

SEXUAL THOUGHTS AND BEHAVIOUR

Is there a right age to have sex?

KEY WORDS 

maturity | readiness | consent | laws



Having sex is a big milestone, and can be an essential part of growing up to many. There is no straightforward answer about what the right age to have sex is. This is completely up to each individual and can vary from person to person. The right time is when someone is **physically, mentally and emotionally ready** for this step. Let's dive into elements that can help you figure out whether this is true for you.

The foundation for a positive sexual experience is to start this journey because you genuinely care for your partner and have respect for each other. You both need to be mature – not just physically, but mentally, too. This means that you are mature enough to **make informed decisions**. Being aware of what could go wrong, like unplanned pregnancies or sexually transmitted infections, is crucial.



In addition to love, **safety** should be the guiding principle, i.e., protection against both sexually transmitted infections (with a condom) and unwanted pregnancy (with various methods of contraception) – learn more about why it's important to use protection here (link). For girls, a visit to your gynaecologist to talk about contraception before your first sexual activity is a smart move. During the first visit there is no need for an internal examination; instead, take the opportunity to talk with a doctor about all of the questions or concerns you may have. If you are nervous about seeing a gynaecologist for the first time, you can check out what to expect during your first visit here.

The most important part of sexual readiness is to understand that **you should never feel forced into sex**. To help you figure out what that means, we've prepared some key information about the concept of 'consent' here (link). There is no need to prove anything to anyone, and taking part in some other risky behaviours, such as consuming alcohol and drugs in connection to sex, is not a good idea. Clear heads can make better decisions, trust yourself!



The law is also there to protect underage people from having sex prematurely. There is **an age of consent**, which can vary from country to country, that exists to determine when minors are ready to make responsible decisions regarding their sexual life. It specifically deals with sexual acts committed by and towards adolescents under that age, and these acts can be punished under certain conditions.

We've mentioned all of these elements to help you understand that when you have sex is a personal decision and there is no need to rush it. There is no such thing as it being 'too late' to have sex – but there is such a thing as engaging in sex too early.

Stay informed, stay safe, and when the time feels right, make it memorable for the right reasons!



**SEXUAL THOUGHTS AND
BEHAVIOUR**

