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QUESTION: What should you consider when making decisions around sex and sexual limits?

- a. Your values
- b. Your friends
- c. Your family
- d. All of the above

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QUESTION: What is the best style of communication to use when making decisions about sexual limits and boundaries?

- a. Assertive
- b. Passive
- c. Aggressive

ANSWER: d. All of the above

Values, goals, moral and spiritual principles are all things people consider when making decisions about sex. Talking to people you trust such as family and friends will help you make healthy decisions.

ANSWER: a. Assertive communication

When individuals are assertive they:

- stand up for their rights without denying other people theirs
- respect themselves as well as others
- know how to listen and talk
- express their emotions, both positive and negative
- know how to be self-confident without seeming arrogant

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QUESTION: Name a reason why you may not make healthy choices when it comes to sex?

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QUESTION: If you do not choose abstinence, the best protection is:

- a. pulling out every time
- b. using a condom and the morning after pill, just in case
- c. using a hormonal method like the pill or ring, and condom
- d. using two condoms instead of just one.

POSSIBLE ANSWERS:

- Pressure
- Alcohol or substance use
- Did not think about how you can handle the situation
- You are in the “moment”
- Poor planning (no condom or birth control)

ANSWER: c. using a hormonal method like the pill or ring, AND a condom

This is known as dual protection. Using a hormonal method provides protection from pregnancy and a condom provides protection from STI and pregnancy.

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QUESTION: What skills do you need to make healthy decisions in a relationship?

- a. Intelligence, memory, ability to do public speaking
- b. assertive communication, active listening, and negotiation skills
- c. ability to persuade others, love, passive communication
- d. none of the above

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QUESTION:

Why would you choose abstinence? Give 3 reasons.

ANSWER: b. Assertive communication, active listening, and negotiation skills.

These are all very important skills to have when making decisions about sexual activities with a partner.

POSSIBLE ANSWERS:

- Moral/ family/ religious beliefs
- Prevent STI and HIV
- Prevent Pregnancy
- Waiting for marriage/ long term commitment/ a certain age
- Have not met the right person yet

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QUESTION: Theo is new in school and really wants to fit in. He is at a party which involves drinking and his friend is trying to hook him up. He is not sure what to do. **What is a consequence of either hooking up or not hooking up?**

ANSWER:

- Hook up - regret, embarrassment, risk of STI and pregnancy.
- Do not hook up- reputation of frigid, embarrassment, but no risks of STI or pregnancy.