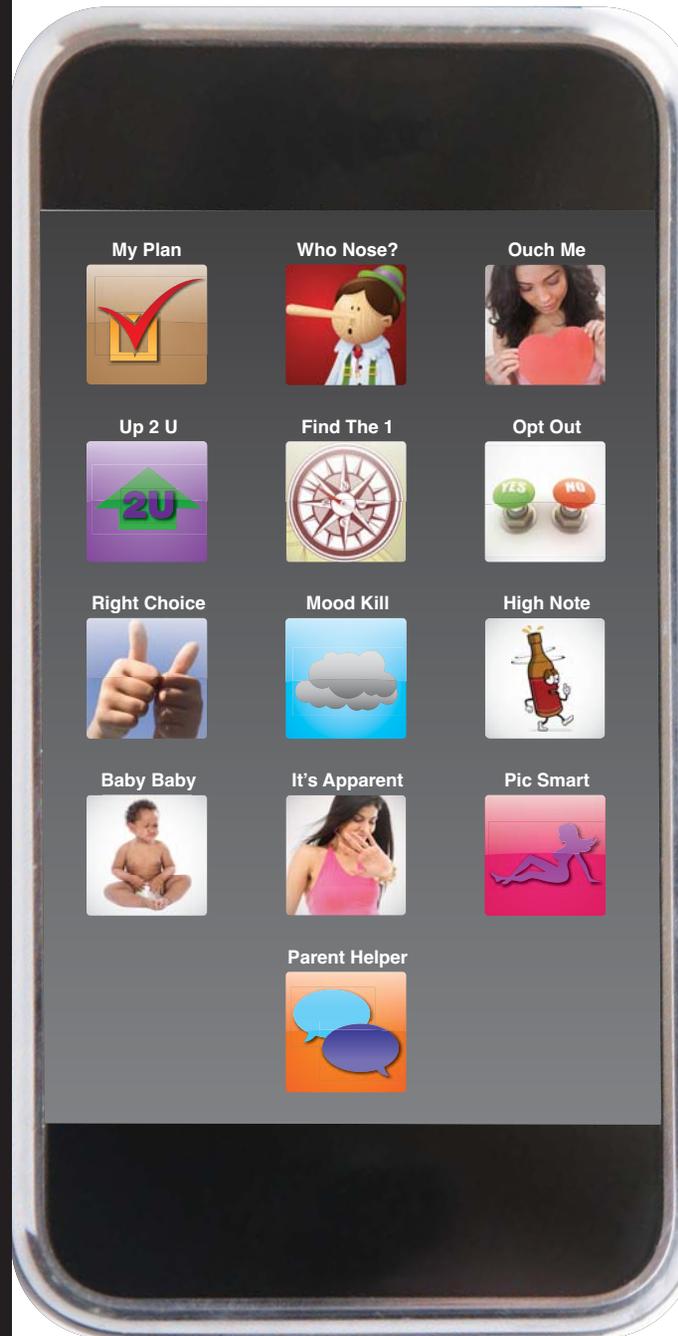




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## iPlan: Tips from Teens for Teens about Life, Love, and Not Getting Pregnant

When it comes to sex, teens get tons of advice from adults, but they aren't often asked to offer their own. Crazy right?

So we asked teens from all over the country what they thought about relationships, sex, and pregnancy.

Here are the 13 answers and opinions that we heard most often.

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My Plan

**Thinking “it won’t happen to me” is stupid** – if you don’t protect yourself, it probably will. Sex is serious. Make a plan.



Who Nose?

**Just because you think “everybody’s doing it,”** doesn’t mean they are. Some are, some aren’t - and some are lying.



Ouch Me

**There are a lot of good reasons to say “no, not yet.”** Protecting your feelings is one of them.



Up 2 U

**You’re in charge of your life.** Don’t let anyone pressure you into a relationship until you are absolutely sure you’re ready. And never, ever let anyone pressure you into having sex. Remember, you are the decider.



Find The 1

**Are you with Mr/Ms Right?** If you answer yes to any of the following questions, he/she is probably not right for you. Does he/she:

- Act jealous or possessive?
- Ignore boundaries of any sort?
- Insult you privately or in front of others?
- Not let you have your own identify?
- Text or IM you constantly?
- Refuse to consider your point of view?
- Keep you from spending time with close friends?



Opt Out

**You can always say “no”** – even if you’ve said “yes” before.



Right Choice

**Using protection is just being smart** – it doesn’t mean you’re pushy or easy.



Mood Kill

**If you think carrying a condom ruins the mood,** consider what a pregnancy will do to it.



High Note

**If you’re drunk or high you can’t make good decisions about anything** – especially sex. Don’t do something you might not remember or might really regret.



Baby Baby

**Sex won’t make him yours,** and a baby won’t make him stay.



It’s Apparent

**Not ready to be a parent?** It’s simple: don’t have sex or use protection every time.



Pic Smart

**Think sending nude pictures or explicit text messages are fun and flirty?** Keep in mind that there’s no changing your mind in cyberspace – once it’s out there, it’s out of your control and out there forever.



Parent Helper

**Help your parents out** – be patient if they want to talk to you about relationships, sex, or contraception. These conversations can be awkward for them, too.