

# How to deal with **SEXUAL PRESSURE**

If someone tries to pressure you to have sex, use these steps:

## **STATE YOUR SEXUAL LIMITS** —

State how far you will go — without giving excuses or reasons. If pressure continues:

**REPEAT** your decision.

**REFUSE** to discuss it anymore.

**LEAVE!**

## **You hear:**

### **X Manipulation** —

Convincing someone to do something they are not comfortable with and making a person feel that they have little choice in a decision.

“If you loved me you would...”

“We’ve had sex before so you can’t say ‘no’ now.”

### **X Threats** — Saying that they will hurt or leave you if you won’t have sex.

“You’re not the only girl I could date.”

“I will kill myself if you break up with me.”

### **X Guilt trips** — Using guilt to convince someone to do something.

“Don’t you like me?”

“You can’t say ‘no’ because I spent all that money on you.”

### **X Persuasion** — Using pressure lines.

“I know you really want to.”

“Why not have sex with me? Everyone else is doing it.”

## **You say:**

“If you loved me, you wouldn’t pressure me to...”

“Just because I had sex with you before doesn’t mean I have to have sex with you right now.”

X X X

“You are not the only guy I could date. I chose to date you and I can change my mind.”

“Are you thinking about suicide? If so, I need to tell someone.”

X X X

“Yes, I like you. If you really liked me, you wouldn’t make me feel bad about...”

“If you think spending money on me means you can have sex, then I would be glad to give you the money for my share of the evening.”

X X X

“No, I’m not ready for sex. I made the decision to wait.”

“I don’t have sex with anyone. Most of my friends are not having sex.”