

# R U Ready?

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

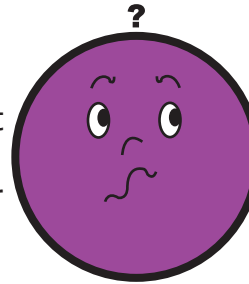
1. Do you feel you could say 'No' if you wanted to?  
Yes  Maybe  No
2. Can you have a laugh together without anything sexual involved?  
Yes  Maybe  No



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 using condoms?  
Yes  Maybe  No

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

9. Do you understand the risks involved in having sex? (i.e. pregnancy and 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

## 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](http://www.brook.org.uk)

[www.youthoria.org](http://www.youthoria.org)

[www.dhiverse.org.uk](http://www.dhiverse.org.uk)

[www.ruthinking.co.uk](http://www.ruthinking.co.uk)

Or call Sexwise on 0800 282930

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](mailto: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!

### **MOSTLY C's Definitely not Ready**

You're definitely not ready for sex. Concentrate on making friends and having fun. Find out about contraception and condoms so you're 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. Talk to your partner about your feelings and see if there are other things you could do together. Find out about contraception and condoms so you're prepared for later.

### **MOSTLY A's Could be Ready**

You could be ready for sex. But this doesn't mean you HAVE to! Make sure you have contraception and safe 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.