

Relationships

Talk about it

“My boyfriend said he would finish with me if I didn’t sleep with him. I realised then he didn’t care enough about me to respect my feelings.”

If we respect others it helps us remember to respect ourselves. Positive relationships with friends, family as well as people we come across in our everyday lives are so important.

Our friends play an important part in our lives and help shape us as a person. Make sure you value them and let them know you do. The way we treat other people makes a big impression on them, so, try to be positive and helpful - a smile goes a long way!

We all want to be loved and sometimes, it is easy to mistake casual sex for love. By having casual sex, you’re putting yourself at risk of STIs as well as getting pregnant. If you’ve decided you’re ready to have sex, protect yourself and practice safe sex by using a combination of condoms and a hormonal contraceptive like the implant.

If a relationship doesn’t feel right, or if people are not treating you with respect you need to leave. If you think you are in danger it is important to tell someone.

You have to be 16 or older to have homosexual (gay) or heterosexual (straight) sex.

Are you ready to have sex?

- Nobody is putting pressure on you and most young people wait until they are at least 16 before they have sex, even if they say different!
- You’re not doing it because you think all your friends are.
- Make sure you respect yourself.

Getting help

- Sexual Health Services see local contacts.
- If you’ve had sex without contraception, or think it’s failed, you can take emergency contraception up to 120 hours later.
- If you think you might be pregnant, talk to your parents. Free pregnancy testing is available at all young people’s sexual health clinics, GUM clinics and some GPs.
- If you are worried for your safety or in an abusive relationship, leave now. It is important to tell an adult that you can trust.

Who can help?

- Sexual Health Service
- GP
- School Nurse
- Teacher
- Friend/Relative
- Parent/carer

Contact

- www.tazsh.com
- www.getiton.org.uk
- www.rapecentre.org.uk 01744 877987
- www.bishuk.com