

Am I ready?

Questions to think through: emotions, expectations, and preparation.

A reflection tool - not a readiness test

There is no score and no result that tells you to have sex. You can wait or reconsider at any point. These pages also apply if you have been sexually active before.

Use this privately or with someone you trust. No name is needed. Skip any question you do not want to write about. Keep completed pages somewhere safe; you do not need to turn them in.

RECOGNIZE: Understand what you are feeling

1. What am I feeling: attraction, curiosity, uncertainty, excitement, or something else?

2. What am I hoping would change in the relationship?

3. How does this choice fit my values, beliefs, and goals?

4. What do I still want to understand before deciding?

Attraction is a feeling. Readiness involves reflection and preparation. Neither curiosity nor time spent dating creates a deadline.

Think through the health questions

REASON: Knowing what to ask is part of making an informed choice.

Mark topics you want to discuss with a healthcare professional. These are conversation prompts, not permission to proceed.

- ☐ How pregnancy can happen and which prevention options fit my health needs.
- ☐ How STIs spread, why symptoms may be absent, and whether or when testing is appropriate.
- ☐ How condoms and other barriers reduce STI risk; their limits and correct use.
- ☐ Why pills, implants, and IUDs prevent pregnancy but do not prevent STIs.
- ☐ Whether my HPV and hepatitis B vaccinations are up to date.
- ☐ Where to get care, what it costs, and how to arrange a visit.
- ☐ What can remain private, what must be shared, and who can see bills or portal information.

Two prevention questions

If pregnancy is possible, ask about pregnancy prevention AND STI prevention. Condoms used correctly and consistently reduce the risk of pregnancy and many STIs, but do not eliminate all risk.

My two most important health questions:

A reliable person or clinic I can ask:

If protection has already failed, contact a clinician or pharmacist promptly. Some options to prevent pregnancy or HIV after exposure are time-sensitive. Do not wait for this worksheet or a routine visit.

Practice with real-life situations

You can discuss these examples without sharing your own experiences.

Scenario 1: Different expectations

Alex and Jordan like each other. Alex thinks having sex would mean they are becoming an exclusive couple. Jordan has not said that. They have not discussed what either person expects.

What needs to be discussed before Alex makes a decision?

Think it through

They need a direct conversation about expectations. Sex does not establish an agreement about exclusivity or guarantee commitment. Alex can choose to pause even if the conversation goes well.

Scenario 2: A gap in the plan

Sam says, "My partner uses birth control, so we do not need to think about infections." Sam does not know which tests, if any, either person has had.

What is missing from Sam's health preparation?

Think it through

Pregnancy prevention and STI prevention answer different questions. Sam needs accurate information about barriers and a healthcare discussion about appropriate testing. Appearance or lack of symptoms cannot confirm STI status.

Make your next step practical

RESPOND: Choose one conversation or question to start with.

My next step: _____

A way to start: "I am thinking about becoming sexually active, and I want to understand the emotional and health considerations."

Ask about privacy: "Before we talk, what can stay private? What would you need to share, and what could appear in my portal or insurance paperwork?"

For a parent, caregiver, or trusted adult

Listen first. Ask what the teen understands and what they want help finding out. Share your values without threats or humiliation. Help them access accurate information and appropriate healthcare.

When reflection is not enough

If there are threats, force, fear, or an inability to choose freely, seek help from a safe adult or healthcare professional. Freezing or going along out of fear is not your fault. A worksheet cannot determine legal consent or make an unsafe situation safe.

Trusted reading

Original BCE educational prompts informed by these resources. This is not a validated assessment or an individualized medical or legal evaluation.

[AAP / HealthyChildren: Deciding to Wait](#)

[AAP / HealthyChildren: Helping Teens Make Choices About Sex](#)

[AAP / HealthyChildren: Privacy in Health Care](#)

[CDC: Adolescent Sexual and Reproductive Health](#)

[CDC: Condom Use - An Overview](#)

RECOGNIZE • REASON • RESPOND

You can care about someone and take time to make an informed decision.