

THE SEX READY CHECKLIST

Are you ready?

Are you trying to decide if you are ready for sex with your partner?
Below are some items that are important to consider before you have sex.

Relationship items:

- I know what I want for myself, and separate it from what my partner, friends or family want.
- I am able to express my wants and needs, to create limits AND trust my partner to respect them.
- I know sex of any kind is optional – it is not a requirement of my relationship
- I am able to trust my partner, and am trustworthy myself.
- I can tell my partner what I want sexually and emotionally, and when I do and do not like something, and I feel my partner can do the same.
- I am comfortable being unclothed, physically intimate and affectionate with my partner.
- Me and my partner can be honest with each other about our sexual history.
- I care about my partner's health, emotions and general well-being and can say the same for them.
- Any kind of sex between us so far feels balanced, like it is about pleasure for both of us, not just one of us.
- I feel I have a good handle on what consent to sex is and also what non-consent is.

Emotional items:

- I understand that having sex will have an emotional impact on me, my partner and our relationship.
- I don't have any strong religious, cultural or family beliefs that this sex or partner is wrong for me.
- I take full responsibility for my own emotions, expectations and actions, as does my partner.
- I can handle being disappointed, confused, or upset, as can my partner.
- I have at least one member of my family, a friend or some other trusted person who I can talk to about sex, my sexuality, my sexual relationships.

