STARS

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SEXUALLY TRANSMITTED INFECTION STATUS:

When were you last tested, for what, and your results? Discuss: Gonorrhea & Chlamydia (women should be tested annually up to age 25, then as needed between sexual partners), HSV1 (oral herpes), HSV2 (genital herpes), Human Papilloma Virus (immunization status?), Syphilis, and HIV.

TURN-ONS:

Things that you know you like sexually or might want to explore with this person.

AVOIDS:

What you don't like sexually, emotional triggers, and any sexual abuse history.

RELATIONSHIP INTENTIONS/EXPECTATIONS:

Discuss relationship status, sexual/gender orientation, agreements with others and communication preferences.

SAFER SEX ETIQUETTE:

Use of condoms, gloves, or barriers. Discuss plans for birth control, and feelings around pregnancy.

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CONSENT IS:

- COMMUNICATING BOUNDARIES. Understanding one's boundaries and agreeing to them can help both you and your partner have a better and healthier sexual connection.

- THINKING AND ASKING PERMISSION BEFORE DOING. *"Is this okay?"* or *"Would you like to?"* are perfectly acceptable questions.

- UNDERSTANDING that consent, even if given, can be taken away at any time. Don't push your boundaries (or your partner's) beyond the original stated intentions after sexual activity begins. There's always next time.

- CONSENT cannot be given under the influence of drugs, alcohol, or any altered mental state.

- THERE IS A DIFFERENCE between a *"Yes,"* *"I don't know,"* and silence. Anything other than an enthusiastic *"Yes!"* should be interpreted as a *"No."* The inability to vocalize a *"No"* can happen for a variety of reasons: fear of repercussions, feelings of discomfort, or uncertainty.

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STI STATUS
TURN-ONS
AVOIDS
RELATIONSHIP
SAFE SEX

STARS

CONSENT IS NOT:

- ASSUMING that wearing certain clothes, flirting, or kissing is an invitation for anything more.

- PRESSURING someone into sexual activity by using fear, intimidation, or by not respecting their boundaries.

- PRESUMING you have permission to engage in a sexual act because you've done it in the past.