



# Sexual Health Discussion Starters

An open discussion about a client's sexual health can potentially be a difficult topic. You can refer to this flashcard for recommendations on how to begin and maintain the conversation.

**1 Objective: Build trust with your client and create a non-judgmental, stigma-free environment.**

I'm going to ask you a few questions about your sexual health. It might feel a little awkward—and that's totally normal—but they are important for your overall health. Just so you know, I ask these questions to all of my patients. Do you feel comfortable moving forward?

- A. Since we are talking about sexual health, may I ask what gender you identify with?
- B. What pronouns do you use?
- C. What type of sex do you have?
- D. What parts of your body do you or have you used during sexual contact in the past 12 months?
- E. What parts of your partner's body do you or have you used during sexual contact in the past 12 months?

**2 Objective: Learn more about your client's sexual activity.**

- A. Who are you having sex with?
- B. Are you sexually active with one or more partners?
- C. Are any of your current partners sexually active with other partners?
- D. How often do you and your partner(s) talk about sexual health?
- E. Have any of your partners had a sexually transmitted infection (STI)?
- F. Does anyone you've ever had sex with have HIV?

**3 Objective: Turn the attention back to your individual client's sexual activity.**

- A. When is the last time you got tested for HIV and other STIs?
- B. How often do you get tested for HIV and other STIs?
- C. What kinds of protection do you use against STIs?
- D. How often do you use this protection?

**4 Objective: Create an environment for clients to ask questions.**

- A. Are there any sexual health topics you're interested in talking about today? Some examples can include testing, talking with your partner, healthier sex practices, and/or prevention and HIV medicines.

Please refer to these resources to further guide the sexual health conversation.

## HEALTHYSEXUAL®



Sexual Health Dialogue Starter Flashcard



Healthysexual Partner Conversation Game



Healthysexual Handbook

## STOP THE VIRUS.



HIV: Ken Williams, Todrick Hall, and How to Help Stop the Virus



HIV: Ken Williams, Todrick Hall, and How to Help Stop the Virus Discussion Guide