

Tell me what you want what you really really want / GMFA ; photograph by Louisa Parry.

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Tell me what you want what you really really want

Sometimes you pick up a guy and he wants different things to what you want. Do you ever find that you land up doing something 'cos the other guy wants to, even when you don't?

We all know what we don't like sexually and what we would like to do with our partners. But when it boils down to it, do we ask for what we want?

If you don't ask for what you want, you are less likely to get it. You have the right to ask for what you want just as much as your partner. You both have the right to refuse to do something that you don't want to do. This includes sex which isn't as safe as you want it to be. It's your body and you have the right to enjoy and protect it.

Be assertive. It isn't about being bossy, aggressive, manipulative and always having to get your own way at the expense of others.

Assertiveness is about asking for what you want and accepting that other people have the right to make their own choices.

Being assertive is about being clear, concise and direct when talking to people. It's about knowing what you want, where your boundaries are and sticking to them.

SAYING NO TO SOMEONE IS OFTEN SAYING YES TO YOURSELF.

For more information about safer sex visit our website at www.demon.co.uk/gmfa

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