

Beginning relationships attitudes

		Strongly Disagree			Strongly Agree		
1	Pinching a guy's backside is okay.	0	1	2	3	4	5
2	If someone says they don't want to go out with you, you shouldn't ask them out again – otherwise it's harassment.	0	1	2	3	4	5
3	Having sex early on in a relationship is a bad idea – you need to get to know each other really well first.	0	1	2	3	4	5
4	Chat-up lines are corny and won't get you a date.	0	1	2	3	4	5
5	Telling someone what you like about them is a nice way to start when asking someone out.	0	1	2	3	4	5
6	Pinching a woman's backside is okay.	0	1	2	3	4	5
7	Dating more than one person in the first few months of seeing someone is fine.	0	1	2	3	4	5
8	If someone you don't like asks you out, you should be mean to make sure they get you are saying 'no' – best they get the message so they can get over their crush.	0	1	2	3	4	5
9	It's flattering when a person keeps chatting you up, even when you've not shown them any interest in return.	0	1	2	3	4	5
10	Wolf whistling is okay if it's a compliment from someone you know.	0	1	2	3	4	5
11	Chatting someone up online is easier than face-to-face.	0	1	2	3	4	5
12	If a first date doesn't go well, it's not worth trying again.	0	1	2	3	4	5
13	Buying gifts can be a lovely way to show someone you are interested in them.	0	1	2	3	4	5
14	Once you start sleeping with someone, you should break things off with anyone else you've been dating.	0	1	2	3	4	5
15	People like to be complemented on their looks.	0	1	2	3	4	5
16	It's normal to share sexy images with your partner in the first few weeks of dating them.	0	1	2	3	4	5

Being ready Checklist

There are lots of things that help a person decide whether they are ready to have sex in a certain situation. Classify the statements into those which are about:

- a. Being ready as an individual
- b. Being ready as a couple
- c. Being ready in the moment

A person wants to have sex with someone – not just because they think they should want to/ have sex	They know their partner well and feel comfortable with them
Does having sex with this person feel morally right?	They know their partner is ready for sex as they've talked about it
They have taken into account the legal implications of a decision to have sex	They both have the capacity to consent – they are sober and well
Both people feel it would be okay if one of them backed out at the last minute	They both understand and consent to the risks of having sex
They have and know how to use contraception	They have discussed what happens next – including what happens if one of them becomes pregnant or has a sexual health issue
They can have fun together without anything sexual involved	They are not just having sex to fit in with friends or others' expectations
Nobody's forcing them, pressuring them or coercing them	They have agreed whether or not to tell friends afterwards
They have discussed using condoms and other contraceptives	They are confident in talking about sex with each other
They trust their partner	They are clear about their own sexual health and have discussed it with their partner.