

Life Behaviors of a Sexually Healthy Adult

A Sexually Healthy Adult will:

Human Development

- Appreciate one's own body.
- Seek further information about reproduction as needed.
- Affirm that human development includes sexual development, that may or may not include reproduction or genital sexual experience.
- Interact with other genders in respectful and appropriate ways.
- Affirm one's own sexual orientation and respect the sexual orientations of others.

Relationships

- Express love and intimacy in appropriate ways.
- Develop and maintain meaningful relationships.
- Avoid exploitive or manipulative relationships.
- Make informed choices about family options and lifestyles.
- Exhibit skills that enhance personal relationships.

Personal Skills

- Identify and live according to one's values.
- Take responsibility for one's own behavior.
- Practice effective decision-making.
- Communicate effectively with family, peers, and partners.

Sexual Behavior

- Enjoy and express one's sexuality throughout life.
- Express one's sexuality in ways that are congruent with one's values.
- Enjoy sexual feelings without necessarily acting on them.
- Discriminate between life-enhancing sexual behaviors and those that are harmful to self and/or others.
- Express one's sexuality while respecting the rights of others.
- Seek new information to enhance one's sexuality.
- Engage in sexual relationships that are characterized by honesty, equity, and responsibility.

Sexual Health

- Use contraception effectively to avoid unintended pregnancy.
- Prevent sexual abuse.
- Act consistent with one's own values in dealing with an unintended pregnancy.
- Seek early prenatal care.
- Avoid contracting or transmitting a sexually transmissible infection, including HIV.
- Practice health-promoting behaviors, such as regular check-ups, breast and testicular self-exams, and early identification of potential problems.

Society and Culture

- Demonstrate tolerance for people with different sexual values or lifestyles.
- Exercise democratic responsibility to influence legislation dealing with sexual issues.
- Assess the impact of family, cultural, religious, media, and societal messages on one's thoughts, feelings, values, and behaviors related to sexuality.
- Promote the rights of all people to accurate sexuality information.
- Avoid behaviors that exhibit prejudice and bigotry.
- Reject stereotypes about the sexuality of diverse populations.
- Educate others about sexuality.

* From the Sexuality Information and Education Council of the United States (SIECUS)