

# Sexual Health . . .

## Questions To Be Answered

Reading books, talking to your family and health care providers and taking health classes in school are excellent ways to learn about how your body works and information about your sexual health. Never be afraid to ask questions that will help you make informed decisions in your life.

**EXERCISE:** Here is a list of topics you should find out more about. Check them off when you feel you have enough information to answer the question.

- What is puberty? Will I go through puberty earlier or later than my friends? Why?
- What changes should I expect when I go through puberty?
- What are the names of the sexual and reproductive parts in my body? What does each part do and how does it work?
- What feelings might I experience as my body begins to change?
- Am I fertile?
- What forms of birth control are safe for me? What forms of birth control cause risks to my health?
- Who can I get support from if I have questions about my sexual orientation or gender identity?



**For girls:**

- Will I get my period? What are some ways I can care for myself when I menstruate?
- How do I do a self-breast examination? How often and why?

**For boys:**

- Will I have erections or wet dreams? What should I do about them if they occur?
- How do I do a self-testicular examination? How often and why?
- As you mature into adulthood there are other questions you need to be able to answer.
- Can I have sex? Does my condition affect my ability to have / feel sexual pleasure?
- Will my health condition, treatments or medications cause any risk to myself or a baby during pregnancy?
- Is my health condition genetic (can I pass it on to my children)? Who can I talk to about my risks and options?



List below the names of the persons who helped you answer these questions.

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|-------------|-------------------|
| Name: _____ | Occupation: _____ |
| Name: _____ | Occupation: _____ |
| Name: _____ | Occupation: _____ |