

## You Can Say No to Alcohol – and Keep Your Sexual Limits!

- ✓ Respond firmly to offers of alcohol. If someone says, “Come on. Have a beer,” you can say:  
“No thanks. I don’t drink.”  
“I can’t. I’m driving.”  
“I hate the taste.”  
“I’ve got a big test tomorrow.”  
or “Forget it. I don’t want a hangover!”
- ✓ Offer fun alternatives to alcohol. At a party, you can dance, talk or play games.
- ✓ Hang out with friends who respect your decisions – about alcohol, about sex, about life!



## SEX AND ALCOHOL

Alcohol and sex are a dangerous combination. Why? Because after a few drinks, things get fuzzy. It becomes harder to set sexual limits. Don't let alcohol or other drugs take away your control. Check out the tips inside. Learn how to stay safe and stick to your limits.

## YOUR RIGHT TO SAY NO

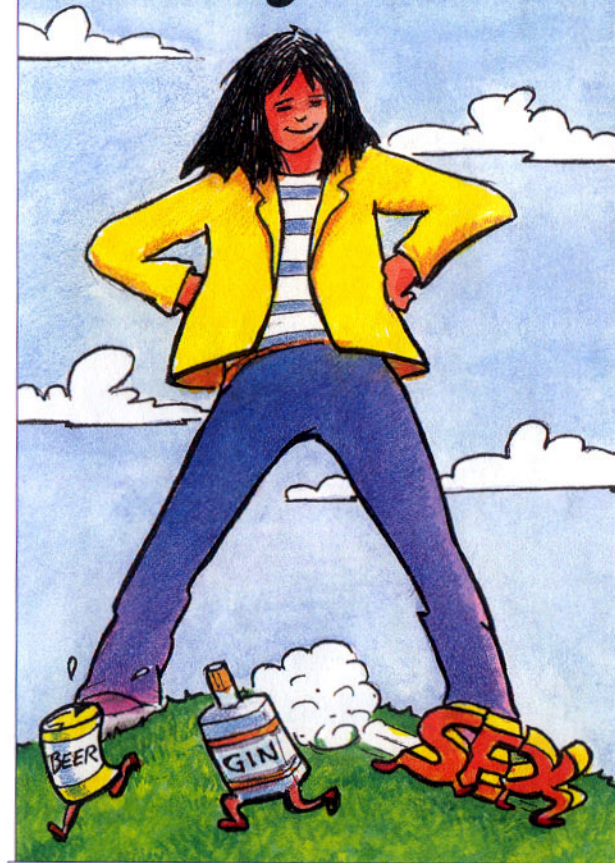
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## STICKING TO YOUR LIMITS

# Sex, Alcohol and Your Right to Say No



SAYING NO TO SEX

Saying no to sex is your right. But alcohol and other drugs can make it hard. Why risk pregnancy, a sexually transmitted disease or sexual assault? Get the facts about alcohol, sex and sticking to your sexual limits.

## You Have Good Reasons for Wanting to Wait

- ✓ There are hundreds of reasons people decide to say no to sex. Some of those include:
  - Not being ready to have sex.
  - Not wanting to deal with birth control.
  - Not wanting to risk HIV or any other sexually transmitted disease.
  - Wanting to wait for marriage.
- ✓ Think about your reasons. Then take steps to make sure alcohol won't get in the way of setting your sexual limits.



## Drinking Makes It Harder to Say No

- ✓ Don't be fooled by ads that make alcohol look fun and harmless.
- ✓ If you drink, you may lose control. Alcohol makes it harder to think clearly, say what you want and react in difficult situations.
- ✓ You may have trouble setting sexual limits. Even if you mean to say no, you may not.
- ✓ If you say yes to sex when you wanted to say no, you may regret it later.



## Drinking Increases Your Risk of Pregnancy and STDs

- ✓ The consequences of drunken sex can be serious.
- ✓ Studies show that when people drink, they are less likely to practice safer sex or use birth control. This increases the risk of an unplanned pregnancy.
- ✓ It also increases your risk of getting a sexually transmitted disease. These include herpes, chlamydia and HIV, the virus that causes AIDS.
- ✓ By choosing not to drink, you'll stay in control of your mind and body. No hangover. No pregnancy scare. No regrets.



## Drinking Increases Your Risk of Sexual Violence

- ✓ Alcohol makes some people angry and violent. It causes others to pass out or forget entire evenings.
- ✓ This is a dangerous combination. Most date rapes occur when one or more of the people have been drinking.
- ✓ People have even slipped strong drugs into their victims' drinks so they can rape them after they pass out.
- ✓ You'll have more power and control over your body if you're not drinking.

## Make It Easier to Stay Safe and Keep Your Limits

- ✓ Don't drink.
- ✓ Try to avoid parties or places where alcohol is served.
- ✓ Learn how to say no if someone offers you a drink. Take a look at the following tips.