

Deciding What I Want To Do

Are my choices...

- ones I'll feel good about later?
- occurring within the context of the kind of relationship I want?
- aligned with my values, beliefs, priorities, & plans?
- true to my sexual orientation, gender identity & expression (SOGIE)?

Am I able to...

- communicate about desires, needs, histories & limits with my partner(s)?
- cope with the emotional & social consequences of my choices?
- protect myself and my partner(s) from STIs & HIV?
- prevent an unintended pregnancy? (if egg & sperm are present)

Are my partner(s) and I...

- awake, conscious, & sober enough to make sound decisions?
- on the same page about what our involvement means to each of us?
- acting free from pressure, coercion, exploitation, or threat?
- enjoying ourselves, and clearly & enthusiastically giving consent?