

What is a Sexually Healthy Person? A person who knows...

- ◆ Their body parts, how they work, and how to take care of them
- ◆ Sexual feelings are healthy and normal
- ◆ The choices they have about what to do with their sexual feelings
- ◆ About sexual pleasure and orgasm
- ◆ The different sexual behaviors and how they feel about them
- ◆ Which behaviors could cause a pregnancy or getting a sexually transmitted infection
- ◆ How to be responsible with sex
- ◆ How to reduce their risk of getting pregnant and STIs
- ◆ What consent is and how to get it
- ◆ How to make decisions about sex and sexuality
- ◆ How to communicate about sexuality and relationships
- ◆ What their sexual orientation and gender identity are and embrace them
- ◆ They are sexual and deserve information about sexuality
- ◆ They have the right to ask questions about sexuality
- ◆ Their sexual rights