Sex
worth talking about

My relationship, my decision
There’s lots to think about when it comes to growing up, relationships with friends, boyfriends or girlfriends, changes to your body and sex. Sometimes it’s hard to know where to start.

There’s so much to think about - where do I even begin?
With so many different messages from friends, family, TVs and websites, it’s difficult to know what’s true and what’s not - and even who you can talk to. This leaflet will help you to answer some questions you might have and show you where to get more advice, and information.
Your friends and You!

My friends are always bragging about who has gone the furthest.
How do I know they are telling the truth?
It's good to talk to your friends, but sometimes hearing what someone says they are doing may make us think about ourselves and if we are keeping up. It may feel like everyone is having sex, but they're not and you can't always compare yourself to them. Everyone is different.
Ask yourself the following; and if you have any doubts, you're probably not ready...

Do I feel comfortable going this far with my boyfriend/girlfriend? What will happen if I say no?

Am I happier just kissing and cuddling?
Should I have sex just to keep my boyfriend/girlfriend?

Am I thinking about having sex to keep up with my friends?

Have we talked about having sex, and what would happen if I/my girlfriend got pregnant?
You can talk to friends, parents, a brother or sister, a youth worker, teacher and of course, it’s important to discuss and agree with your girlfriend or boyfriend before making any decisions about sex.
Need more info?
For more free and confidential advice on growing up, puberty, relationships, contraception, STIs and sexual health visit www.nhs.uk/worthalkingabout or Brook www.brook.org.uk Tel. 0808 802 1234 or email your questions to www.askbrook.org.uk