

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.