

## TIP SHEET

### TIPS FOR CLEAR COMMUNICATION ABOUT WISHES AND LIMITS. FOR BOYS AND GIRLS!

#### If you would like to have sex ...

**1. Check!**

If you're in a relationship and you want to be intimate with each other, it's important to check which level of intimacy the other person is ready for. You can't really know what your partner wants, unless you ask him/her.

**2. Don't impose or force your partner into having sex.**

This is a violation of human rights. If you really appreciate and love your partner, you will respect all of your partner's wishes. Besides, if you respect your partner now, you'll probably have more chances of enjoying intimacy with your partner in the future. Using power and force is the basis for an unequal relationship which will never grow into a loving relationship.

#### If he/she wants to have sex with you, but you don't ...

**3. Be clear!**

Be very clear about your limits and wishes. Your partner can't really know what you want unless you tell or show him.

Miscommunication often happens when body language is unclear, or when you feel you don't want to disappoint your partner. Your body language has to match with what you say. So don't say no, and smile at the same time: that is confusing! Feel encouraged to share what is going on in your heart; if you do that, only then you are genuine and your relationship will grow strong.

**4. Don't be afraid to disappoint your partner by rejecting his or her wishes.**

Your partner should prefer you to be clear than for you have unwanted sex. Besides, when you really want the relationship to grow into a stable loving relationship, you have to show your REAL self; your partner should love you not for how you pretend to be, but the way you REALLY are!

**Dailtsa, age 16:** "I'd like to be a good and caring partner for my girlfriend. So if that means she wants to wait a bit longer than I do before having sex, that's all right. I love her, so I wouldn't want to force her."

**Asiatu, age 17:** "Shall I tell you a secret about us girls? We really enjoy feeling close to you, boys! So if you want to be a caring and good lover, take the time for us, appreciate us, give us compliments and don't only focus on having sex."

**Vitumbiko, age 18:** "You know what really gave a boost to my relationship? That we learned that we can do more things with each other to be close than just having intercourse. That was completely new to me! And it really enriched our relationship."

**Mulembe, age 16:** "He told me that if I really loved him, I would have sex with him. But if he really loved me, then he would respect that I am not ready for it. Besides, we can do a lot of other fun things to be intimate."

**Pempha, age 18:** "I wanted to make love to her so badly - she is so hot! All my friends say they are doing it, so I didn't want to feel left out. I wanted to be a real man. But you know what? I think I'm a real man for respecting her and waiting. And I can also release my arousal by taking care of myself."

**Ekai, age 19:** "Us girls don't have to be passive. We can also let our boyfriends know what we like and dislike when being intimate. Often they just don't know!"