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, see Table 1 of "Sexual Health and Your Patients: A Provider’s Guide."

1. What do you consider yourself to be?
   A. Lesbian, gay, or homosexual
   B. Straight or heterosexual
   C. Bisexual
   D. Another (please specify)
   E. Don’t know

2. What is your current gender identity?
   A. Male
   B. Female
   C. Transgender man
   D. Transgender woman
   E. Neither exclusively male nor female (e.g. non-binary or nonconforming)
   F. Another (please specify)
   G. Decline to answer

3. What sex were you assigned at birth?
   A. Male
   B. Female
   C. Decline to answer

Ask at Least Annually

Have you been sexually active in the last year?
- NO
- YES
  ➔ What types of sex do you have (oral, vaginal, anal)?
  ➔ With men, women, both, or another?
  ➔ How many sexual partners have you had?

Have you ever been sexually active?
- NO
  ➔ Continue with medical history.
- YES

Has sex changed for you? If so, how?

Ask Older Adults

Conversational Tips:
- Ensure confidentiality & emphasize this is routine for all patients
- Also, ask open-ended questions, e.g., any sexual concerns or questions you’d like to discuss?
- Be non-judgmental (verbal and non-verbal)

Ask at least once, and update as needed.
Gender identity and sexual orientation can be fluid.

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Recommended Preventive Sexual Health Services for Adults

<table>
<thead>
<tr>
<th>Service</th>
<th>Females 18-64</th>
<th>Females 65+</th>
<th>Pregnant 18-64</th>
<th>Males 18-64</th>
<th>Males 65+</th>
<th>MSM</th>
<th>Transgender Individuals</th>
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<tbody>
<tr>
<td>STI Counseling</td>
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<td>a = At increased risk: inconsistent condom use, multiple partners, partner with concurrent partners, current STI, or history of STI within a year</td>
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<td>Contraceptive</td>
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<td>c = Male transgender patients who still have a cervix according to guidelines for cisgender women</td>
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<td>✔️ f</td>
<td>✔ g</td>
<td>d = Sexually-active women aged &lt;25; women aged ≥25 at increased risk</td>
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<td>e = Young adult males in high-prevalence communities or settings</td>
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* = HIV-negative and at substantial risk for HIV infection (sexual partner with HIV, injection drug user, recent bacterial STI, high number of sex partners, commercial sex worker, lives in high-prevalence area or network)

For more information, visit: nationalcoalitionforsexualhealth.org