



SEXUAL HEALTH AND BODY IMAGE

Patient Name: _____

Past

Have you ever had unprotected sex?
Yes/No

If yes, why do you think this was?

How much difference do you think
more education on safe sex would
have made?

Present

On a scale of 0-10, how much
do you value your body/self?
(0 being the worst, 10 best ever)

0 1 2 3 4 5 6 7 8 9 10

When was the last time you
had unprotected sex?

Do you feel that people take
advantage of you because of
your vulnerability/low self-
esteem? Yes/No

Do you find that you fall into
relationships with partners who
are controlling and/or make you
feel worthless/treat you badly?
Yes/No

Future

Action Plan

To keep myself safe and free from
sexually transmitted diseases I
will:

-
-
-
-
-

Who can help/give advice?

Things I can do to help me to become
stronger, more in control of my life
and the choices I make regarding
relationships/sex.