



Support Within Reach has been helping victims of sexual assault and their families for over 20 years. We offer one-on-one counseling, legal advocacy, medical advocacy, support groups, a 24-hour crisis line, and support for victims and their families. Our services are free and confidential (We are mandated reporters though, ask us what that means.).

If you are a victim of sexual violence or you know someone who is, please contact us. We can help you!

### **Itasca Office:**

1325 Fourth Street NW  
Grand Rapids, MN 55744  
218-326-5008 or 1-866-747-5008

### **Aitkin Office:**

204 Second Street NW  
Aitkin, MN 56431  
218-927-6226 or 1-866-747-5008

Website: [www.supportwithinreach.org](http://www.supportwithinreach.org)

## Resisting Sexual Pressure

### *A Helpful Guide for Teens*



## So, What is Sex and Oral Sex?

### **So, what is “Sex” anyway?**

The definition of sex is:

- Sexual contact involving penetration of the vagina by the penis.
- Oral or anal intercourse.
- Anything (object, finger, tongue, etc.) inserted into the vagina or anus.



**45% of high school students in Itasca County report they are not sexually active. So, not everyone is doing it, even though it may seem like it.**

### **Well, what about Oral Sex?**

**Teens often think oral sex isn't sex and that it is safer than sexual intercourse.**

The truth is that many STD's can be transmitted orally, which means if you engage in oral sex with someone who has a genital STD, it can transfer to your mouth!

**Herpes**

**Chlamydia**

**Gonorrhea**

**HIV**

**HPV**

**Syphilis**

**Hepatitis A and B**

These STD's can be transmitted to your mouth, are often hard to detect, and can cause serious damage to your body or even death over time.

# What is Sexual Pressure and How do I Avoid It?

Sexual pressure is a reality for most teens, but what is it?

Sexual pressure is when someone tries to make you feel like you should engage in sexual behavior such as:

- Flirting
- Kissing
- Touching
- Rubbing
- Sexual Dancing
- Oral Sex
- Sexual Intercourse

They could use threats, force, manipulation, tricks, jokes, name-calling, rumors, or lies to get you to do what they want.



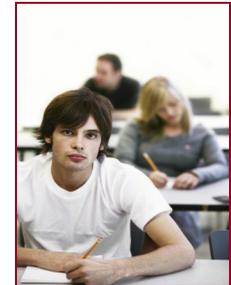
## Tips to Avoid Peer Pressure:

- Hang out with friends who respect and care about your beliefs regarding sex..
- Go out on a group date with friends, instead of alone.
- Introduce your friends to your parents.
- Be a good friend! Stick up for friends if they are feeling pressured to have sex.
- Practice what you would say if someone is pressuring you. Knowing ahead of time can be a big help!
- Always carry your cell phone (and keep it charged!) or money to call for a ride if you are uncomfortable.
- Don't be afraid to call your mom, dad, or a friend if you need to leave a date or party.
- Say "No" and mean "No" if that's how you feel! Anyone can and should stop when told/asked to.
- Never feel obligated to "pay someone back" with sex in return for a gift/date.
- Listen to your gut! If it says something or someone is bad, you should leave the situation!

## So, Why are Teens Having Sex?

- Peer pressure.
- To gain popularity.
- To impress their boyfriend or girlfriend.
- To feel more connected with a boyfriend or girlfriend.
- Sexual pleasure.
- Curiosity.
- Boredom.
- Under the influence of drugs or alcohol.
- To get attention.
- Prior victim of sexual abuse or assault.
- Engage in other sexual activity like oral sex, to get out of "going all the way."
- Because they were coerced or forced, which is rape.

## Having Sex is a Life Changing Decision...How do I know if I'm Ready?



- Am I ready to have sex?
- How am I going to feel after I have sex?
- How am I going to feel about my partner after sex? How will they feel about me?
- Am I doing this for the right reasons, especially because I want to?
- How do I plan to protect myself/my partner from STDs and/or pregnancy?
- What if I got pregnant?
- What if I got a STD?