Conducting a Sexual Health Assessment

Remember: Transition into the assessment, connecting the client’s stated needs to their overall sexual and reproductive health. Normalize the assessment (“I ask all my clients…”), acknowledge that the questions may feel personal, and explain that you’re asking them so you can provide the best care possible.

**Practices:**
- Types of sex: vaginal sex, anal sex, oral sex, sharing sex toys
- Anything else I need to know to be able to provide you with good care?

**Partners:**
- Number
- Gender (men, women, or both)
- Timing (within last two months or last 12 months)
- Concurrency (if partner had sex with another partner while still in a sexual relationship with the client)

**Past STD History:**
- STD testing and/or diagnoses for client
- STD testing and/or diagnoses of partners

**Protection from STDs:**
- Condom use
- With whom/in what situations?
- Difficulties with condoms or reasons for not using condoms

**Pregnancy:**
- Reproductive life plan/pregnancy intentions
- Current and prior contraceptive methods
- Experience/difficulties with contraception
- Future contraceptive options/client preferences

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Sources: