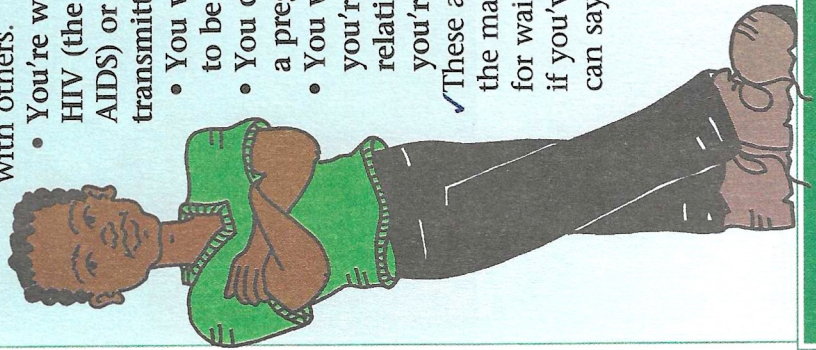


SCORE. GO FOR IT. BE A MAN. GUYS GET A LOT OF PRESSURE TO HAVE SEX -- FROM FRIENDS, PARTNERS, TV AND MOVIES. BUT YOU CAN SAY NO WITHOUT LOSING YOUR COOL. CHECK OUT THE TIPS BELOW. THEN STAND UP FOR WHAT YOU BELIEVE IN!

KNOW WHY YOU WANT TO WAIT

- ✓ Think about your reasons for waiting.
- ✓ Be clear with yourself so you can be clear with others.
 - You're worried about HIV (the virus that causes AIDS) or other sexually transmitted diseases.
 - You want the first time to be really special.
 - You don't want to risk a pregnancy.
 - You want to wait until you're in a long-term relationship or until you're married.
- ✓ These are just a few of the many good reasons for waiting. And even if you've had sex, you can say no now.



DON'T FALL FOR STEREOTYPES

- ✓ Real men are always doing it, right? Wrong!
- ✓ Ads, TV and movies make it seem like guys are having sex all the time -- don't buy into it. They're trying to sell products, not help you make good decisions.
- ✓ Don't confuse sexual activity with masculinity. You can be good looking, strong and popular without having sex.

FEELING PRESSURE FROM FRIENDS?

- ✓ You may be getting pressure from friends, a brother, even your father.
- ✓ Some guys think it's macho to brag about sex. Chances are, they're hiding their own fear and doubt.
 - What can you do?
 - Talk about your reasons for waiting.
 - Change the subject.
 - Walk away.
- ✓ Hang out with people who respect your decision.

STILL GETTING HASSLED? TRY THESE RESPONSES:

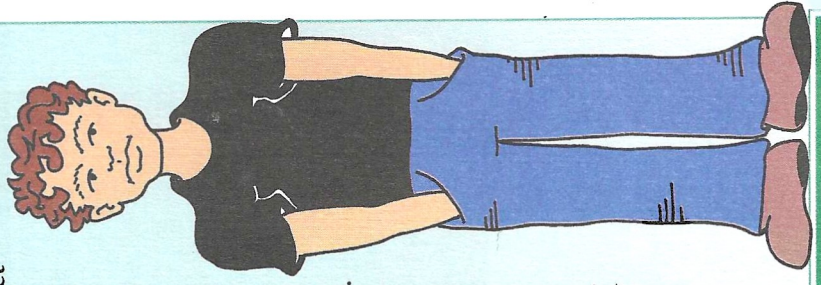
- ✓ If a friend says, "So, are you getting any?" you can say, "Enough to know that it's none of your business!"
- ✓ If a friend says, "How's your sex life?" you can say, "Better than yours, or you wouldn't be asking."
- ✓ If a friend says, "What are you, the last virgin on earth?" you can say, "What are you, the sex police?"

IF YOU DON'T HAVE SEX, DOES IT MEAN YOU'RE GAY?

- ✓ Sexual activity is not the same as sexual orientation.
- ✓ Lots of guys, gay and straight, wait to have sex.
- ✓ If you're confused, talk to a trusted adult and find out where you can get accurate information.
- ✓ Gay or straight, you have nothing to prove by having sex.

WHEN YOUR BODY SAYS YES...

- ✓ It's normal to have sexual feelings, but you don't have to act on them.
- ✓ Decide beforehand how far you're willing to go and stick to it.
- ✓ Think you're going to explode? Take a cold shower. Go for a walk. Release your pent-up energy. Find other healthy and safe outlets.



STAY AWAY FROM DRUGS AND ALCOHOL

- ✓ Alcohol and drugs can change the way you act.
- ✓ Even if you mean to say no, if you're high or drunk you may not.