

## HANDOUT 6.1: SEXUAL HEALTH SELF-ASSESSMENT

How ready are you to be a role model and guide for your child's sexual health?

- I am comfortable with my body and my sexuality.
- I can talk effectively with my peers, family, and partners.
- I know my body and how it functions.
- I understand the risks, responsibilities, and consequences of sexual behavior.
- I am able to recognize risks and ways to reduce them.
- I know how to access and use health care services and information.
- I am able to set boundaries when it comes to sex and sexual relationships.
- I act responsibly according to my personal values.
- I am able to form and maintain healthy relationships.

This handout comes from "What Is Sexual Health?"

([http://actforyouth.net/sexual\\_health/](http://actforyouth.net/sexual_health/)) on the website of ACT (Assets Coming Together) for Youth, a partnership of Cornell University and the University of Rochester (NY) Medical Center. ACT for Youth connects research to practice in the areas of positive youth development and adolescent/young adult health. The checklist is based on the work of the New York State Department of Health's Adolescent Sexual Health Work Group.