

Twenty Ways to Say NO to Sexual Involvement

- 1) I don't want to have sexual intercourse now. I've decided to wait.
- 2) If I were going to have sexual intercourse with anyone, it would be with you. But I'm not going to do it now.
- 3) When you don't listen to what I've said, it really makes me angry.
- 4) I really care about you, but when you keep pressuring me it makes me feel that you don't care about my feelings.
- 5) Sure I wonder what sexual intercourse is like, but I'm not ready for it now.
- 6) I don't think everyone is doing it, but even if they are, I'm not.
- 7) It's not because of you; it's because of me. I want to wait.
- 8) I have enough pressure on me. I'm not ready for sexual intercourse, too.
- 9) Don't try to confuse what I'm saying. We're not talking about caring. We're talking about sexual intercourse and I'm saying no.
- 10) If you loved me, you wouldn't pressure me.
- 11) You keep asking me to do something I don't want to do. It makes me feel like you don't care about how I feel.
- 12) The idea of sexual intercourse is exciting, but there's more to it than that and I'm not ready yet.
- 13) I said no and I meant it—that's all there is to it.
- 14) The only sure way not to get pregnant is not to have sexual intercourse.
- 15) If I wanted to do it, I wouldn't be saying no.

16) Having sexual intercourse doesn't prove you're a man/woman. It's not for me right now.

17) If all I mean to you is a body to have sexual intercourse with, then we'd better look at why we see each other. You have no right to use me.

18) What other people do is their business. I make my own decisions and I've decided to wait.

19) Having sexual intercourse won't prove we love each other. I have too much self-respect to do it before I'm ready. I've decided to wait.

20) Fill in your own _____

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