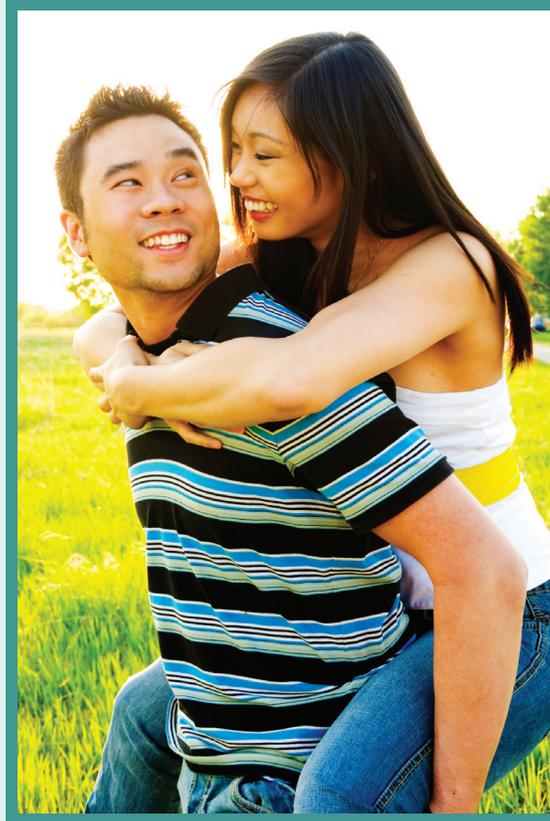


- ◆ Possibility of becoming pregnant
- ◆ Possibility of contracting a STI
- ◆ Not trusting your partner
- ◆ Personal beliefs in abstinence (not having sex)
- ◆ You haven't found the right person
- ◆ You are threatened or feel pressure to have sex

### ***What Is An Abusive Relationship?***

#### ***Your Partner:***

- ◆ Puts you down, doesn't listen to you, or ignores you
- ◆ Attacks any part of who you are
- ◆ Tries to embarrass you, disrespects you, insults you, humiliates you, or demeans you in any way
- ◆ Is jealous and controlling (what you wear, who you see, etc.)
- ◆ Does not respect your boundaries or personal space
- ◆ Attempts to guilt you into having sex with him/her or forces you to do things that you do not want to do (sexually or not)
- ◆ Has ever acted physically violent towards you in any way (kicking, pushing, hitting, etc.)



# AM I READY?



HEALTH  
DEPARTMENT

**Durham Health  
Connection Line**  
**905-668-2020 or**  
**1-800-841-2729**  
[durham.ca/sexualhealth](http://durham.ca/sexualhealth)



If you require this information in an accessible format, contact 1-800-841-2729.

# It's My Choice

## Healthy relationships are respectful, honest and responsible

### Healthy Relationships Include:

- ♦ Having fun together and listening to one another
- ♦ Trusting each other and being able to say sorry and reach compromises
- ♦ Feeling comfortable with yourself and being able to lead separate fulfilling lives
- ♦ Respecting each other's choices about being sexually active

### If you are NOT ready to have sex... YOU DON'T HAVE TO

There are other ways of expressing your love

- ♦ Kissing
- ♦ Hugging
- ♦ Massage
- ♦ Masturbating
- ♦ Rubbing...



**Get Creative!**

## IN A HEALTHY RELATIONSHIP YOUR PARTNER SHOULD RESPECT YOUR CHOICE TO BE SAFE, AND YOU SHOULD DO THE SAME

### If you ARE ready to be sexually active...

### Safety Is Sexy!

- ♦ Always use protection to prevent Sexually Transmitted Infections (STIs) and HIV/AIDS:
  - ♦ Male Condoms
  - ♦ Female Condoms
- ♦ Use birth control to prevent unwanted pregnancy:
  - ♦ Birth control pill, Ring, or Patch
  - ♦ Condoms
  - ♦ Intra-uterine devices (IUDs)
- ♦ Get tested regularly to prevent the spread of STIs and HIV/AIDS



## BE RESPONSIBLE

- ♦ Choose your partners wisely and protect yourself from STIs and unplanned pregnancy
- ♦ Communicate with your partner to ensure that you are comfortable with one another's choices
- ♦ Determine your own limits and respect the limits of your partner

### NOT Everyone's Doing IT...

Just because some of your friends are having sex, does NOT mean that you should be too...

Use your own judgement and wait until you and your partner are ready to become sexually active

