

Sexual Health Plan

This exercise is designed to assist you in developing a Sexual Health Plan. It is important that you have a Sexual Health Plan. You should review your Sexual Health Plan at least every three months, or more often if necessary. This plan is designed to change and evolve over time as you learn more about yourself and your sexuality.

In the inner circle, or the “red zone,” list all sexual behaviors, which are **never** appropriate for you. This may include items such as masturbating to fantasies of rape or molesting children. You may also include emotional states, such as anger. It may never be ok for you to engage in sexual behavior if you are angry. You can also include environmental considerations. For example, it is probably never ok to engage in sexual behavior in public.

The middle circle is the “yellow zone.” In the yellow zone, you should list sexual behaviors for which you are uncertain whether they are appropriate or inappropriate for you. An example might be masturbating to fantasies of consensual sex with strangers or engaging in sexual behaviors with a friend who is not a romantic partner.

The outer circle is your “green zone.” In this circle list sexual behaviors that are **always** okay for you. Examples might include masturbating to a fantasy of consensual sex with someone you care about or engaging in sexual behavior when you are in a positive psychological space.

You may not always follow your plan but at least you have one. It is difficult to develop healthy sexual behaviors if you don’t have a Sexual Health Plan that acts as your guide.

