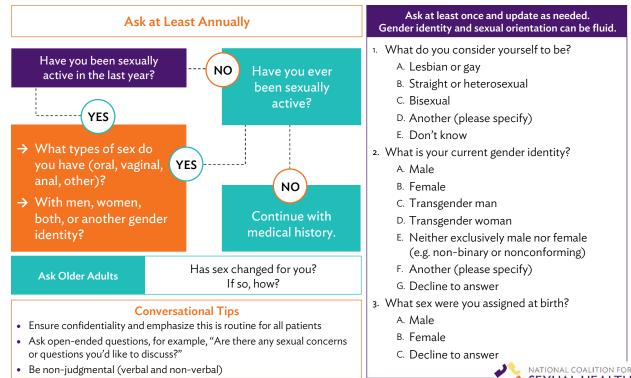
## **Essential Sexual Health Questions to Ask Adults**

Ask all of your adult patients the questions on this card to start the conversation and to begin taking a thorough sexual history. For more questions to assess risk, refer to Table 1 of Sexual Health and Your Patients: A Provider's Guide.



# **Essential Sexual Health Questions to Ask Adolescents**

### Ask at Least Annually

- 1. What questions do you have about your body and/or sex?
- 2. Your body changes a lot during adolescence, and although this is normal, it can also be confusing. Some of my patients feel as though they're more of a boy or a girl, or even something else, while their body changes in another way. How has this been for you?
- Some patients your age are exploring new relationships. Who do you find yourself attracted to? (Or, you could ask, "How would you describe your sexual orientation?")
- 4. Have you ever had sex with someone? By "sex," I mean vaginal, oral, or anal sex. (If sexual activity has already been established, ask about sex in the past year.)

### If the Adolescent Has Had Sex, Ask About

- ✓ Number of lifetime partners
- $\checkmark$  Number of partners in the past year
- ✓ Gender of those partners (men, women, both, or another gender identity)
- ✓ Types of sex (vaginal, oral, anal, other)
- $\checkmark$  Use of protection (condoms and contraception)
- ✓ Coercion or rape

#### If the Adolescent Identifies as Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ)

- $\checkmark$  Ask whether they have a trusted adult to talk to.
- ✓ Assess the adolescent's safety at home and school and whether they are being bullied or harassed.
- Link your patient to community or national organizations such as pflag.org or thetrevorproject.org for education and support.
- ✓ Counsel all sexually active adolescents about using condoms and contraception. Adolescents who identify as lesbian or gay may also have sex with members of the opposite sex, which increases the risk for unintended pregnancy.
- ✓ Before counseling transgender patients, make sure you have knowledge of the patient's current anatomy and patterns of sexual behavior.