My relationship, my decision

If we don't have sex, I've been told my balls will explode.

Come on, don't you fancy me? You'll get a reputation for being frigid.

All of our friends have done it.

Get the facts!

So here are some facts about sex that might surprise you:

You can get pregnant the first time you have sex – it only takes one time.

You can get pregnant if a boy pulls out before he ejaculates (comes).

Being Prepared!

So, if you think the time’s right for you to have sex, it’s a good idea to plan ahead and get some advice. There's 15 types of contraception available free on the NHS and remember you won't be protected against sexually transmitted infections (STIs) unless you use a condom.

A girl can still get pregnant if she has sex during her period.

Condoms can only be used once.

It's legal for you to agree to sex from the age of 16. Most people wait until then and lots choose to wait longer. The most important thing is that you feel comfortable with your decision.

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Remember, the right time is up to you. Here are some questions you could ask yourself if you feel you're not ready:

Yes, but I'd like to wait and get to know you better.

Waiting for the right person makes me smart – not frigid.

Many haven't – they're all talk! They don't know what's best for us.

I think you need some biology lessons.

I was watching TV with my brother where a couple were getting it on. I asked him how far you should go, and he gave me some really good advice.

When I talked to mum, it wasn't as embarrassing as I thought. She's happy that when I decide to have sex, it will be when I am ready.

As a girl can't get pregnant if she has sex standing up.

Conditions can only be used once.
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.

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.

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.

With so many different messages from friends, family, TV and websites, it's difficult to know what's true and what's not - and even who you can talk to. It's hard to know the answers to some questions you might have. Here we go where to get more advice and information.

Your friends and you!

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?

Am I happier just kissing and cuddling?

Ask yourself the following; and if you have any doubts, you're probably not ready...

Need more info?

For more free and confidential advice on growing up, puberty, relationships, contraception, STIs and sexual health visit www.nhs.uk/worthtalkingabout or Brook www.brook.org.uk

Tel. 0808 802 1234 or email your questions to www.askbrook.org.uk

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

Should I have sex just to keep my boyfriend/girlfriend?

There's so much to think about - where do I even begin?

My friends are always bragging about who has gone the furthest. How do I know they are telling the truth?

You can also go to a doctor, school nurse, or get advice from a pharmacy. Anything you discuss with these people is confidential, even if you're under 16. Or contact your local services: