

SRE Self-Assessment

Circle the top topics you are worried about covering, star the top topics you feel well-equipped to take on

Hygiene / Self Care	Personal boundaries	Avoiding Danger and Abuse	Dating Skills
Terms for Anatomy	Public vs. Private Behaviors	Relationship Building	Partnered Sex Acts
Sexual Behaviors	Consent	Levels of Intimacy	Sexual Health
Social Media	Legal Issues	Society and Culture	Other: _____

For topics that worry you, what in particular will be your challenge?

Knowing the words to use	Knowing when to bring it up	Knowing how to bring it up
Anticipating questions	Other (please describe):	Other (please describe):

For topics you felt ready for, what helped?

Resources/research	Support of friends/partner	Past experiences
Other (please describe):	Other (please describe):	

