

Six Principles of Sexual Health Self-Assessment

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Six Principles of Sexual Health Self-Assessment

The Six Principles of Sexual Health are a framework developed by the Harvey Institute. These principles offer a non-pathologizing, evidence-informed foundation for understanding healthy sexual decision-making.

Using the Self-Assessment

1. Select a focus: a behavior, belief, or relationship dynamic.
2. Ask the reflection questions for each principle.
3. Mark an alignment flag (● / ● / ●).
4. Discuss patterns: Where do alignment strengths or ruptures appear?
5. Plan next steps: What conversations, boundaries, or supports could move yellow or red areas toward green?

Principle	Reflection Questions	Alignment Flag
1 Consent	<ul style="list-style-type: none"> • Have all participants freely agreed to what's happening? • Is there ongoing, enthusiastic, and reversible consent? • Am I aware of and honoring my own "yes" and "no"? 	<input type="checkbox"/> ● Aligned <input type="checkbox"/> ● Needs Attention <input type="checkbox"/> ● Out of Alignment
2 Non-Exploitation	<ul style="list-style-type: none"> • Is anyone being pressured, deceived, or taken advantage of? • Are there power differences (status, money, age, dependence, attachment/emotional vulnerability, trauma) that could affect the perception of choice? • Am I using others' images or bodies ethically and with respect? 	<input type="checkbox"/> ● Aligned <input type="checkbox"/> ● Needs Attention <input type="checkbox"/> ● Out of Alignment
3 Honesty	<ul style="list-style-type: none"> • Am I being truthful with myself and others about my desires, behaviors, and boundaries? • Do I conceal or misrepresent my actions to get what I want or to avoid conflict, or shame? • Is there more truth that needs to be spoken for integrity? 	<input type="checkbox"/> ● Aligned <input type="checkbox"/> ● Needs Attention <input type="checkbox"/> ● Out of Alignment
4 Shared Values	<ul style="list-style-type: none"> • Does this behavior fit my personal, relational, or cultural values? • Have I talked openly with partners about our agreements? • Are we honoring fairness, equity, and mutual respect? 	<input type="checkbox"/> ● Aligned <input type="checkbox"/> ● Needs Attention <input type="checkbox"/> ● Out of Alignment
5 Protection	<ul style="list-style-type: none"> • Am I using protective measures that fit my context (barriers, testing, contraception)? • Do I know my and my partner's status and risk level? • Have I discussed health responsibility clearly? • Do I feel physically and emotionally protected and respected? • Am I exhibiting physically and emotionally protective and respectful behavior? 	<input type="checkbox"/> ● Aligned <input type="checkbox"/> ● Needs Attention <input type="checkbox"/> ● Out of Alignment
6 Pleasure	<ul style="list-style-type: none"> • Does this experience feel emotionally and physically positive for everyone involved? • Is there curiosity, connection, and satisfaction for everyone involved? • Are there things that are blocking authentic pleasure for anyone involved? 	<input type="checkbox"/> ● Aligned <input type="checkbox"/> ● Needs Attention <input type="checkbox"/> ● Out of Alignment