

27 QUESTIONS

FOR A CONVERSATION ABOUT SEXUAL HEALTH



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The following questions are like a guide for a conversation about safe sex between sexual partners. They can only work if all parts are completely honest, and there is enough trust for an open dialogue.

The goal of the questions is not to point out mistakes or encourage judgement. They are here to stimulate an open channel about safe and healthy sex.

Start asking the questions in a moment of calmness and privacy.

Just a reminder, the questions are very broad and function only as a guideline. You can customize them to your needs.

And always; better sex comes with better communication!

- WHAT'S YOUR BIGGEST FEAR WHEN IT COMES TO SEX?
- WHAT DOES IT TAKE FOR YOU TO FEEL COMFORTABLE IN CREATING AN HONEST COMMUNICATION CHANNEL ABOUT SEXUAL HEALTH WITHIN A RELATIONSHIP?
- ON A SCALE OF 1 TO 10, HOW IMPORTANT IS HEALTH IN YOUR SEX LIFE?
- WHICH PERCENTAGE OF YOUR SEXUAL ACTIVITIES WOULD YOU SAFE IS SAFE? (USING CONDOMS/GLOVES AND DAMS/PREP, ETC.)
- WHAT ARE THE MAIN METHODS OF PROTECTION YOU USE DURING SEX?
- WHICH HABIT DO YOU CONSIDER CRUCIAL TO HAVE A SAFER SEX LIFE?
- WHICH HABIT WOULD YOU LIKE TO CHANGE ABOUT YOUR SEXUAL HEALTH?
- ON A SCALE OF 1 TO 10, HOW WELL INFORMED DO YOU CONSIDER YOURSELF ABOUT SEXUAL HEALTH AND ANATOMY?
- WHAT ARE YOUR MAIN SOURCES OF INFORMATION ABOUT SEXUAL HEALTH AND ANATOMY?
- DO YOU USE ANY CONTRACEPTIVE METHODS? WHICH ONES?
- WHAT IS YOUR OPINION ABOUT ABORTION?
- IF YOU DO USE CONTRACEPTIVE METHODS, HOW MUCH DO YOU SPEND ON THEM ON AVERAGE?
- HAVE YOU EVER BEEN TESTED ABOUT SEXUALLY TRANSMITTABLE INFECTIONS? HOW WAS YOUR EXPERIENCE?
- WHICH INFECTIONS WERE COVERED ON THE TEST?
- HOW LONG AGO SINCE YOUR LAST TEST?
- WHEN WAS YOUR LAST UNPROTECTED SEXUAL ENCOUNTER?
- IF YOU HAVE EVER BEEN TREATED FOR AN STI, HOW WAS YOUR EXPERIENCE?
- IF YOU LIVE WITH AN STI, DO YOU FEEL IT GETS IN THE WAY OF YOUR EVERYDAY LIFE? HOW?
- IF YOU ARE CURRENTLY IN TREATMENT FOR AN STI, WHICH METHODS DO YOU USE TO PREVENT CONTAMINATION?
- IF YOU ARE CURRENTLY IN TREATMENT FOR AN STI, HOW MUCH DO YOU SPEND ON IT ON AVERAGE?
- WHAT DOES IT TAKE FOR YOU TO HAVE A FLUID BOND WITH SOMEONE? (PRACTISE UNPROTECTED SEX WITH A SPECIFIC PERSON)
- WOULD YOU SAY BEING EMOTIONALLY INVESTED IN SOMEONE HINDERS YOUR CONCERNS ABOUT PROTECTION WHILE YOU ARE HAVING SEX?
- WHICH MEASURES WOULD BE WILLING TO TAKE TO PROTECT THE HEALTH OF THE PARTNER YOU HAVE A FLUID BOND WITH?
- WHAT MAKES YOU FEEL UNCOMFORTABLE/INSECURE DURING SEX?
- WHAT MAKES YOU FEEL COMFORTABLE/SECURE DURING SEX?
- IS THERE ANYTHING I COULD DO TO IMPROVE OUR SEX LIFE?
- IS THERE ANYTHING ELSE YOU'D LIKE TO ADD?

