

RU Ready Quiz

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

01

Do you feel you could say 'No' if you wanted to?

Yes No Maybe

02

Can you have a Laugh together without anything sexual involved?

Yes No Maybe

03

Have you both made a special connection and it feels to have sex?

Yes No Maybe

04

Is your partner pressuring you to have sex?

Yes No Maybe

05

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

Yes No Maybe

06

Do you want to have sex because your friends say they're doing it?

Yes No Maybe

07

Are you embarrassed to talk together about using condoms?

Yes No Maybe

08

Have you both agreed what contraception you will use?

Yes No Maybe

09

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

Yes No Maybe

10

Do you think you might regret it later?

Yes No Maybe

11

Have you already found out about each others' bodies and what you both Like and don't Like?

Yes No Maybe

Now turn over to see if you might be ready >

Now work out your score

How to work out your score:

	Yes	No	Maybe
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

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.