

## 6 PRINCIPLES OF SEXUAL HEALTH

1. Consent – a voluntary cooperation and the permission to reach sexual satisfaction and intimacy with oneself and willing partners.
2. Nonexploitation – Exploitation can be seen as leveraging one's power and control to receive sexual gratification from another person which compromises that person's ability to consent.
3. Protected from STIs and unintended pregnancy – This sexual health principle is evident when those involved in the sexual activity are capable of protecting themselves and their partners from an STI (including HIV) and unintended or unwanted pregnancy.
4. Honesty – Sexual Health involves direct and open communication with oneself and one's partners.
5. Shared values – Sexual relations between partners involve clarifying underlying motives, sexual standards, and the meaning of specific sexual acts for each person. This principle promotes conversations between sex partners to clarify their consent for sexual relations discuss their sexual values, and articulate motivations for having sex.
6. Mutual pleasure – The mutual-pleasure principle prioritizes the giving and receiving of pleasure.