

Have sex with someone if you want to

Our sex ed text books might cover the “sexual pressures” we face from strangers, but they never really discussed what to do when the person you're already having sex with wants to bang, and you absolutely do not. Even if you've had sex a thousand times with this person, you have every right to say no if you don't feel like doing it. You don't have to make up excuses. Or feel guilty. Your body is yours and you can have sex whenever you feel like it (if your partner is cool with it too, of course.)

When you're ready to have sex

First of all, don't ever let anyone slut shame you. However, if you feel ready, then you feel ready. Think about it for awhile. Like, *really* think about it. When the time comes, use protection. Know that maybe someday you might regret your decision, or you might not.

All vaginas, boobs, and butts are unique.

The perfect vagina, perfect breasts, and perfect butt are non-existent.

Google your own anatomy

Get up close and personal with yourself. Do it. Your vagina is awesome and yours and you should be familiar with it.

Usage of lubrication

Lube makes everything better and less painful, because yes: sex can sometimes hurt, and usually that pain can be handled with proper lubrication.

Orgasms

Sex is not like the movies. It takes time to be “good” at sex and fully enjoy it. The best thing you can do for yourself if get comfortable with your body and with your partner.

If a guy refuses to use a condom

If a dude doesn't want to use a condom because "it doesn't feel as good," then tell him he can go and get vasectomy. Okay, maybe don't do that because that's a little harsh. But seriously, don't let a guy be selfish enough to refuse putting on protection. He's doing this for himself AND you – a condom isn't there to enhance his sexual experience, it's there to make sure you two don't pass any heinous cooties between you, and to ensure that he doesn't squirt baby sauce up into your vagina-hole. These are very important things. These are, in fact, non-negotiable things. Do not negotiate condom use with anyone ever.

Sexuality is totally fluid

Homosexuality and bisexuality almost never get covered in sex ed, and that's a serious shame. Hopefully our society will progress enough to include these topics (also including gender identification), because it would save A LOT of unnecessary frustration, confusion, and guilt. If you're a girl and you're attracted to both girls and guys, that is TOTALLY FINE. If you're a boy and only like boys, that's perfectly okay too. Don't let anyone make you feel that your sexuality is abnormal. And furthermore, don't let anyone pressure you into deciding "what you are," because our preferences can change and labels are just a social construct.