

8 “I’ll talk to you when you’re acting more reasonable.”

9 “That’s a manipulative thing to say. If you’d like to have a mature conversation, I’ll tell you why I’ve decided to wait.”

10 “I don’t want to. Get over it.”

NO
is always an
option.

For more ways to respond to other pressure lines, contact the Sexual Health Centre.

For more information on general communication skills:

- Your Healthy Living teacher
- Your guidance counsellor
- A spiritual leader
- Harbour House Outreach: 543-9970
- Second Story Women’s Centre: 640-3044
- Family Support Centre: 543-1301
- Sexual Health Centre: 527-2868

SEXUAL HEALTH CENTRE

Lunenburg County

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United Way of Lunenburg County



10 Ways
to Reply
to this
Pressure
Line.

SEXUAL HEALTH CENTRE
Lunenburg County

The experts in sexual and reproductive health

'Pressure lines' are statements made by one partner to guilt, trick, or manipulate the other into doing something that he or she isn't comfortable with.

They include lines like:

"If you loved me, you'd prove it."

"You haven't lived until you've had sex."

"This is how people show they care."

"Everybody else is doing it."

"It will be our little secret."

"You already did it once before."

"If you don't, I'm going to dump you."

"It's OK, I'll marry you some day."

"You got me all turned on. You can't say 'no' now."

"You don't want to be the only virgin around, do you?"

Being prepared helps you reply convincingly so your partner will listen. Look him or her straight in the eye and speak with confidence.

Here are ten ways you could reply to

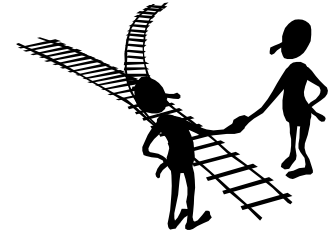
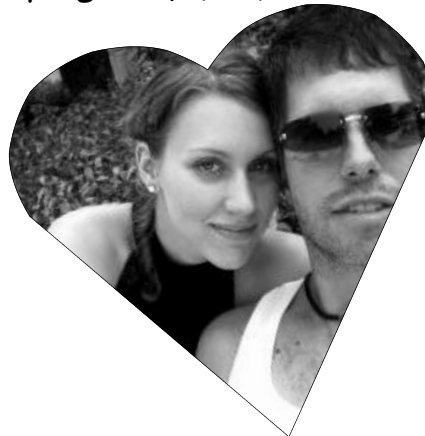
"If you loved me, you'd sleep with me":

1 "If you loved me, you wouldn't pressure me to do something I don't want to do."

2 "Love means respect. I love you and show it by respecting your decisions. I need you to respect mine."

Respect

3 "Maybe some day we'll fall asleep watching a movie together, and you'll get your wish. (You'll be 'sleeping' with me.)"



4 "I'm not ready to do that yet, but here's what I am willing to do."

5 "Do you really think I'm dumb enough to fall for that?"



6 "If that's all you think love is, then I don't want to go out with you any more."

7 "I love you but the answer is still NO."