

# ***Life Behaviors of a Sexually Healthy Adult***

The goal of a comprehensive sexuality education program is to facilitate sexual health. After learning the six key concepts and associated topics, subconcepts, and developmental messages, at an appropriate age the student will demonstrate certain life behaviors.

*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 both genders in respectful and appropriate ways.
- Affirm one's own sexual orientation and respect the sexual orientation of others.

## **Relationships**

- View family as a valuable source of support.
- Express love and intimacy in appropriate ways.
- Develop and maintain meaningful relationships.
- Avoid exploitative or manipulative relationships.
- Make informed choices about family options and relationships.
- Exhibit skills that enhance personal relationships.
- Understand how cultural heritage affects ideas about family, interpersonal relationships, and ethics.

## **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 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 consensual, non-exploitative, honest, pleasurable, and protected against disease and unintended pregnancy .

## **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 transmitted disease, including HIV.
- Practice health-promoting behaviors, such as regular check-ups, breast and testicular self-exam, and early identification of potential problems .

## **Society and Culture**

- Demonstrate respect for people with different sexual values .
- 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 .