WHAT MAKES A HEALTHY SEXUAL EXPERIENCE?

If you choose to have sex, you deserve to have sex that is agreed upon, wanted, ethical, and fun.

1. Do they AGREE?
   - Both people are over the age of 16.
   - Both people understand what they are consenting to, and agreement is obtained before initiating any new activity.
   - No one is incapacitated by drugs or alcohol.
   - No force, threats, or intimidation.

   Sounds like...
   - Can I do _____ to you?
   - Are you down for _____?
   - Are you sober enough? How many drinks did you have?

2. Do they WANT to?
   - Both people make space for the other to change their mind or say no.
   - Both people are paying attention to body language and making sure the other person is into it.
   - Both people are communicating about what they want.

   Sounds like...
   - Do you want to ______?
   - How far do you want to go?
   - Is this okay?
   - We don’t have to.
   - Let’s wait if you’re not sure.
   - I don’t want to do anything you’re not into.

3. Is it ETHICAL?
   - The sexual activity does not conflict with either person’s values or beliefs.
   - Careful attention is paid to any power differences due to age, physical size, popularity, disability, etc.
   - No one is being hurt by your actions.
   - Both people have communicated about their understanding of the situation and whether sexual activity is in the context of a hookup, a relationship, or some other definition.
   - Sexual activity is protected from unwanted pregnancy and sexually transmitted infections.

   Sounds like...
   - Will we feel good about this later?
   - Do you have a condom/dental dam?
   - Are you in a good place emotionally for this?
   - What are the consequences?

4. Is it FUN?
   - The interaction makes both people feel good about themselves.
   - Both people’s enjoyment is prioritized equally.
   - Both people are free to express their sexuality in the way they want to without judgment or shame.

   Sounds like...
   - Do you like this?
   - Does this feel good?
   - Is there anything you want me to do?
   - Will you do... to me?