# Self-Assessment Worksheet: What Is My Sexual Health Knowledge?

Name: Blank Class: Blank Date: Blank

Understanding your sexual health is an important part of adolescence. Information about sexual orientation, reproductive systems, contraceptive choices, and sexually transmitted diseases is important for you to understand make healthy sexual choices. For each of the following statements, place an X under Yes or No based on whether you do or do not know and understand the information. For the statements you mark as Yes, make sure that as you read the chapter, you check your knowledge for accuracy. For the statements you mark as No, make sure as you read the lesson, you increase your knowledge of those statements.

|  |  |  |
| --- | --- | --- |
| **Reproductive and sexual health knowledge** | **Yes** | **No** |
| I can identify at least one social, one emotional, and one physical change that takes place in adolescence. |  |  |
| I can list at least four benefits of abstinence. |  |  |
| I can identify the four categories of contraceptives. |  |  |
| I can explain the purpose of the female reproductive system. |  |  |
| I can describe the purpose of the male reproductive system. |  |  |
| I can explain what sexual orientation is. |  |  |
| I can explain what gender identity means. |  |  |
| I can describe three ways to prevent and reduce the risk of contracting an STD. |  |  |
| I can describe the difference between HIV and AIDS. |  |  |
| I can explain what sexual consent means. |  |  |