

# 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?