

# 16 Critical Sexual Education Topics

- 1 How to create and sustain healthy and respectful relationships
- 2 Influences of family, peers, media, technology and other factors on sexual risk behavior
- 3 Benefits of being sexually abstinent
- 4 Efficacy of condoms
- 5 Importance of using condoms consistently and correctly
- 6 Importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy
- 7 How to obtain condoms
- 8 How to correctly use a condom
- 9 Communication and negotiation skills
- 10 Goal-setting and decision-making skills
- 11 How HIV and other STDs are transmitted
- 12 Health consequences of HIV, other STDs and pregnancy
- 13 Influencing and supporting others to avoid or reduce sexual risk behaviors
- 14 Importance of limiting the number of sexual partners
- 15 How to access valid and reliable information, products and services related to HIV, STDs, and pregnancy
- 16 Preventive care that is necessary to maintain reproductive and sexual health

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