

EXAMPLES OF ADVICE – HOW TO SAY 'NO' TO SEX

1. Girl: I don't want to disappoint my boyfriend. I am afraid that if I say No to sex, he will leave me for another, who will say 'yes' to sex. How would you tackle this?

Advice Girl: I also have a boyfriend, and I don't want to lose him either. But I want to be true to my own needs as well. So I have told my boyfriend I am not ready for sex yet. I know he truly loves me for who I am, because he respects this. He is willing to wait until I am ready. If he wouldn't, he in fact shows he doesn't really love me the way I am. Then he wouldn't be the right person for me. Wouldn't you agree? Good luck!

2. Boy: I have said 'yes' already to hugging and kissing, so I feel I can't say 'No' anymore to going further. What would you advise me?

Advice Boy: You can always say you don't want to go any further. I love kissing and hugging, but at this moment in my life it is as far as I like to go. I am not ready yet to go further and have sex. If someone expects more from me, then it is too bad. It is my right to decide when I am ready for sex.

3. Girl: I feel pushed to have sex, I am afraid other will think I am prudish and not into sex. What do you think?

Advice Girl: I also don't want to have sex till I have found the right person and the right time. Some people might call me prudish, but I am proud of myself for sticking to my own needs and limits. I am the one that decides when I am ready, not my partner! And so are you!

4. Boy: I think my girlfriend wants sex, so I feel I have to show that I'm ready for it. What would you do?

Advice Boy: I would check with your girlfriend. The other day I finally plucked up the courage to talk to my girlfriend about sex. I thought she was ready for sex and would think I didn't like her if I didn't seduce her. You know what? She wasn't yet ready for sex either! I am so glad we talked about it. It was just a big misunderstanding. So that might be the same for you. Just check with her!

5. Girl: I am scared to say No, because my boyfriend is so powerful and strong; he might threaten me. What would you do?

- Advice Girl: Well, has he threatened you already? If not, you could check with him if he is indeed ready for sex. In my case: My boyfriend wanted to have sex and I didn't. That's when he started threatening to give me less attention and even break up with me. You know what I did? I broke up with him! I don't want a boyfriend that uses force to get what he wants from me. I want a boyfriend that respects my needs and limits and really loves me for who I am.

6. Boy: I think all my peers are sexually active, so I feel I have to say yes to sex. Is this really the case?

Advice Boy: Listen to my story. Even though some of my friends are sexually active, I'm not into girls and sex yet. I just like playing football and hanging out with my friends. First, I thought that there was something wrong with me, but my older brother told me that my friends are just showing off if they judge me. A lot of them are playing macho, but I guess they also don't have any experience either. **So just follow your own path.** If your friends judge you for it, they are not true friends at all! And by the way, if you think everybody is having sex, stop the thought: you are not everybody, you are you!

7. Girl: I think that it is the boy that decides when to have sex and I have to submit, even when I don't feel like it. But I don't want to! What can I do?

Advice by boy: Well, this is my opinion. Both boy and girl have to enjoy having sex. So if the boy feels like it and the girl doesn't, they should not proceed. A girlfriend is not an object that you can use when you want. I don't want to treat girls that way anyway! But if a boy respects her limits, their relationship will only grow and also their sex life will benefit. She may even feel so loved and secure that next time she will take the initiative and seduce him.....!

8. Boy: I feel I can't say No, because I want to be 'a real man' and all boys and men should be having sex all the time. Or not?

Advice by boy: That's a myth. I have a girlfriend, but sometimes I don't feel like having sex with her. Then I just like to hug her or talk with her. My older brother reassured me that boys and men do not feel aroused all the time, just like women. That's perfectly normal. So don't worry!