

Healthy Sex Comparison Chart

Healthy Sex	Unhealthy Sex
Sex is a choice	Sex is an obligation
Sex is private	Sex is secretive
Sex is respectful	Sex is exploitative
Sex is honest	Sex is deceitful
Sex has boundaries	Sex has no limits
Sex is empowering	Sex is power over someone
Sex reflects your values	Sex compromises your values
Sex enhances self-esteem	Sex feels shameful
Sex is nurturing, healing	Sex is hurtful
Sex is sharing with someone	Sex is “doing to” someone
Sex requires communications	Sex is void of communication

From University of Oregon’s Get Explicit Handbook

Originally adapted from the Board of Trustees of the University of Illinois (2009)