Top Ten Ingredients for Healthy Sexuality

Match the images with the text. Discuss your decisions.

1. Being able to identify, understand, and reflect on your own feelings and desires.

2. Being able to communicate about your feelings.

3. Understanding sexually transmitted diseases (STDs) and how to prevent them.

4. Having access to good, affordable health care, birth control options, and STD prevention.

5. Finding relationships that are based on respect and that do not include violence or coercion.

6. Living in a society that does not discriminate based on sexuality and that promotes respect (not exploitation) between people.

7. Living in a society that does not use sexuality to sell products.

8. Living in a society that does not associate sexuality with shame but affirms people’s right to pursue and experience pleasure responsibly.

9. Understanding and being able to make choices about reproduction.

10. Being able to talk to friends who can help you make good choices about your sex life.