



teaching
sexual
health.ca

Grade 7

Learning Activity

Am I Ready?: Sexual Decision Making

Learning Outcome

W-7.13 Examine the influences on personal decision making for responsible sexual behaviour.

Am I Ready?: Sexual Decision Making

Grade 7



Teaching Sexual Health

Are You Ready for Sexual Activity?

Only you can decide when you are ready for sexual activity. This includes sex (oral, vaginal or anal) and other kinds of sexual touch.

- The answer to this question is different for every person.
- There is no 'magical' age when you are automatically ready.
- There is no natural point in a relationship when you *should* start sexual activity.
- There is no rule that says you must have sexual activity with someone, even if you've been dating for a long time.

Read each question and circle the answer that fits best for you. This sheet will not be handed in or shared.

Am I feeling pressured into sexual activity by my partner, friends, things I see on TV, movies, social media or online (like pornography)?	Yes	No
Will sexual activity fit with my personal, religious or moral beliefs right now?	Yes	No
Will I feel guilty if I engage in sexual activity?	Yes	No
Do I want to have sexual activity to get love, affection or attention?	Yes	No
Do I want sexual activity to prove that I am sexually attractive?	Yes	No
Am I worried about what others will think of me if I have sex, or if I don't?	Yes	No
Is the only reason I want sexual activity because I hope it will bring my partner and me closer together?	Yes	No
Do my partner and I both want the same things from sexual activity?	Yes	No
Can I talk openly with my partner about sexually transmitted infections (STIs) and how we can protect ourselves?	Yes	No
If it applies: Can I talk to my partner about birth control, and can we share responsibility for using it?	Yes	No
If it applies: If birth control doesn't work, are we ready to handle an unplanned pregnancy?	Yes	No



Am I Ready?: Sexual Decision Making

Grade 7



Teaching Sexual Health

What Your Answers Might Mean

If your answers match the shaded boxes, you may want to think more about whether you're ready for sexual activity right now.

It can also help to talk to a trusted adult, like a parent or caregiver, teacher, school counsellor or health care provider about your decision.

Am I feeling pressured into sexual activity by my partner, friends, things I see on TV, movies, social media or online (like pornography)?	Yes	No
Will sexual activity fit with my personal, religious or moral beliefs right now?	Yes	No
Will I feel guilty if I engage in sexual activity?	Yes	No
Do I want to have sexual activity to get love, affection or attention?	Yes	No
Do I want sexual activity to prove that I am sexually attractive?	Yes	No
Am I worried about what others will think of me if I have sex, or if I don't?	Yes	No
Is the only reason I want sexual activity because I hope it will bring my partner and me closer together?	Yes	No
Do my partner and I both want the same things from sexual activity?	Yes	No
Can I talk openly with my partner about sexually transmitted infections (STIs) and how we can protect ourselves?	Yes	No
If it applies: Can I talk to my partner about birth control, and can we share responsibility for using it?	Yes	No
If it applies: If birth control doesn't work, are we ready to handle an unplanned pregnancy?	Yes	No



Am I Ready?: Sexual Decision Making

Grade 7



Teaching Sexual Health

© 2025, Primary Care Alberta, Student and Adult Health Promotion and Oral Health



This work is licensed under a Creative Commons Attribution-Non-Commercial-Share Alike 4.0 International license. To view a copy of this license, see <https://creativecommons.org/licenses/by-nc-sa/4.0/>. You are free to copy, distribute and adapt the work for non-commercial purposes, as long as you attribute the work to Primary Care Alberta and abide by the other license terms. If you alter, transform, or build upon this work, you may distribute the resulting work only under the same, similar, or compatible license. The license does not apply to Primary Care Alberta trademarks, logos or content for which Primary Care Alberta is not the copyright owner.

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Primary Care Alberta does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Primary Care Alberta expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.

