

SWAG

S – STOP, take a breath, and SAY what you feel.

If you stop what you are doing and take a deep breath, it will give you a chance to think about what you really want from the situation. Do you want to give in to the pressure to have sex, or do you want to continue to be abstinent and protect yourself?

Say how you feel about the situation, and demand respect for what you want. If you say no, your partner needs to stop pressuring then and there. You must also respect their feelings about the situation, and never pressure them after they have said no.

EX. “Can we take a few minutes to stop and talk about this? I feel uncomfortable and like we are moving too fast. I really want to wait to have sex.”

W – Give reasons WHY you want to WAIT.

Talk to your partner about why you want to wait to have sex. Remember that it is always ok to just say, “I don’t want to.” You don’t have to offer any other explanation than that unless you want to. Your consent is required for anything to continue! Their consent is required also. If they say, “I don’t want to,” or any other reason why, you must stop and accept that. Do not continue to pester them to continue, or to give you further reasons why.

EX. “I don’t want to have a baby right now.” “I love you so much, but I think we should wait until we are older.” “I promised myself and my parents I would wait until I’m out of high school.”

A – AVOID the situation, and offer ALTERNATIVES.

It is always best to avoid the situation in the first place. If you know that you will be tempted in a situation where you are hanging out by yourselves in your bedroom, maybe you should plan to hang outside the bedroom, or in groups of friends. If you know you are tempted to hook up in the car after a date, maybe you should drive separately so you won’t have that temptation. Avoiding the situations that tempt you may keep you safer and prevent you from having to stop something you didn’t want to do in the first place.

If you do find yourself in a high pressure situation, it’s a good idea to offer alternatives to having sex. This shows your partner that you are interested in spending time with them and having fun, just in ways other than being sexual.

EX. “ Let’s go see a movie with our friends!” “Why don’t we go for a walk outside and talk more about other things we are comfortable with besides having sex.” “Maybe you should go home so I can cool off, but I’ll text you later and we can talk.”

G – GO do something fun, or GET OUT of the relationship/situation if it is unsafe.

After an awkward conversation like this, it's a good idea for you and your partner to go do something fun and light to cement the fact that you care about each other and you appreciate their willingness to help you commit to abstinence.

If they continue to pressure you, or if you feel unsafe in the situation you are in, you have every right to leave by any means necessary. If they are not taking no for an answer, you may even need to end the relationship to protect yourself. Remember that someone who truly loves you will never ask you to do something you are not ready for or don't want to do.

EX. – “Thank you for having this talk with me. I know it was super awkward. Do you want to go get some frozen yogurt?” “I really feel respected by you because you don't pressure me. Let's go on a fun date and talk about something else for awhile!”

“If you can't respect me and stop pressuring me, I want to break up.” “I love you, but you scare me when you pressure me like this. I'm leaving.”