Ready: Ask yourself if you are really ready to have sex? Is this what you want? There is no rush to have sex, you have plenty of time. Why not get to know the person first?

Relationships: There are lots of ways to get close to someone and get to know them before you decide to have sex. How can you show someone you like them apart from having sex with them?

Respect: Respect yourself; people should to have sex.

Rights: You have the right to say no and make your own choices. If you are feeling under pressure to have sex, ask yourself 'why do I let other people make choices for me?'. It's your right to wait until you're really ready.

Regret: Having sex now is something you may regret later. Many people say they regret having sex so young and wish they done it?

Reality: Most young people in Northern Ireland under 17 have not had sex. Do you want to do something just because your mates say they've

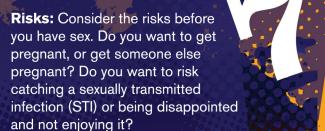
For further information and contact details of local Genito Urinary Medicine (GUM) clinics, go to www.thinkitthrough.org.uk

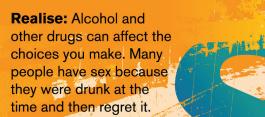






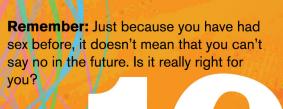






Responsible: Be responsible: the best way to protect yourself is not to have sex. But if you choose to have sex, remember to use a condom - this will help protect you from an unwanted pregnancy and STIs. Why put

your health at risk?



Let's leave it 'til later

www.publichealth.hscni.net