

they just said no to sex. have a conversation - not when time when you're both ready to nonjudgmental way. Choose a checking in about it: a gentle, been lower than usual, try partners' interest in sex has sex with you. TIP: If you like they're obligated to have Reason: This makes it sound sex anymore?"

X "How come we never have sex anymore?"  
Reason: This puts pressure on them to do something they might not want to do.  
X "But last time you \_\_\_\_\_"  
Reason: This pressures them to do whatever they did last time, even if they might not want to.  
X "Can we at least \_\_\_\_\_?"  
Reason: Asking this undermines their decision.

## 4 THINGS NOT TO SAY WHEN SOMEONE SAYS NO TO SEX:



This little zine was made with love (& lust) by Pleasure Pie

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# 5 THINGS YOU CAN SAY IF YOU ASK SOMEONE TO HAVE SEX & THEY SAY

# NO.

## 5 THINGS YOU CAN SAY IF YOU ASK SOMEONE TO HAVE SEX & THEY SAY NO:

Thanks for being honest.

That's totally fine. Are you hungry?

No worries. Want to cuddle/ go for a walk/watch a movie instead?

Thank you for taking care of yourself!

okay sounds good. How are you feeling?

Pretty much anything that is genuinely supportive will do!

HEARING NO CAN FEEL LIKE A REJECTION.

You might feel:  
 ❑ Disappointed  
 ❑ Frustrated  
 ❑ Insulted

It's okay to feel any of these things, or something else entirely!

The important thing is to show that you care about their feelings, too.

Saying no to sex can be uncomfortable. They might have had experiences where they said no in the past & the person was mean about it, took it personally, pressured them, or even assaulted them.

A little affirmation that you respect their decision can go a long way.