



MOVING AHEAD: The Challenge

Sexual Decision-Making Worksheet

GETTING INFORMED ABOUT SEX

How can you stay more informed about sex and sexual decisions? List a few ways in which you can be educated in order to avoid making unsafe sexual decisions:

1. _____
2. _____
3. _____

Use the following 12 questions to help you prepare for future sexual decisions. Circle “yes” or “no” to each question.

1. yes/no Are you sexually active?
2. yes/no *Do you have condoms and know how to use them?*
3. yes/no *Do you use condoms when you have sex (if applicable)?*
4. yes/no *Do you know how to prevent an infection or unplanned pregnancy?*
5. yes/no *Are you comfortable discussing the number of partners you’ve had with your partner?*
6. yes/no *Are you comfortable discussing sexually transmitted diseases with your partner.*
7. yes/no *Do you feel as if having sex makes you an adult?*
8. yes/no *Are you worried that saying “no” to sex will make your partner mad or disappointed?*
9. yes/no *Do you trust your partner?*
10. yes/no *Do you understand the risk you are taking when you choose to have sex?*
11. yes/no *Are you emotionally, mentally, and physically ready for sex?*
12. yes/no *Are you making a conscious decision based on facts when you have sex?*

How do these questions, and your responses, help you plan for the future? Do they help you look at sex from different angles? How do you look at sex after completing this exercise?

How comfortable would you feel talking about your responses with friends? How about with family members?

