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