



IMPORTANT MESSAGES ABOUT SEX



Don't Give In to Peer Pressure.

Many teens who choose not to engage in sexual activities lead happy and healthy lives.

Be Informed.

It is important to know the facts about pregnancy and sexually transmitted infections before having sex.



Stay Safe on Social Media

Be mindful about making friends online and meeting up with them in private places. You should not share inappropriate messages, pictures or videos. If you are concerned about people you met on social media or the content circulated, talk to a trusted adult.

Remember Body Safety!

Your body belongs to you; no one should touch you without your permission, or pressure you into engaging in sexual activity.



Speak Up

If you are ever forced into engaging in sexual activity, remember that it is never your fault and tell a trusted adult as soon as possible.

Think It Through.

If you have already had sex but are unsure if you should do it again, take some time and wait before making a decision.

Make Sober Decisions.

Do not make any choices about sex when under the influence of alcohol or other substances.

Know Your Boundaries in Advance

Avoid places and situations that easily lead to physical intimacy when you are not ready. Emotions can be confusing and overpowering for a young person to control.

