

## SOMETHING TO THINK ABOUT. . .

Some guys think that after a certain point, it is impossible to stop when it comes to sex. Is that true? Think about this:

What if your best friend asked to drive your brand new sports car, but he was drunk? Well, you might have said yes at first because he really begged you. But after you gave him the keys and he started staggering toward your car, you reconsidered. Do you have the right to say "NO!" and get your keys back?

If you think you do have the right to take your keys back, then remember that a person's body and their feelings are a lot more important than a car. If things have gone too far for her, and she says "NO" then it is time to STOP. People ALWAYS have the right to "get their keys back" no matter how far things have gone. If you're frustrated, then talk about it, but never, never force.



# 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.

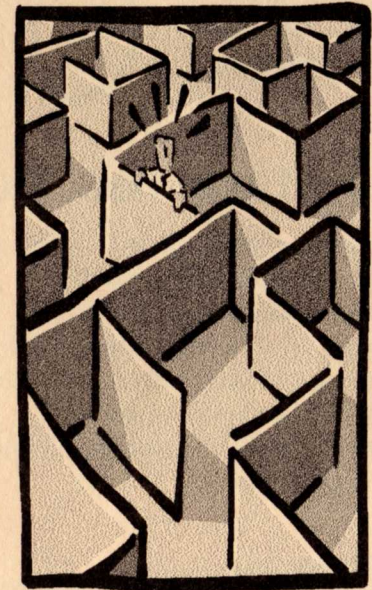
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RAPE RESPONSE

*Rape: Don't Face It Alone*  
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# SEXUAL PRESSURE

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## A SURVIVAL GUIDE FOR GUYS



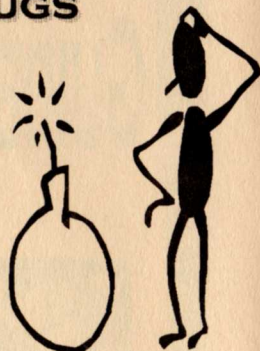


## WHEN YOUR BODY SAYS YES. . .

- ♦ It's normal to have sexual feelings, but you don't have to act on them.
- ♦ Decide beforehand how far you're willing to go and stick to it.
- ♦ Think you're going to explode? Take a cold shower. Go for a walk. There are lots of ways to deal with it.

## STAY AWAY FROM ALCOHOL AND DRUGS

- ♦ Alcohol and drugs can change the way you act.
- ♦ Even if you mean to say no, if you're high or drunk you may not do it.
- ♦ Getting her drunk is NOT the same thing as getting her permission.



## 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'd really like to know you better before we go any further" or "I think you're great, but I'm not ready for sex yet."
- ♦ Be honest! Chances are, your partner will like and respect you even more!

## DON'T 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 about it.
- ♦ What can you do?

*Talk about your reasons for waiting.*

*Change the subject.*

*Walk away.*

- ♦ Hang out with people who respect you, not people who pressure you into acting like they do.

## STILL GETTING HASSLED?

- ♦ 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 are you, the last virgin on earth?" you can say, "What are you, the sex police?"
- ♦ Use your own creativity to come up with better lines than these!

## SCORE. GO FOR IT. BE A MAN.

**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 THESE TIPS.**

## KNOW WHY YOU WANT TO WAIT



- ♦ Think about your reasons for waiting.

- ♦ Be clear with yourself so you can be clear with your partner.

*You're worried about HIV 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 married.*

- ♦ These are just a few of the many good reasons for waiting. And even if you've had sex, you can say no now.