



## Suggested Rules of Sexual Etiquette

The following are suggested rules of sexual etiquette which may help individuals and couples avoid some of the challenges faced in sexual relationships and in dealing with our own sexuality.

1. Respect the right of another person when they say "No." When someone says "no" they are NOT saying, "Try harder so I can feel swept away." When someone says things have gone far enough, it is not an invitation to be seduced.
2. Never, ever use force. It is never the right thing to do. Even if you are married, you have previously agreed to have intercourse, or all clothes are off, **IT IS UNACCEPTABLE TO USE FORCE TO GET YOUR WAY**. At any point in a sexual relationship, either individual has the right to say, "I don't want to do this, I want to stop."
3. Do unto others as you would have them do unto you. Always ask the question: "Would I want someone to do this to me, to my sister to my brother or to a friend?" If not, reconsider what kinds of consequences your actions may cause.
4. A couple should recognize that public expression of sexual intimacy may embarrass or offend others. When expressing oneself sexually, one must respect the sensitivities of others.
5. It is usually not appropriate to talk about an intimate sexual relationship or encounter with a third party. Bragging about sexual conquests can cause a great deal of pain and hurt feelings.
6. Both partners in a sexual relationship must be prepared to accept responsibility for their actions. Before sexual activity occurs, both partners should ask themselves how they would feel about the risk of contracting a sexually transmitted disease and/or becoming pregnant. The responsibilities of a sexual relationship fall on both partner's shoulders.
7. Contraception and safer sex methods, like condoms and lubricant, should be discussed and used to decrease the possibility of any negative consequences.
8. Given the serious potential consequences of sexual intercourse, it is appropriate to inquire about infections a potential partner might currently have or may have had in the past. Suggesting a sexually transmitted disease screening at a local clinic or Student Health Services is an option.
9. It is always appropriate for both partners to contribute financially toward the purchase of safer sex and/or contraceptive supplies.
10. It is often important for an individual to communicate to his or her partner just what they prefer to do or have done - what causes pleasure and what causes discomfort. Communication is the key to a healthy sexual relationship.
11. Sexual harassment is not a joke. Sexual harassment is intrusive, thoughtless, insensitive and a violation of a person's personal space and existence.

*Adapted from Sexual Etiquette 101 by Dr. Robert A. Hatcher.*

### For More Information:

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