

TOILET TALK



Issue #18

The Facts ABOUT ... Sexual Coercion

Sexual Coercion means being persuaded to have sex when you don't really want to. This often happens in unbalanced relationships where there is unequal power. Unwanted sex is not healthy physically or emotionally.

If your partner uses any of the following pressures or threats, speak up and get help:

- They say that "everyone's doing it"
- They say, "Sex proves you love me"
- They say, "you've had sex before, so you can't say no now"
- They threaten to leave you
- They put you down and make you have guilt trips
- They spend money on you and in turn try to make you feel as though you 'owe' them sex

To avoid situations like the ones listed above, make sure you:

- Trust your own feelings
- Recognize signs of possible sexual coercion
- Say 'NO' firmly and leave
- Seek help

* Contact the Collins Center in Harrisonburg @ 540-434-2272, or New Directions Center in Staunton @ 540-886-6800 for more information, or if you just need to talk to someone.

Remember: If you don't feel comfortable in a situation, get out and get help!

Source: Family Violence and Sexual Assault's Virginia and Division of Injury and Violence Prevention. www.vahealth.org/cvip

Asking your parents sex questions might be hard — but there's a long-term payoff.

Your Excuse

The Real Deal

"It's too humiliating."

If you can't get past your embarrassment over just talking about sex, you're probably not ready to actually do the deed either.

"I already know everything."

Even if you do, shutting your parents out of this important part of your life creates a barrier that may limit your relationship with them.

"They'd kill me."

Chances are they'll be more upset if you don't talk to them. Would you rather talk to them about a much bigger problem, like getting pregnant or getting an STI?

Source: Seventeen Magazine, Dec. 2006

ARE YOU READY TO START DATING?

Some questions to ask yourself before you take the plunge:

- Do you trust the person?
- Do you have common friends and/or interests?
- Do you feel pressure from this person in any way at all, to become intimate or to do something you feel is wrong?

These are just a few things to consider before you begin dating someone. Every person will feel ready to date at a different time. When you do decide to start a dating relationship it should be because you care about that person, and not just because your friends are dating. Healthy dating relationships should start the same way that a good friendship starts, and should include such things as good communication, honesty, and respect.

And remember - You should **NEVER** feel pressured to do anything that you do not want to do.

It is also important to speak with your parents before you begin dating - they may want to set certain rules. *They may also have some good advice!*

Source: <http://health.discovery.com> and www.girlshealth.gov

Did you know ... ?

A new vaccine, given through a series of three shots, can now protect females (ages 9-26) from four major types of HPV which cause about 70% of cervical cancers and about 90% of genital warts.

Source: www.ydoyouthink.com

I CHOOSE NOT TO HAVE SEX BECAUSE I AM NOT 100% SURE THAT MY BOYFRIEND/GIRLFRIEND IS NOT INFECTED WITH AN STI.

FIND YOUR REASON

www.findyourreason.org

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative

Questions? Contact us!

Staunton/Aug./Waynesboro: 942-6757 (Donna) or email: WellsDM@ci.waynesboro.va.us

Harrisonburg/Rockingham: 568-7083 (Kim) or email: hartzlkm@jmu.edu

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