

Healthy Sexuality – Discussion Questions

Use: Future Development (for Middle School Grades 5-9)

1. Agree or Disagree: If you aren't having sex, there's something wrong with you.
2. Boys: Do you feel like your manhood is on the line every time you're around a girl?
Girls: Do you feel like your womanhood is on the line every time you're around a boy?
3. When it comes to getting sexual, whose job is it to set the limits? Why?
4. Some people think that you haven't become a "man" or a "woman" until you've had sex. Do you agree? Why, or why not?"
5. What are some of the emotional risks of having sex?
6. How can you tell when you're being pressured?
7. Is it every okay to pressure another person into having sex with you? Explain why you feel that way.
8. What can make it difficult to say no to sexual pressure?
9. Is it possible to love another person (in the romantic sense) and not have sex?
10. Does having sex with someone prove that you love that person?
11. What are some other ways, besides sex, to express your love or affection for a boyfriend or girlfriend?
12. Some people believe that if a boy wants to have sex, his girlfriend owes it to him. What do you think about that idea?
Do you agree or disagree? Why? How does that idea make you feel?
13. How does it make you feel when people brag about having sex? Does it make you respect them more? Does it make them more cool? Why do you feel that way? Why do you think some people brag about having sex?
14. Do you know anybody your age who has been harmed by being sexually active or who regrets being sexually active?
15. How does something as dangerous as AIDS effect how you feel about sex? How do you think it is going to affect your decisions about sex?
16. How do you know that a potential sex partner is not infected with the AIDS virus or another sexually transmitted disease?
17. What are the benefits of refraining from sexual activity at your age?
18. Is there anything wrong with not being sexually active at your age?
19. When is it okay to start having sex? Why do you think that?
20. What role, if any, should your parents play in helping you make choices about sex?