

Saying No to Sexual Involvement 25

Relationship Skills & Healthy Relationships

1. I don't want to have sex now. I've decided to wait.
2. If I were going to do that with anyone, it would be with you. But I'm not going to do it now.
3. It makes me angry when you don't listen to what I've said.
4. I really care about you, but when you keep pressuring me, it makes me feel that you don't care about my feelings.
5. Sure, I wonder what it is like, but I'm not ready now.
6. I don't think everyone is doing it, but even if they are, I'm not.
7. It's not because of you; it's because of me. I want to wait.
8. I have enough pressure on me. I'm not ready to be sexually involved.
9. Don't try to confuse what I'm saying: We're not talking about caring. We're talking about sex, and I'm saying no.
10. If you love me, you won't pressure me.
11. You keep asking me to do something I don't want to do. It makes me feel like you don't care about how I feel.
12. The idea of having sex is exciting, but there's more to it than that, and I'm not ready yet.
13. I said no, and I meant it, and that's all there is to it.
14. The only sure way to avoid a pregnancy is not to have sex.
15. If I wanted to do it, I wouldn't be saying no.
16. Having sex doesn't prove you're more mature. It's not for me right now.
17. If all I mean to you is a body to have sex with, then we'd better look at why we see each other. You have no right to use me.
18. What other people do is their business. I make my own decisions, and I've decided to wait.
19. Having sex won't prove we love each other. I have too much self-respect to do it before I'm ready. I've decided to wait.

Saying No to Sexual Intercourse 25

1. I don't want to have sexual intercourse now. I've decided to wait.
2. If I were going to have sexual intercourse with anyone, it would be with you. But I'm not going to do it now.
3. When you don't listen to what I've said, it makes me angry.
4. I really care about you, but when you keep pressuring me, it makes me feel that you don't care about my feelings.
5. Sure, I wonder what sexual intercourse is like, but I'm not ready for it now.
6. I don't think everyone is doing it, but even if they are, I'm not.
7. It's not because of you; it's because of me. I want to wait.
8. I have enough pressure on me. I'm not ready to have sexual intercourse.
9. Don't try to confuse what I'm saying: We're not talking about caring. We're talking about sexual intercourse, and I'm saying no.
10. If you love me, you won't pressure me.
11. You keep asking me to do something I don't want to do. It makes me feel like you don't care about how I feel.
12. The idea of sexual intercourse is exciting, but there's more to it than that, and I'm not ready yet.
13. I said no, and I meant it, and that's all there is to it.
14. The only sure way to avoid a pregnancy is not to have sexual intercourse.
15. If I wanted to do it, I wouldn't be saying no.
16. Having sexual intercourse doesn't prove you're more mature. It's not for me right now.
17. If all I mean to you is a body to have sexual intercourse with, then we'd better look at why we see each other. You have no right to use me.
18. What other people do is their business. I make my own decisions, and I've decided to wait.
19. Having sexual intercourse won't prove we love each other. I have too much self-respect to do it before I'm ready. I've decided to wait.