

SEX...

AM I READY OR
SHOULD I WAIT?



我現在可以有性行為嗎？
還是應該再等等？

Not sure about sex yet?

Ask yourself some important questions. Do you feel ready, both physically and emotionally, to have sex? Is your relationship ready for sex? If you would rather wait, you do have the option to choose abstinence (to not have vaginal, anal, or oral sex). It is the only 100% effective way to avoid pregnancy and STDs.

If you're not sure what's right for you and your relationship, take the quiz to help you decide.

AM I READY? Take the Quiz to Find Out!

For the following questions, answer with yes, no, or not sure.

- | | YES | NOT SURE | NO |
|---|-----------------------|-----------------------|-----------------------|
| 1. Do you feel comfortable when you're making out with your partner? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. Are you confident that your partner will be there for you if you don't go all the way? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. Do you feel comfortable talking to your partner about sex? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. Are you sure that your partner is only going out with you? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. Are you sure that having sex won't change you in a negative way? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. Do you know how to use a condom correctly? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. Are you sure that your partner does not have a STD? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. Are you ready to take on the risk of pregnancy? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. Are you okay with not having sex even if all of your friends seem to be having sex? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Mostly no: It's important to get a better understanding of yourself and the responsibilities that come with sex. Try talking to an adult you trust.

Mostly not sure: You seem like you are not entirely comfortable with the idea of having sex. You should continue to think about it until you are more sure of yourself.

Mostly yes: You seem to have a good understanding of sex and what you want. You are confident and should trust yourself and your ideas.

Is my relationship ready?

Even if you feel ready, is your relationship ready for the next step? If you're not sure, you may want to think about how healthy your relationship really is!

In your relationship, do you and your partner...

SHOW RESPECT TO ONE ANOTHER?

This means you respect the other person's decisions, even if you don't agree.

HAVE TRUST?

It's okay to be a little jealous sometimes, but still trust each other.

TELL THE TRUTH?

Be upfront with yourself and your partner.

STICK BY ONE ANOTHER?

Be there for each other—through the good times and the bad!

PLAY FAIR?

A little give and take can go a long way in a relationship.

ABLE TO TALK EVERYTHING OUT?

This is the best way to get things across to your partner. And don't forget to listen too!

HAVE A MIND OF YOUR OWN?

You can be in love, but don't forget who you are—think for yourself! You shouldn't feel like you have to do something just because your partner tells you to.

Other ways to show you care:

Talk about your feelings with one another

Hold hands or kiss

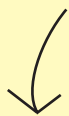
Do other activities (catch a movie, go out for dinner, etc.)

Ways to manage your needs:

Take cool showers

Learn to please yourself (e.g. masturbation)

WHAT DO I DO NOW?



**I'D RATHER
WAIT**



STEP 1: TELL YOUR PARTNER NO THE NICE WAY

N IS FOR NO:

Say "No" instead of "I don't know"
"No" leaves no room for negotiation!

I IS FOR AN "I" STATEMENT:

"I'm not ready."

"I want to be friends."

Let your partner know what you want
and how you feel!

C IS FOR CHANGE OF PLANS:

Switch it up and do something else
instead!

E IS FOR EXIT:

When sexual pressure is high,
escape from the situation!

STEP 2: TALK AND LISTEN



Tell your partner
what your reasons
are for waiting.
Listen to each
other's concerns.
If the other
person cares
about you,
explaining your
feelings and
beliefs should
help them
understand and
respect you
more.



STEP 3: STAND YOUR GROUND

Stick to your decision, and don't let
anyone make you do anything that
makes you uncomfortable.

**I THINK
I'M READY**

**STEP 1:
GET TESTED TO FIND
OUT YOUR STD STATUS.**

STDs can be transmitted by blood and bodily fluids. Certain STDs can also be transmitted by skin to skin contact.

WHERE TO GO:

Get tested at a doctor's office or health clinic. For free and confidential testing (including a quick 20 minute HIV test), come to the Charles B. Wang Community Health Center.

Don't want to get tested alone?
Bring your partner along!

**STEP 2:
ASK YOUR PARTNER TO GET TESTED TOO!**

ALSO ASK HIM/HER THESE SIMPLE QUESTIONS:

Were you tested before? What was the result?

What were you tested for? How long ago were you tested?


Did you take medications to treat any previous infections?

**STEP 3:
BE SAFE. USE CONDOMS!**

Condoms prevent pregnancy and most STDs, but you have to use them correctly.

Stop by the TRC to get condoms for free. Talk to a teen health educator to learn how to use it correctly. You can also buy condoms at any drug store or ask your school nurse if they offer free condoms too.





I HEARD THAT 70% OF GIRLS
12-19 WHO HAD SEX WISHED THEY HAD
WAITED. BUT HOW WOULD MY BOYFRIEND
REACT IF I TELL HIM I WANTED TO WAIT?
IF I HAD SEX, WHAT WOULD MY FAMILY
AND FRIENDS THINK?

WHAT CAN I DO TO
AVOID GETTING PREGNANT?
I'M NOT READY TO BE A MOM YET!

USE A CONDOM!

Got questions?

Talk it out with your partner!
Or talk to a teen health educator!

Visit:

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COMMUNITY HEALTH CENTER
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New York, NY 10013
Phone: (212)226-8866 x 209
E-mail: trc@cbwchc.org
<http://trc.cbwchc.org>
Friend us on facebook at:
"TRC Walker St"

SEX? I'VE BEEN READY!
BUT WHAT IF MY GIRLFRIEND'S
NOT READY? AND WHAT IF I GET
HER PREGNANT? AM I READY TO TAKE
ON SUCH A BIG RESPONSIBILITY?

HOW DO I MAKE SURE
THAT I DON'T GET AN STD?
I HEARD THAT ONE OUT OF EVERY
FOUR TEENS GETS AT LEAST ONE
STD EVERY YEAR.

USE A CONDOM!

CHINESE

CHINESE



CHARLES B. WANG COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

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This brochure was produced with funding from the New York State Department of Health, Division of Family Health.



**CHARLES B. WANG
COMMUNITY HEALTH CENTER**
王嘉廉社區醫療中心