

Sexual Health Star™ Quiz

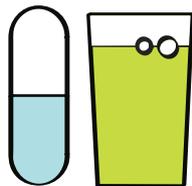
The Outcomes Star for young people and sexual health

- ① Taking risks ② Want change ③ Trying ④ Mostly safe ⑤ Safe and confident

In each of the five questions, mark the answer that best fits for you now

Alcohol and drugs

I take responsibility for myself and others. I know my limits and stay within them

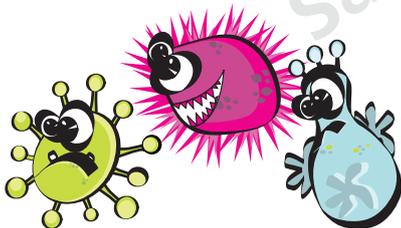


- ⑤ Yes, that's me
④ Mostly I keep within my limits
③ I know my limits and try to stay within them but things happen
② I want to stop putting myself at risk
① Lots of what I do is risky and unsafe

Sexually transmitted infections (STIs)

I do not risk STIs. I know about STIs.

I protect myself and my partner(s) by having safer sex, testing and treatment. Or I am not having sex



- ⑤ Yes, that's me
④ Mostly I use a condom and get tested if I need to
③ I mean to use a condom but things happen. Sometimes I get tested
② I know I take risks and want to stop
① I often have sex without a condom and plan to carry on

Contraception

I do not risk unintended pregnancy.

I protect myself or my partner against pregnancy by ensuring we always use effective contraception



- ⑤ Yes, that's me
④ Mostly I use contraception
③ I make an effort with contraception, but things happen
② I want to sort out contraception
① I am having sex and never use contraception

Choose 5 if you do not need contraception because you are not having sex or are fully ready to have a baby or only ever have same sex relationships.

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