



SEXUAL HEALTH

My comfort. My voice.

A conversation planner for adults, with no assumptions.

For adults of all identities, orientations, bodies, and relationship structures. Sexual activity is optional. Consent must be freely given, specific, and ongoing; anyone can stop or change their mind.

01 Name a boundary in my own words.

"I am comfortable with..." / "I do not want..." / "I am unsure and need time..." You do not owe anyone a yes.

02 Choose a check-in phrase.

Example: "Would you like to keep going, change something, or stop?" How will we make room for an honest answer without pressure?

03 Prepare one health conversation.

What do I want to ask a clinician about STI testing, protection, contraception if relevant, pain, comfort, or changes in sexual wellbeing?

MY NEXT STEP

One question, appointment, or conversation I choose to pursue:



SEXUAL HEALTH

No script required.

Explore your preferences at your own pace.

You do not need to disclose experiences or label your identity here. You choose what to write, keep private, or discuss with a qualified professional.

01 I want more room for...

Comfort, choice, privacy, closeness, information, or something else.

02 A message about sexuality I want to question is...

How does that message fit, or conflict with, my own values and needs?

03 A boundary or preference I want respected is...

What words would help me communicate it safely?

CARE WITHOUT PRESSURE

One way I can honor my comfort and choices today:

Further reading: CDC: Getting Tested for STIs
<https://www.cdc.gov/sti/testing/index.html>