

# VALUES CLARIFICATION EXERCISE

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This exercise is meant for you to complete on your own to promote thinking about your values regarding sex, sexuality and sexual health. Often we do not think about our values until circumstances force us to. It can be beneficial to think about them in advance, talk to co-workers and managers about them and see how they fit into the policies and procedures of your organization.

	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
Sex is best when people are in love.					
Masturbation is a healthy, acceptable form of sexual expression.					
Online dating is a risky behaviour.					
People with developmental disabilities should be encouraged to date.					
Going to an adult sex store can be an empowering experience for someone with a disability.					
People with developmental disabilities cannot give consent to sexual activities.					
Same sex relationships should be valued the same as different sex relationships.					
All people should have the right to choose what happens to their own body.					
Pleasure should be an important component of sexual activity.					

	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
People with developmental disabilities would not usually make good parents.					
Parents/Guardians should be notified if their dependent is requesting birth control.					
Individuals with disabilities are usually asexual.					
We should include our personal values in sexual health conversations at work.					
Watching pornography is <b>not</b> healthy sexual behaviour.					
A person can be happy with casual sex and not want a committed relationship.					
You should always ask a person before touching them.					
Individuals who identify as trans should have to use the washroom that corresponds to their sex assigned at birth.					
Sex Toys can enhance sexual activity alone or with a partner.					
Healthcare Providers should ask more questions about their clients' sexual health.					
Sexting can be a healthy part of a relationship.					
Condoms should be made available to anyone who wants/needs them.					
People with a uterus should be responsible for birth control since they can get pregnant.					

