

# 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. There are no right or wrong answers.

	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
Sex is best between two people who love each other.					
Masturbation is a healthy, acceptable form of sexual expression.					
Someone who has sex with many people is a slut.					
People who are 13 years of age are mature enough to make decisions regarding sexual activity.					
Oral sex is sex.					
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.					
A person's sexuality is fluid.					

	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
Parents should be notified if their child is requesting birth control.					
The age of consent for vaginal sex (which is 16) should be the same as the age of consent for anal sex (which is 18).					
Teachers should include their personal values in sexual health lessons.					
Watching pornography leads to violent sexual behaviour.					
It is ok for young people to watch pornography because this is one way they learn about sex.					
Children should be taught that masturbation is ok in private.					
Elementary schools should teach comprehensive sexual health education to all students enrolled.					
Nudity can harm a child.					
Doctors should not surgically determine the biological sex of intersex infants at birth.					
All pedophiles will eventually abuse a child.					
Individuals with disabilities are usually asexual.					
A person can be happy with casual sex for their entire life.					
Condoms should be available at schools.					

	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
Individuals who identify as trans should have to use the washroom that corresponds to their biological sex.					
Children should not touch their genitals in public.					
Menstruation should not be taught to people who do not menstruate.					
People who say they are bisexual are confused.					
Sexting can be a healthy part of a relationship.					
Teenagers should have parental consent to get an abortion.					
If a person sends a naked picture of themselves, they are accepting the risk that it might get shared or posted on the internet.					
Children should be taught the proper terms for their genitals.					
Breast feeding is ok anytime, anyplace.					
If a teenager says they are in love it should be taken seriously.					
Sex education should be taught throughout the year just like other subjects.					
People with a uterus should be responsible for birth control.					
Marriage is not necessary in modern society.					

	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
People who get STIs are promiscuous.					
It should be your choice to disclose your HIV status to a partner.					
Sex Education should be taught in gendered groups.					
Schools should not have dress codes.					
A person with a penis should not wear a dress to school.					
School sports should be separated by gender.					
Pleasure should be an important component of sex education.					
Teenagers are not good parents.					
Teachers should not "friend" their students on social media.					
Students should not use their phones in class.					
Teachers should share the questions students ask in sexual health class with their parents.					
Pregnant students should have to leave school.					
The updated Human Development and Sexual Health curriculum is appropriate for every student.					
Teachers should provide a supportive, non-judgemental atmosphere in their classroom.					