4. We are both 16 years old or older

5. If we need contraception, it's sorted.

6. If we need condoms, it's sorted.

7. We are both sober.

8. We have the time and we are in a safe comfortable place.

9. I trust him/her.

10. I want to.

11. I know I can change my mind, say 'no' or stop at any time.

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**First time sex:
Essential/must have things**



**First time sex:
Important things**