

SEXUAL VALUES AND ETHICS

WORKSHEET



LASÁRA ALLEN,
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Sexual Values and Ethics Worksheet

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Values are core beliefs. Ethics are behaviors that come out of your values. This worksheet will help you to find out what your values are, and how to be ethical and act within your personal set of values.

Morals are a set of values that are not so much personal as cultural or religious. This worksheet addresses morals a little bit, as a person's morals often contribute to their personal values.

There are no right or wrong answers. You will not be scored or graded. This is a worksheet designed to help create clarity, start conversations, and foster thought. It is NOT a test.

This is an exercise just for you and those you choose to share it with, so that you have a clearer idea of your feelings and beliefs regarding the sections included in the worksheet. You may want to fill out this worksheet over again whenever you feel your values shifted.

In filling out this worksheet, an answer of "5" represents the highest level of importance or truth, and "1" represents the lowest level. If you really agree with the statement given, circle the 5. If you really don't, circle the 1. If you're somewhere in-between, circle the 2, 3 or 4.

In multiple choice questions, choose the answer that's closest to how you feel about the question. You'll also have a comment section available after each question so you can take notes on how you feel and what you think.

If you feel like skipping any section of this worksheet, feel free to do so.

This worksheet can be a great starting point for a conversation between you and your spouse, lover or partner, with your kids, your family as a whole, or even your circle of friends or support group.

To create this experience of values exploration as a shared conversation, just print out enough copies for your whole crew, and compare your answers.

Sexuality can be a hot-button topic, so be aware that you or your loved ones may have emotions arise in the course of discussing things. If so, remember to come from compassion and acceptance.

Want tips on clear and healthy communication? Read my article on "Seven Steps to Healthy Communication with Your Kids" at www.LasaraAllen.com.

I'm always interested in hearing well-thought-out feedback on my work. Feel free to drop a note to me at ms.allen@LasaraAllen.com. Thank you for your time, and enjoy this worksheet!

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Sexual Activity and Expression:

Sexual activity is a healthy part of human expression.

1 2 3 4 5

Comment:

Sexual activity is...

- a. intercourse.
- b. intercourse and oral sex.
- c. intercourse, oral sex and masturbation.
- d. any activities that bring sexual pleasure to the person or people engaging in the activities.

Comment:

Sex before marriage is...

- a. unacceptable.
- b. okay if you really love the person.
- c. an acceptable form of sexual expression.
- d. totally natural.

Comment:

Casual sex is...

- a. wrong.
- b. totally okay, as long as everyone knows it's casual.
- c. okay in any circumstance.
- d. a good way to get to know someone, or just to have some fun.

Comment:

Sexual expression is part of human expression, regardless of the age of the human.

1 2 3 4 5

Comment:

Masturbation is a healthy form of sexual activity.

1 2 3 4 5

Comment:

Masturbation...

- a. embarrasses me.
- b. is not as good as “the real thing.”
- c. is a great way to learn about my body.
- d. is sex with someone I love!

Comment:

Sex and Spirituality:

Sexuality and spirituality go hand in hand for me.

1 2 3 4 5

Comment:

Sexual activity...

- a. is purely for procreation.
- b. makes me feel a little bit guilty.
- c. is a natural aspect of human expression.
- d. is an opportunity for me to interact with the divine.

Comment:

Sex gets me in touch with a sense of my higher purpose.

1 2 3 4 5

Comment:

Sex is the most godlike activity I undertake.

1 2 3 4 5

Comment:

Interpersonal Relationship and Interaction:

A committed relationship is...

- a. an exclusive relationship.
- b. an intimate relationship.
- c. a negotiated relationship.
- d. any relationship that involves sexual or emotional intimacy.

Comment:

There are many ways for a relationship to play out. Monogamy, polyamory, polyfidelity, friends with benefits, casual sexual interactions, triads, group marriage, and more.

1 2 3 4 5

Comment:

I am responsible to communicate my intentions and my boundaries to those I am sexual with.

1 2 3 4 5

Comment:

I make my own rules about my relationships.

1 2 3 4 5

Comment:

I communicate my personal rules to those I am sexual with.

1 2 3 4 5

Comment:

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I negotiate rules with those I am in relationships with.

1 2 3 4 5

Comment:

Sexual Orientation

One's sexual orientation is...

- a. a choice.
- b. usually a statement.
- c. just an aspect of what makes people who they are.
- d. a non-issue. Can't we all just get along?

Comment:

I feel secure in my sexual orientation.

1 2 3 4 5

Comment:

I am out as a (heterosexual, homosexual, bisexual, transsexual, orientation fluid person, sex positive person, slut) to everyone that matters.

1 2 3 4 5

Comment:

I feel safe around people of any orientation.

1 2 3 4 5

Comment:

Gender Orientation

Gender is...

- a. male and female.
- b. a spectrum of expression.
- c. totally societal.
- d. a non-issue. Can't we all just get along?

Comment:

I feel comfortable in my gender presentation.

1 2 3 4 5

Comment:

Gender play is...

- a. I have no idea.
- b. an interesting thing for other people to do. I could never.
- c. fun.
- d. something I love to engage in.

Comment:

If I were to pin it down, I would fall about here on a male-female scale:

male

female

Comment:

Risk and Risk Reduction:

Practicing physical safety in sexual interactions is important to me.

1 2 3 4 5

Comment:

Practicing emotional safety in sexual interactions is important to me.

1 2 3 4 5

Comment:

Safer sex...

- a. is scary.
- b. is a bummer.
- c. makes me feel good because I know I am taking care of myself.
- d. is hot sex.

Comment:

In a casual sexual encounter, practicing safer sex means...

- a. asking for your partner's sexual history.
- b. using a condom for intercourse.
- c. using a condom for intercourse and gloves for hand or finger penetration.
- d. using a condom for intercourse, gloves for hand or finger penetration, and barriers for oral sex.

Any level of risk is unacceptable.

1 2 3 4 5

Comment:

Risk is a part of life. I will use all the safety precautions that I can, but I will not live in fear.

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1 2 3 4 5

Comment: