

SEXUAL THOUGHTS AND BEHAVIOUR

How can I communicate my sexual history and health to my partner?



KEY WORDS

open communication | sincerity | acceptance



Open communication about sexual history and health is **a shared responsibility** between you and the person you're dating. It lays the groundwork for a healthy, consensual, and satisfying sexual relationship built on trust and mutual understanding.

Initiating important conversations with your partner may feel awkward, but **sincerity is crucial** in both serious and casual relationships. Whether you're starting a committed relationship or exploring a sexual one, you should always: **prioritise consent, practice safe sex, and discuss STI status**. Being open and honest is a mature and responsible choice, regardless of the relationship status or the person involved.



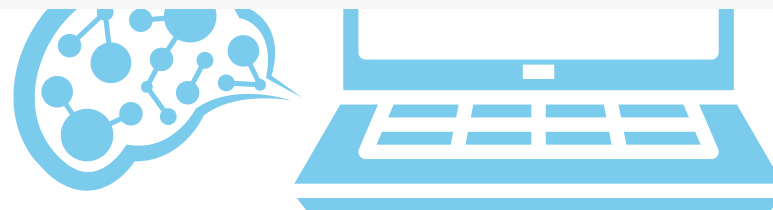
Here are some helpful hints for mastering communication.

Choose the right time: Find a comfortable and private setting to openly discuss sensitive topics without distractions or time constraints.

Be honest and open about the past: Share your past experiences (no need to go into too much detail!), but also be willing to listen to your partner's history without judgment. Their sexual history before you and yours before them needn't impact the relationship you have now. Communicating honestly can build a foundation of trust.

Express boundaries and preferences: Clearly communicate your sexual history boundaries, preferences, and any concerns you may have. This means discussing topics such as how frequently you want to have sex or which fantasies you would like to explore with them.

Discuss safe sex practices: Talk about expectations around safe sex practices, contraception, and any precautions you think it's necessary to take to ensure sexual health. You can take this time to decide on what form of contraception works best for both of you!



Encourage regular health check-ups: Regular health check-ups are super important when you are sexually active, as is disclosing STI status with a new partner, preferably before sleeping with them the first time.

Respect privacy, no matter what: Understand that some details may be sensitive or private. Respect your partner's comfort level and only share what you both agree is necessary for a healthy and respectful relationship.



No matter which topics you decide to tackle (and they will differ based on your mutual experiences – no two couples are the same), always **lead with honest and judgment-free words**. In doing so, you're creating a safe space to improve both your communication and understanding of each other. You got this!



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