

## RESPECTFUL SEXUALITY

### MAKING DECISIONS ABOUT SEXUALITY

“Am I ready?”

Read each of the questions and consider your response either currently or for future situations.

- Does engaging in sexual activity support my personal moral or religious values?
- Have I been honest with this person?
- Do I trust this person?
- Do I feel safe with this person?
- Does this person make me feel respected?
- Do I respect this person?
- Am I being pressured into sexual activity?
- Am I sure my partner wants to do this and is not feeling pressured?
- Do I know the physical risks of sexual activity for both my partner and me?
- Do I know the emotional risks of sexual activity for my partner and me?
- Am I sober?
- Is my partner sober?
- Is this the right thing to do for me?
- Is this the right thing to do for my partner?
- Do I communicate well enough with my partner that I will be able to tell him or her if something is painful or makes me feel uncomfortable?
- Do I communicate well enough with my partner that I will be able to tell if my partner finds something painful or feels uncomfortable?
- Will this behavior contribute to my emotional well-being?
- Will this behavior contribute to my partner’s emotional well-being?
- Will I regret this tomorrow?
- Will my partner regret this tomorrow?

If you are unsure about even one of these questions, this sexual interaction may be unhealthy. Communicate with your partner before going any further.