

SEX DECISION FLOW CHART

Do You Want to Have Intercourse?

(This definition of intercourse includes oral, anal, and penile-vaginal sex)

THINK ABOUT THE CONSEQUENCES

Steps In Decision Making

- Ask the question
- Gather information
- List the options
- Weigh the pros and cons of the consequences
- Decide what's best for you now

Use of alcohol and drugs impairs your judgment.

Your risks increase with multiple partners.

Healthy relationships require honest communication.

Consider Emotional Consequences

Both physical and emotional intimacy can develop over time

YES

STD Testing
Confirm health status. Often there are no symptoms

Do you (& your partner) want to have children now?

YES

NO

Fertility Methods
Calendar or 'rhythm'
Basal Body Temp.
Cervical Mucus
Artificial Insemination

Prevention/Birth Control Methods

Cervical Cap
Condoms
Depo Provera (injection every 3 mos.)
Diaphragm
Female Condom
Foam, creams, jellies
Inserts
IUD
Lunell (monthly injection)
Morning After Pill (also called Emergency Contraception: effective up to 72 hours after intercourse.)
Norplant

STDs

Common Sexually Transmitted Diseases

- Chlamydia
- Gonorrhea
- Hepatitis B
- Herpes
- HIV/AIDS
- HPV (genital warts)
- Syphilis

Unplanned Pregnancy

- Adoption
- Parenting
- Abortion

NO

Total Abstinence
No physical contact.

Limited Abstinence
Agreed upon physical intimacy (excluding intercourse).

ALERT!

It may become more difficult to restrain oneself and stick to one's initial limits as sexual arousal increases.

STD Transmission Risk
Sexually Transmitted Diseases
Syphilis, HPV and Herpes can be transmitted by skin to skin contact and by oral contact.

CONDOMS

If you have intercourse, latex or polyurethane condoms are best to prevent the spread of HIV/STDs. Water-based lubricants are recommended. Nonoxynol-9 is not recommended for the prevention of HIV or other STDs. Condoms or dental dams may reduce STD transmission during oral sex.

Does my decision reflect my (personal, spiritual, religious, cultural) values?

How will I feel about myself?

Will this decision strengthen or weaken the relationship? Is there a relationship?

Are my expectations the same as those of my partner's?

Is it legal? Do I want to take health risks?

How will I feel if we break up in a month?

What about my reputation?