

AM I READY FOR A SEXUAL RELATIONSHIP

(Feeling's

I respect my partner for who she/ he is.

I take responsibility for my words and actions.

I am in a relationship with a partner who resects me, loves me for who I am, and does not pressure me.

I have completed my education.

I am comfortable talking about sex and birth control with my partner.

I think things through and figure out the consequences of my actions.

SPIRITUAL Connection)

I value my body as sacred.

I believe there is meaning and a purpose to my life.

My partner and I are committed to each other for life.

I believe that bringing a baby in to the world is a sacred process that deserves intention and learning parenting skills.

I do not take drugs, smoke or abuse alcohol.

The only way to be 100% sure I will not get pregnant/ get a girl pregnant is to abstain from intercourse.

I protect myself against STD's and unplanned pregnancy.

My body is healthy.

HYSICAL

MENTAL CHINKING