

HEALTHY COMMUNICATION

HOW we express ourselves is just as important as WHAT we are trying to communicate.

We can communicate aggressively, passively, or assertively.

Being **AGGRESSIVE** is when someone tries to get what they want by bullying the other person into it.

Being **PASSIVE** is when a person is timid or unclear in expressing their needs – or when they won't speak up about what **THEY** want but just go along with what the other person wants.

Being **ASSERTIVE** is when we say what we want or mean without being hurtful to the other person.

COMMUNICATION TYPE EXAMPLES

Scenario: Someone asked you out and you did not want to go

AGGRESSIVE RESPONSES:

Go out with you?
Are you kidding?
Loser!

Um... no.

PASSIVE RESPONSES:

Um yeah sure

Let me think about it -
can I text you later?

Never texts them

ASSERTIVE RESPONSES:

I'm actually interested
in someone else, but
thanks

I really like you as a
friend - just not as more
than that.

This **IS NOT** an effective way of responding because it can make the other person feel bad.

This **IS NOT** an effective way of communicating because you might end up doing something you may not want to do. It is also unfair to the other person.

This **IS** an effective way of communicating because both people's needs count and you got the point across without offending the other person.

ASSERTIVE COMMUNICATION EXAMPLES

TOPIC: HAVING SEX

If you're not willing to do it with me, then I'll just go find someone else who will.

I am not ready to have sex with you yet. I do not appreciate you pressuring me to have sex when I am not ready. If you are not going to respect this boundary, I do not think we should be together.

TOPIC: STDs/STIs and Condom Use

Why don't we just have oral sex? You can't get STDs from it.

People can still get STDs from oral sex. I would be more comfortable having oral sex if we used a condom or a dental dam.

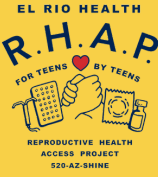
TOPIC: BIRTH CONTROL

It's our first time having sex, we don't need to use condoms or birth control.

People can get pregnant anytime they have sex, even the first time. I would be more comfortable if we used a condom or were on a method of birth control.

ASSERTIVE COMMUNICATION EXAMPLES

TOPIC: HAVING SEX



I saw Sam and Kayla earlier. They said they've decided to have sex after all. I know you and I said we'd wait, but if they're going to do it, wouldn't it be okay for us to?

All relationships look different and the only people who should make decisions for people in relationships are the people who are involved in the relationship. Just because they decided to have sex does not mean we should have sex if one of us is not ready to. I really enjoy spending time with you, but I am personally still not ready to have sex yet.

MAIN POINTS

Being in a relationship does not mean that a person has to give up who they are and their own needs.

No one should do anything sexual in a relationship that they do not feel 100% ready to do.

It is important to stick to what you believe in and the decisions you make, even if they're different from what people around you are saying.

Compromise is a part of every relationship. This means that you give in sometimes, and the other person gives in at other times. But if one person is giving in more often than the other, it is an unequal, unhealthy relationship.

In a healthy relationship, both people should be able to express themselves openly, and be able to listen to, appreciate, and accept the other person's needs.

CONDOMS AND STIS/STDs

how to use a condom

Talk to your partner about safer sex. Then, follow these steps for correct condom use.

1. Check the expiration date on the individual condom packet.

2. Once the penis is erect, open condom package with your fingers. Don't use your teeth, or any sharp object, because you might accidentally tear the condom!



3. Squeeze the tip of condom with your fingers and place the rolled condom on the head of the penis.

4. Leave a half-inch space at the tip of the condom to collect semen.

5. Hold the tip of condom and unroll until the penis is completely covered.

6. After ejaculation, while the penis is still erect, hold the condom at base of penis and carefully remove the condom without spilling any semen.



7. Wrap the condom in tissue, or tie it in a knot and throw it away. (Don't flush the condom down the toilet.)



8. Use a NEW condom for every act of vaginal, oral, and anal intercourse. Never use a condom more than once. Never use two condoms at the same time!

9. If using lubricant, use a water-based one like KY Jelly or Astroglide, NOT Vaseline or baby oil.

It is also helpful to practice – you can always use a banana!



Be prepared!
Use protection
the first time
you have sex.

It is normal to ask

"When was the last time you got tested?"
or "Do you know your status?"

If someone gets defensive when you ask them to get tested, it's a red flag



Someone not wanting to get tested when you ask is a red flag

Try to get rid of the negative stigmas you have about STIs/STDs.

Remember:

Having an STI/STD is normal and common.

Talking about STIs/STDs and your status should be a normal conversation with your partner(s).

Knowing your status is safer than not knowing.