

I REALLY LIKE YOU BUT...

- Is your partner acting pushy? Think you'll get dumped if you don't make a move?
- Make sure your partner knows you value the relationship. Say, "I think you're great, but I'm not ready for sex."
- Be honest! Chances are, your partner will like and respect you even more.

SHOW YOU CARE IN OTHER WAYS

- Men are often taught to show affection through sex, but there are other ways to be close.
- Talk about each other's lives, your dreams for the future.
- Talk with your partner about the sexual pressures you both feel and ways to handle them. Set limits for each other to make things easier.

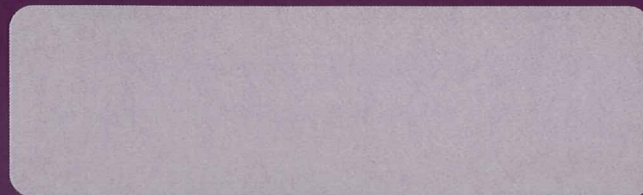
IT'S OK FOR MEN TO SAY NO TO SEX

**MEN GET A LOT OF PRESSURE TO
HAVE SEX! BUT PREGNANCY,
HIV AND OTHER SEXUALLY TRANSMITTED
DISEASES ARE JUST A FEW OF THE
REASONS TO WAIT. WANT TO SAY NO
WITHOUT LOSING YOUR COOL? THE TIPS
IN THIS PAMPHLET WILL HELP YOU
DEAL WITH SEXUAL PRESSURE.**

Partly funded by a Lottery Grant

FEN

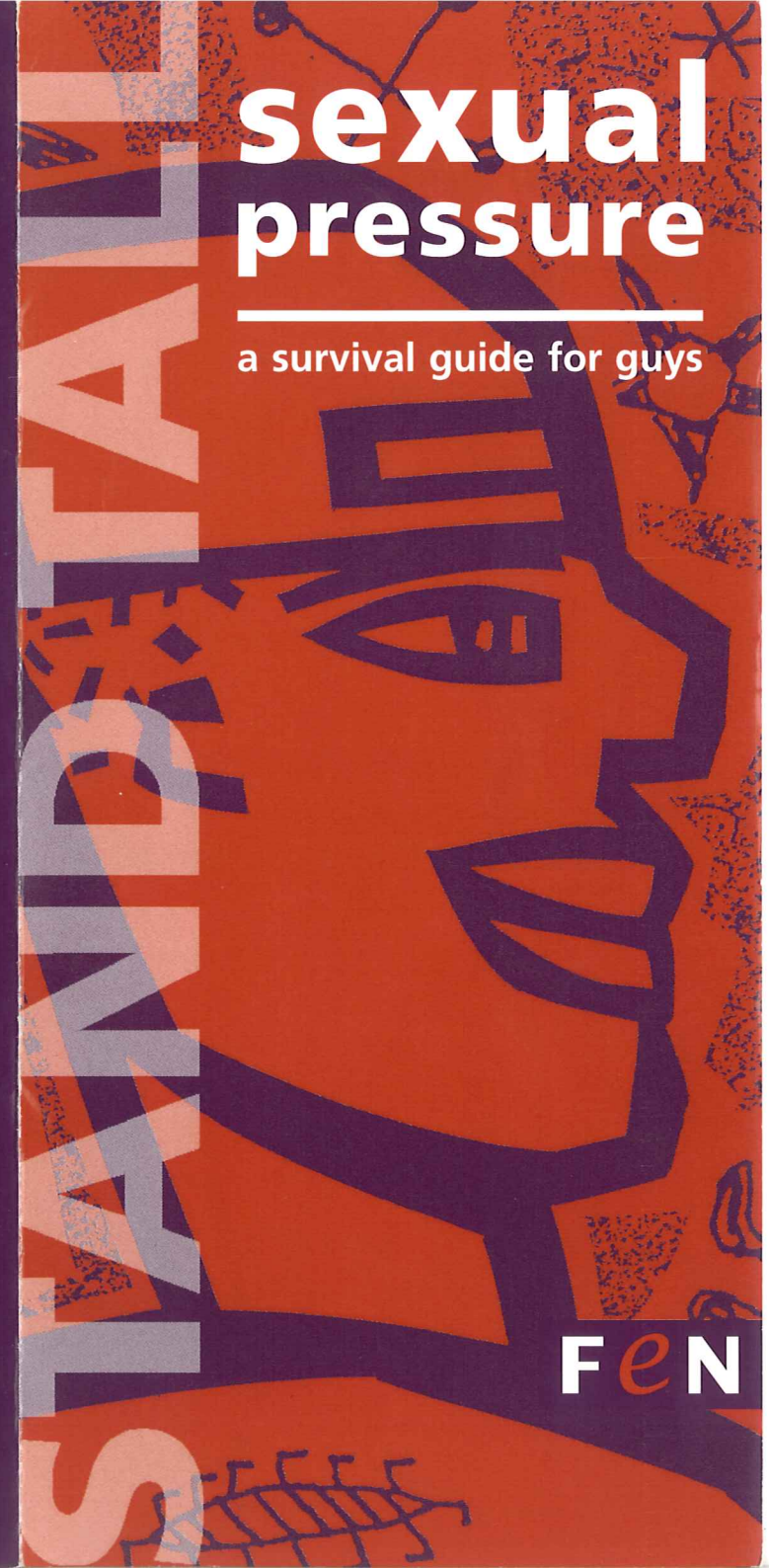
FAMILY EDUCATION NETWORK



Copyright © 1998 by FAMILY EDUCATION NETWORK INC

sexual pressure

a survival guide for guys



FEN

BE A MAN! Score! Go for it!

Guys get a lot of pressure to have sex - From friends, partners, TV and movies. But you can say no without losing your cool. Check out the tips below. Then stand up for what you believe in!

KNOW WHY YOU WANT TO WAIT

- Think about your reasons for waiting.
- Be clear with yourself so you can be clear with others. You're worried about HIV (the virus that causes AIDS) or other sexually transmitted diseases. You want the first time to be really special. You don't want to risk a pregnancy. You want to wait until you're in a long term relationship or you're married.
- These are just a few of the many reasons for waiting. And even if you've had sex, you can say no now.

DO NOT FALL FOR STEREOTYPES

- Real men are always doing it, right? Wrong!
- Ads, TV and movies make it seem like guys are having sex all the time - don't buy into it. They're trying to sell products, not help you make good decisions.
- Don't confuse sexual activity with masculinity. You can be good looking, strong and popular without having sex.

FEELING PRESSURE FROM FRIENDS

- You may be getting pressure from friends, a brother, even your father.
- Some guys think it's macho to brag about sex. Chances are, they're hiding their own fear and doubt.
- What can you do? Talk about your reasons for waiting. Change the subject. Walk away.
- Hang out with people who respect your decision.

STILL GETTING HASSLED? TRY THESE RESPONSES

- If a friend says, "So are you getting any?" you can say, "Enough to know that it's none of your business!"
- If a friend says, "How's your sex life?" you can say, "Better than yours, or you wouldn't be asking."

If a friend says, "What's wrong with you anyway? Everyone's doing it..." you can say, "I'm not everyone, I'm me and besides, there's lots of guys who aren't having sex."

IF YOU DON'T HAVE SEX DOES IT MEAN THAT YOU'RE GAY?

- Sexual activity has nothing to do with sexual orientation.
- If you're confused, talk to a trusted adult and find out where you can get accurate information.
- You have nothing to prove by having sex.

WHEN YOUR BODY SAYS YES

- It's normal to have sexual thoughts and feelings but you don't have to act on them.
- Choose carefully what you watch and read. It doesn't take much to stimulate those thoughts and feelings.
- Decide beforehand how far you're willing to go and stick to it.

SELF TALK

- Feeling pressured by that "voice" inside you? You can speak back to those thoughts. You can be in charge of your thoughts and feelings.
- Think you're going to explode? Find other healthy and safe outlets to release your pent-up energy.