


## Help & Support

Teenage Pregnancy Support at Connexions: **01925 416611**



Youth Advice Shop: **01925 644202**

GP or School Health Advisor

 Sexual and Reproductive Health Services: **01925 644202**

GLYSS - Gay and Lesbian Youth Support: **07747 473 829**



B.P.A.S. (British Pregnancy Advice Service): **08457 304030**

NHS Direct - 24hr health information service: **0845 46 47**

Local Health Services - For impartial and confidential advice or information about local health services call our freephone Patient Advice and Liaison Service (PALS) on: **0800 389 6973**

This leaflet is available in alternative formats, for further information contact PALS on **0800 389 6973**

**VISIT OUR WEBSITE...**  
**[www.warrington-pct.nhs.uk](http://www.warrington-pct.nhs.uk)**

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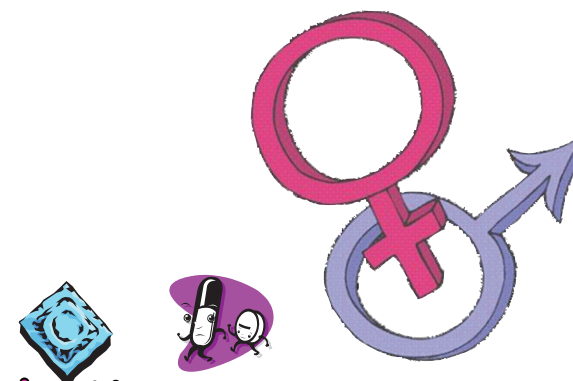
**NHS**

**Warrington**

Community Services Unit

Your health is our business

## CONTRACEPTIVE REPRODUCTIVE & SEXUAL HEALTH SERVICE

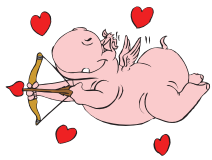


# Is this the right time 4 U?

Thinking about **SEX**?  
Try our quiz to see if you are  
ready!



## Is this the right time 4 U?



Complete our little quiz to find out if you are ready.

**Be honest with yourself!**

**Read the ways to show somebody you love them without having sex.**

**Then see how you've scored!**

1. Do you feel you could say no if you wanted to?

(a) Yes (b) Maybe (c) No

♥Write one another letters♥

2. Can you have a laugh together without anything sexual involved?

(a) Yes (b) Maybe (c) No

♥Go out 4 a meal♥

3. Have you made a special connection with someone and it feels right to have sex?

(a) Yes (b) Maybe (c) No

♥Have your picture taken together♥

4. Is your partner pushing you into having sex

(a) Yes (b) Maybe (c) No

♥Hold Hands♥

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## Ways to show you love each other (without having sex)



♥Share private jokes♥

♥Be faithful♥

♥Meet each other's friends♥

♥Impress each other♥

♥Share an ice-cream♥

♥Cook each other's favourite food♥

♥Have a request played on the radio♥

♥Send a funny card♥

♥Make presents for each other♥

♥Find out what makes each other happy♥

♥Find out what makes each other sad♥

♥Talk on the telephone♥

♥Sit together in the park♥

♥Throw a party together♥

♥Remember anniversaries♥

♥Whisper something nice into each other's ear♥

♥Play music together♥

♥Be there when they need a friend♥

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## Look at your scores



### MOSTLY As 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.

### MOSTLY Bs Maybe ready

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 sex later.

### MOSTLY Cs 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 sex later. Remember, most young people **aren't** actually having sex

**Remember if you are not quite sure, then it may not be the right time?**



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## YAS Opening Times



**YAS at the Gateway**  
Tel: 01925 424900

**Monday:** 3.30pm—6.15pm  
**Tuesdays and Wednesdays:** 3.30pm—5.15pm  
**Thursday:** 3.30pm—6.00pm  
**Friday:** 3.30pm – 5.15pm  
**Saturday:** 12.45pm—3.45pm

**YAS Satellite Clinics**  
Tel: 01925 644202

Warrington Collegiate (Term time only)  
**Monday: 12pm—2pm**

Priestley College (Term time only)  
**Thursday: 12pm—2pm**

Padgate Library (Term time only)  
**Friday: 3.15pm— 4.15pm**  
★Free Condoms, Pregnancy and Chlamydia test and advice Only

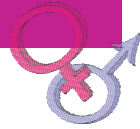
Spencer House (Term time only)  
**Friday: 3.15pm—4.15pm**  
★Free Condoms, Pregnancy and Chlamydia test and advice Only



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

## Ways to show you love each other (without having sex)



- ♥Give or get a hug♥
- ♥Give compliments♥
- ♥Go to see a concert♥
- ♥Give each other sexy looks♥
- ♥Snuggle up together♥
- ♥Be best friends♥
- ♥Send flowers♥
- ♥Have fun together♥
- ♥Flirt with each other♥
- ♥Plan and go on a trip together♥
- ♥Tell the person that you care♥
- ♥Watch the sunrise together♥
- ♥Go to see a film♥
- ♥Go swimming♥
- ♥Talk to each other♥
- ♥Laugh at something funny together♥
- ♥Go for a walk together♥

## Is this the right time 4 U?



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

- (a) Yes (b) Maybe (c) No

♥Rent a DVD♥

6. Do you want to have sex coz your friends are all doing it?

- (a) Yes (b) Maybe (c) No

♥Make a list of things you like about each other♥

7. Are you embarrassed to talk to your partner about using condoms?

- (a) Yes (b) Maybe (c) No

♥Tell the other person you love them♥

8. Have you both agreed what contraception you will use?

- (a) Yes (b) Maybe (c) No

♥Gaze at each other♥

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

- (a) Yes (b) Maybe (c) No

♥Hold one another close♥

10. Do you think you might regret it later?

- (a) Yes (b) Maybe (c) No