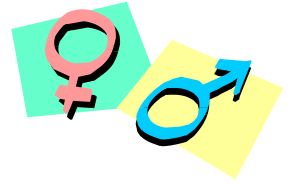


## Who To Ask about Sex



**EXERCISE:** Learning about how your body develops and changes is part of your sexual health. There are people who can help you learn about yourself and answer those questions you have. Here is an exercise that encourages YOU to ask questions. *Take a pen or pencil or your phone. Ask your health care providers for pamphlets or websites they recommend. Here are some questions to ask.*

### Questions for my Family

- How did you learn about sex and how your body works?
- Is it hard for you to talk about sex?
- What are our family beliefs and values around sex?
- Where did these beliefs come from?



### Questions for my Family Doctor

- What kind of yearly check-ups will I need?
- Can you teach me to do a proper self-breast/ testicular exam?
- Are there Youth Clinics in my community?
- Can you give me information about safe sex, birth control, sexual orientation and or gender identity?

### Questions for my Specialist

- How will my condition affect the way I change and develop?
- How will puberty affect my health condition?
- How will the medications I take affect the way I develop?
- How will puberty affect the medications I take?
- Will I be able to have children if I choose to?
- How will having children affect my condition and health?
- Will my condition affect my children?

