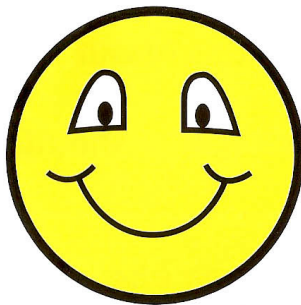


R U Ready?

Complete our quiz to find out if you might be ready.
Be honest with yourself!

1. Do you feel you could say 'No' if you wanted to?
Yes ☐ Maybe ☐ No ☐

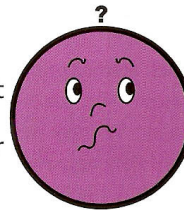
2. Can you have a laugh together without anything sexual involved?
Yes ☐ Maybe ☐ No ☐



3. Have you both made a special connection and it feels right to have sex?
Yes ☐ Maybe ☐ No ☐

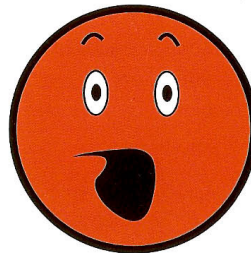
4. Is your partner pressuring you to have sex?
Yes ☐ Maybe ☐ No ☐

5. Do you want to have sex for yourself and not to keep or please the other person?



Yes ☐ Maybe ☐ No ☐

6. Do you want to have sex because your friends say they're all doing it?
Yes ☐ Maybe ☐ No ☐

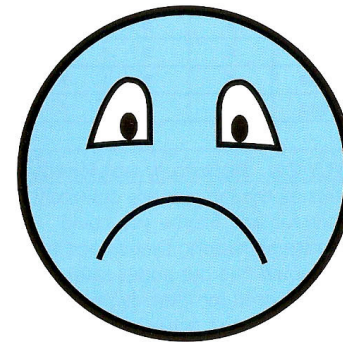


7. Are you embarrassed to talk together about safer sex?
Yes ☐ Maybe ☐ No ☐

8. Have you both agreed what protection you will use?
Yes ☐ Maybe ☐ No ☐

9. Do you understand the risks involved in having sex?
(i.e. pregnancy and/or STIs)
Yes ☐ Maybe ☐ No ☐

10. Do you think you might regret it later?
Yes ☐ Maybe ☐ No ☐



11. Have you already found out about each others' bodies and what you both like and don't like?
Yes ☐ Maybe ☐ No ☐

Now turn over to see if you might be ready.

Now work out your score

	Yes	Maybe	No
Q1	A	B	C
Q2	A	B	C
Q3	A	B	C
Q4	C	B	A
Q5	A	B	C
Q6	C	B	A
Q7	C	B	A
Q8	A	B	C
Q9	A	B	C
Q10	C	B	A
Q11	A	B	C

MOSTLY C's Definitely not Ready

It sounds as though you are definitely not ready for sex. Maybe you could concentrate on making friends and having fun. You could find out about safer sex so you are prepared for later. remember most young people aren't actually having sex.

MOSTLY B's Not Ready Yet

You're probably not ready for sex. Maybe talk to your partner about your feelings and see if there are other things you could do together. Find out about safer sex so you are prepared for later.

MOSTLY A's Could be Ready

It sounds as though you could be ready for sex but this doesn't mean you HAVE to! Make sure you have safer sex sorted BEFORE you do it. Remember you can change your mind at any time, even after you've 'done it', you can take some time out.

Who to talk to

Places to go in Cambridgeshire:

Cambridge: The Laurels: 08456 505152
 Huntingdon: The Oaktree: 01480 418548
 St Ives: Ramsey Road Clinic: 01480 357140
 St Neots: The Place: 01480 357956
 Ramsey: Ramsey Health Centre: 07920 296229
 March: Parkview Health Centre: 01354 602910
 Wisbech: 01945 488008
 Peterborough: 01733 466601

Other help

Brook Helpline: 08000 185 023
 "Ask Brook" at www.brook.org.uk
www.ruthinking.co.uk or call 0800 282930
www.youthoria.org
www.ccardcambs.org.uk
www.condomessentialwear.co.uk
www.cambstakeatest.com
www.2byouth.co.uk
www.dhiverse.org.uk

For professionals wanting further information on sexual health or 'R U Ready?' please contact Meg Battersby, Sexual Health Worker: 07795 333224
meg.battersby@cambridgeshire.gov.uk

Thanks to

Brook, Wigan and Leigh for permission to adapt their work.
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Thinking about sex?

Thinking you should be
'doing it'?

Someone else saying
you should be 'doing it'?

Try our quiz to see if
you're ready!