

- Drawn to Sex -

# The Basics

The  
*Oh Joy Sex Toy*  
Sex Education  
Collection

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Hey Erika... How... how did you know when you were ready to have sex?

Ah hoo-boy, figuring out if you're ready to have sex is a DOOZY of a question without a real black and white answer.

But the skinny version is: you're ready to have sex when YOU (and only you) FEEL really ready to do it.



That answer **sucks**.

I know.

Honestly, "**Am I ready for sex?**" is too broad of a question to tackle.

But, we can help you figure things out by breaking it down a bit into smaller, easier, personal questions.

Obviously, this isn't a comprehensive list of everything to keep in mind when becoming sexually active and everybody's process is going to be different.

If you've got a trusted person in your life who has some experience with this stuff, hit them up! Or find a supportive community online.

You don't gotta figure this stuff out all alone.

First up, ask yourself "**WHY** do I want to have sex?"



If it's something you're curious about and your potential partner's equally excited to explore with you, then rad!

Having sex is something that you and your partners should genuinely WANT to participate in with each other and it should be a positive experience for everyone involved.



Woo!

Yeah!

But if it's something you're considering just to appease someone else or it feels like you "HAVE TO DO IT" because you're a certain age, or your friends are doing it, or your relationship feels like sex is "required"...

Well, those aren't good reasons, honestly.



Not being interested in or wanting to have sex is totally valid. You're not broken or wrong if you don't want to have sex right now or not ever!



Lots of people have loving, fulfilling relationships that don't involve swapping fluids; bumping uglies is not a prerequisite to care & companionship.

Next up, ask yourself, "What am I comfortable trying?"



Spend some time really thinking about what *counts* as sex to you, what sex *means* to you, where does it fall in line with your values, and what feelings do you associate with it?

A big part of understanding your feelings towards sex is getting to know your sexual self.

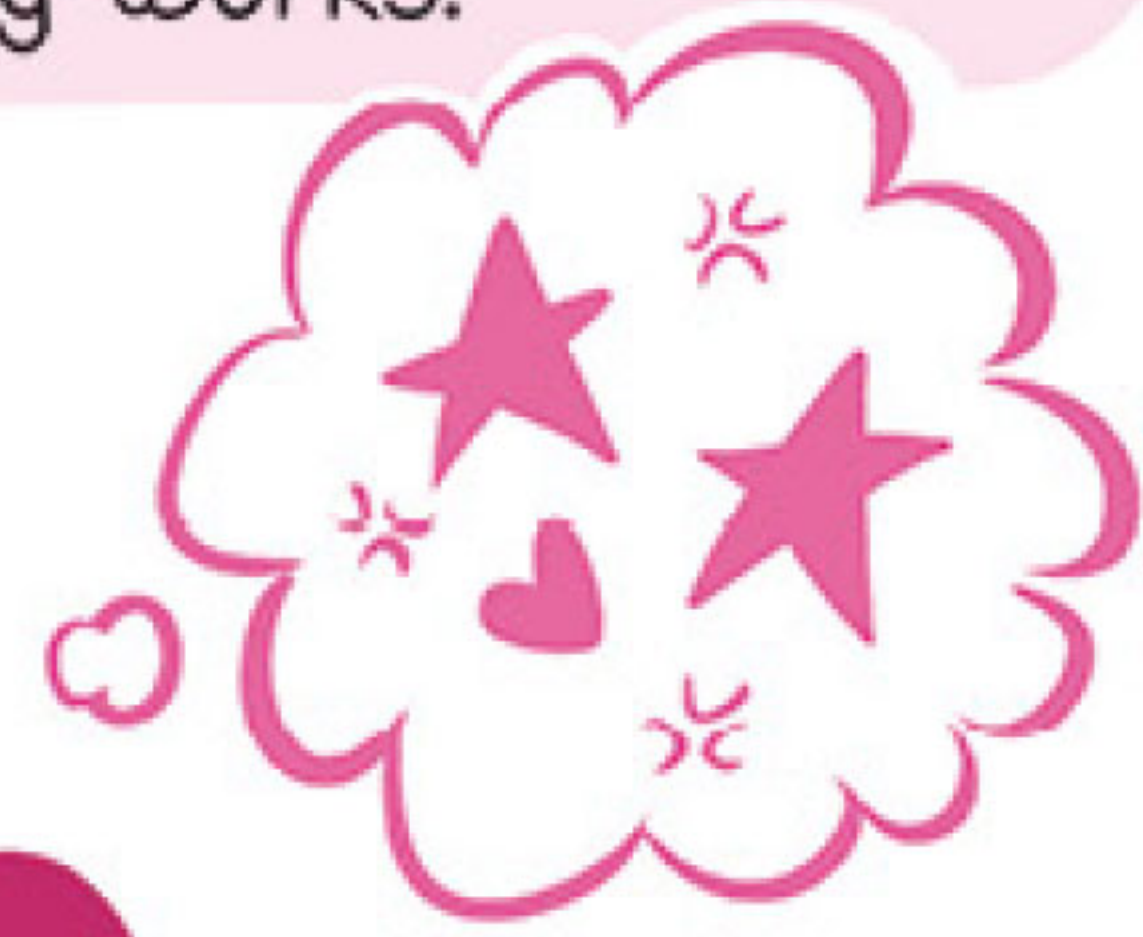




Question yourself on what activities interest you (if any), what your boundaries are right now, and spend some time getting to know how your own body works.

A fantastic way to figure out that last part is to try masturbating and fantasizing!

Learn what works and feels good for you first, before you go throwing in another person to the mix.



Take your time, there's no rush! This is all about YOU right now, enjoy it!

Finally, it's time to give some thought to how sex might impact your life.

Sex can be a **BIG DEAL**.\*

*\*Though not always for everyone!*



You and your potential partners need to educate yourselves on the practical side of sex: STIs, contraception and what you'll do in case of an unplanned pregnancy (if that's a possibility), what the laws are in your region regarding the type of sex you want to engage in, etc!

You're also going to want to look at the world immediately around you. How will your community and peers treat you when they learn you've become sexually active?



Seek out where you can find non-judgmental, supportive people and resources who can be there for you if you need them for anything, from just listening to you to transporting you to a medical facility, if need be.

Then there's YOU – will having sex affect your own personal values, mentality, spirituality, and person?





Gauge it all—sex is supposed to be a positive, intimate activity for all the participants.

If anything feels contrary to that, then maybe stop and give it some more thought!

Ahhhhh SO MANY THINGS TO THINK ABOUT.

I... I don't know???

Oh god, I'm failing sex and I haven't even started yet!!!

Whoah now, take a deep breath and relax!

Listen, there's no universally right or wrong answers to these questions, this is all about figuring out how YOU feel, so you can make the best decision for YOU.

You've got your **WHOLE LIFE** to get down and dirty (if that's even something you're interested in doing), there's no rush to do it right *this very second* with the most immediately available person, you know?



The way your first time goes does not determine what your sex life will look like for the rest of your life.

Your relationship with sex is going to change over time, whether you have a magical first time or a terrible one.

Something can drive you absolutely wild now and then later on it can lose its charm.

You may be repelled by some stuff now and then in the future you can totally fall in love with them.



Also! You can try something once and then never do it again if you weren't keen on it, you're not obligated to ever do anything just because you already did it before.



At the end of the day, what types of sexual activities you do or don't do will not change your worth as a person.



You are whole, you are valid, you matter, and you deserve empathy and compassion.

Sex doesn't change that and anybody who tells you otherwise is projecting their own issues onto you.

Like I said before, I don't have the space to cover everything you may want to consider!

So spend some time reading up on the subject of "Am I ready for sex?" over at

**Scarleteen.com & PlannedParenthood.org**

They'll help steer you towards the answer that's right for you.

Good luck!

