Let's talk about sex

When saying "no" feels hard

Part 3 of a 3-part series

Chee Mamuk

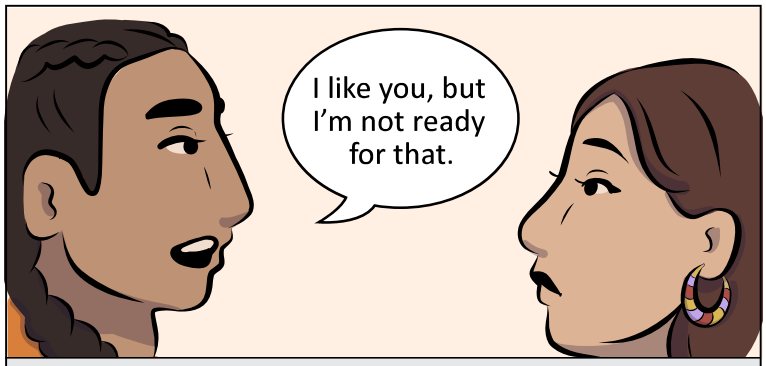
BC Centre for Disease Control
Provincial Health Services Authority

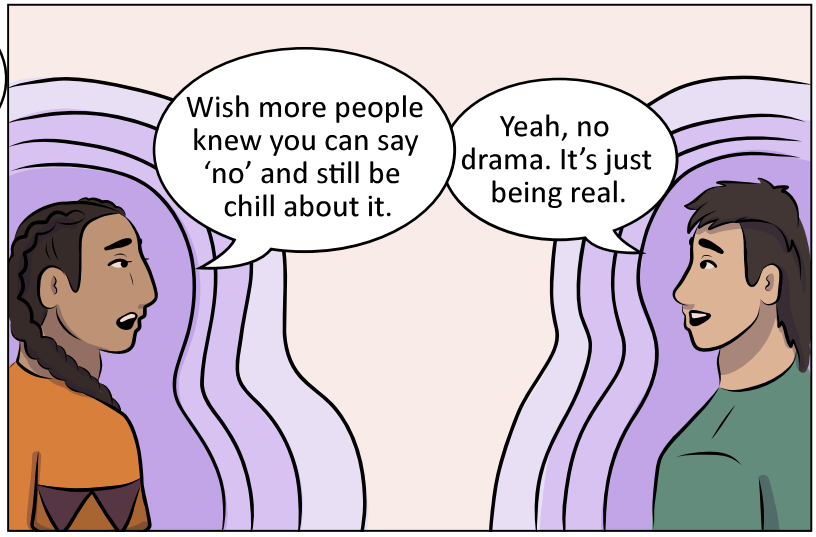
MÉTIS NATION BRITISH COLUMBIA

BCAAFC | BC Association of Aboriginal Friendship Centres

First Nations Health Authority
Health through wellness

"Same! Sometimes I just want to hang out, but saying 'no' to someone makes me feel like I'm rejecting them, not just the sex."



"There can be a lot of pressure in the heat of the moment. You can always talk about sex and consent beforehand. You don't owe anyone a reason — but having a go-to line helps."

"I also say, 'I'm not feeling it.' It's clear without being mean."