

## It's Your Call: Making Sexual Decisions

<b>Objective:</b>	Participants will gather and apply information within the guidelines of their own values in order to make healthy sexual decisions.
<b>Structure:</b>	Individual.
<b>Time:</b>	30 minutes.
<b>Materials:</b>	Computer with internet access.

**Note:** This free, interactive software program from the University of Alberta Health Centre provides participants with the opportunity to practice sexual decision-making by solving a number of scenarios according to their personal values.

Topics include: Aspects of Sexuality (biological sex, body image, self-esteem, personality, sexual orientation, values and attitudes, gender roles, relationships, and communication), Myths about Male Sexuality, Myths about Female Sexuality, If a Pregnancy Results, and Alcohol and Other Drugs.

Go to:

<http://www.ualberta.ca/HEALTHINFO/ITSYOURC.HTM>