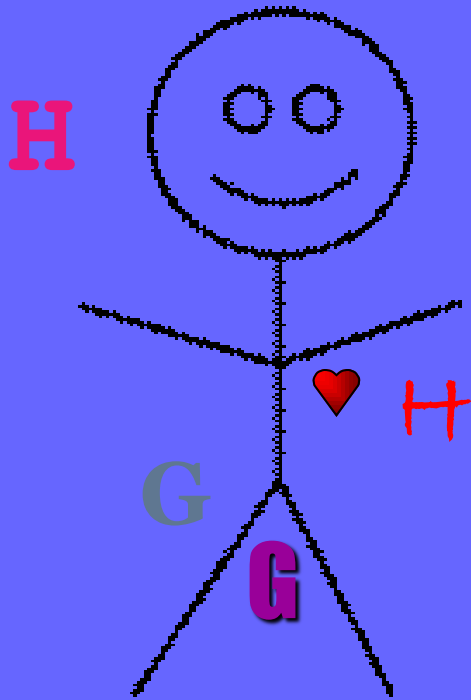


# Sexual Decision Making Equation



The decision to have sex (at any age or time in your life) can be a major decision.

The most positive decisions about sex happen when you balance the messages from your head, heart, gut, and groin.

# Key Ingredients for Balanced Sexual Decision Making

## HEAD

### Thinking

Helps a person to consider risks/benefits of saying yes or no.



## HEART

### Emotion/Values

Helps a person consider how they feel about their partner, situation, and decision. This may be where the connection between values, beliefs, spirituality and sex are explored.



## GUT

### Instinct/Intuition

Helps a person to consider whether the decision to have sex is right or wrong (gut feeling) for themselves.

## GROIN

### Sexual Attraction

Often a very powerful experience that may it difficult to consider the head, the heart and the gut.

# Sexual Decision Making Equation

**HEAD** (think)+

**HEART** (feel)+

**GUT** (instinct) +

**GROIN** (sexual attraction)

=

Better Decision with less risks  
& regrets

