

Sex Education in Retrospect: Personal Understanding and Comfort Levels

Heather Dombrowsky and Jeremy Smith

Dr. Stephen Dine Young

Psychology Department

Hanover College

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As a blooming teenager, there are many things that young individuals are curious about. Stereotypically, teenage boys think about such things as girls, cars, video games, and sports. Conversely, young teenage girls stereotypically think about new fashion trends, make-up, shopping, and spending time with their friends. One common topic on both genders' minds will be sex. Thus, it is likely that they will attempt to get to know every piece of information, true or false, that they think will help them become more knowledgeable about sex. Such information can be gathered from a variety of sources, from books and videos to peers, parents, and sex education programs in schools.

Today's society provides many options for those interested in learning more about sex to gather from. For example, teens could begin by looking at books, magazines or movies in hopes of obtaining additional information about sex. Teens could also talk to their parents, family and friends about sex. Information from these individuals could be received in a variety of ways. For instance, information received from parents could be in the form of a conversation about the "birds and the bees." Another example of how parents or additional family members might relay information about sex to their teenage sons and daughters would be a young man receiving a pornographic magazine from his father. Additionally, information received from friends about sex oftentimes comes in the form of gossip or relaying sexual experiences to one another. Further, teens may receive information about sex through the media. For example, one could learn much about sex and sexuality from watching TV, movies, listening to music, and doing web-based research. Yet one of the most prevalent methods for teens to learn about sex is not through books or gossip, but through sex education programs in schools.

Traditionally, schools offer one of two types of sex education programs; abstinence-only or comprehensive programs (or in some cases, programs that are a mixture of both). Abstinence-

only programs are a form of sex education that teaches and encourages its listeners to abstain from sex while oftentimes excluding many other types of sexual and reproductive education, particularly regarding birth control and safe sex. In other words, this type of sex education promotes sexual abstinence until marriage and avoids discussing the use of contraceptives. Conversely, comprehensive programs seek to cover a broad range of issues relating to physiological aspects of sexuality, as well as emotional and social aspects. It recognizes and accepts all people as sexual beings and is concerned with more than just the prevention of disease or pregnancy. Lastly, programs that incorporate aspects from both abstinence-only and comprehensive programs promote abstinence as the most effective method to avoid pregnancy and as the most emotionally and psychologically beneficial. Such programs also provide information on birth control and safe sex.

Given the preceding unique advantages of each program, much controversy has surrounded the topic of sex education over the years. Advocates of abstinence-only or abstinence-based sex education in schools argue that comprehensive sex education itself may be responsible for such a high prevalence of teen sex (no sound statistical evidence nor any non-affiliated source could be found to support this claim). Conversely, advocates of comprehensive sex education in schools argue that abstinence-only sex education is religiously motivated and proven to be ineffective.

One such advocate of comprehensive sex education in schools is Marty Klein, Ph.D. In his book *America's War on Sex*, he argues that by promoting abstinence-only sex education in schools, America is not considering what is safe and healthy for the children, but rather, what is comfortable and politically advantageous for the adults (Klein, 2012). Further, he states that, "The abstinence project is no less than transforming desire and eroticism from a semi-familiar,

normal part of life to a not-understood, estranged enemy” (Klein, 2012). Lastly, he argues that, “These programs also allow parents to believe that they don’t have to have a long series of talks about sex over a period of years. If kids aren’t doing it, and all they need is to be told, “Don’t do it,” there’s no reason to talk about it more than once or twice. Abstinence programs encourage parents to evade one of their key responsibilities” (Klein, 2012).

Yet another advocate of comprehensive sex education in schools, Janice Irvine, argues that the support for abstinence-only education is not only religiously motivated, but federally motivated as well. She states that during the Bush administration, government funding for abstinence-only programs increased substantially (Irvine, 2002). She notes that the Adolescent Family Life Act, a small demonstration project that was never fully funded, received \$10.9 million from Congress in 1982. By contrast, Congress spent over \$120 million in 2003 for abstinence-only programs, with an additional \$37.5 million in state matching funds allocated for these programs. In addition, Irvine argues that,

“While allocating disproportionately greater funding for abstinence-only compared with comprehensive sex education, the Bush administration scrutinized the latter far more scrupulously and often than the former. Non-profit organizations dedicated to comprehensive sexuality and AIDS education, such as SIECUS and Advocates for Youth, found themselves subjected to multiple government financial audits in the early years of the decade. SIECUS, for example, was audited twice in 2003, while Advocates for Youth was audited three times in under a year. Neither organization had ever been audited before, despite ten and eighteen years, respectively, of receiving federal funds. The San Francisco organization STOP AIDS underwent three federal audits in ten months. The media reported suspicions that such audits were politically motivated” (Irvine, 2002).

To support the preceding advocates’ assertions, it was found in a study conducted by Judith Levine that comprehensive, non-abstinence sex education helped lower teenage pregnancy rates (Levine, 2004). This was determined by comparing sex education in various European countries with those offered in America. In European countries, where teens have as much sex as in America, sex education starts in the earliest grades. “It is informed by a no-nonsense, even

enthusiastic, attitude towards the sexual; it is explicit; and it doesn't teach abstinence. Rates of unwanted teen pregnancy, abortion, and AIDS in every Western European country are a fraction of our own; the average age of first intercourse is about the same as in the United States” (Levine, 2004).

On a related topic, there is also previous research available that discusses cultural differences for different cultural taboos. For instance, in a study conducted by Glenn Paige, he compared the culture of the Global South to that of American culture. He found that in the Global South, 63% enforced pregnancy taboos (sex during pregnancy); 73% enforced menstrual taboos (sex during menstruation); 94% enforced postpartum taboos (sex during postpartum) (Paige, 1977). Similarly, Manceau found that in French culture, more than 45% of participants were uncomfortable with using sex or death in advertising, as they are considered to be taboo (Manceau, 2006). Both these studies and the previously mentioned study illustrate the effect of culture and country of origin on one's views about sex.

Advocates on either side of the controversy over sex education have promoted a multitude of negative consequences over the years. However, there have been positive consequences as well; for example, due to the controversy, much emphasis has been placed on the objective behavioral impacts (pregnancy rates, STI rates, etc.) of different sex education programs. According to a study performed by the Guttmacher Institute, “In 2006-2008, most teens aged 15-19 had received formal instruction about STIs (93%), HIV (89%) or abstinence (84%). However, about one-third of teens had not received any formal instruction about contraception...” (Guttmacher Institute, 2012). Further, many sexually experienced teens (46% of males and 33% of females) do not receive formal instruction about contraception before they first have sex (Guttmacher Institute, 2012). Additionally, in 2006-2008, about one in four

adolescents aged 15-19 (23% of females and 28% of males) received abstinence-only education without receiving any instruction about birth control (Guttmacher Institute, 2012).

In addition, the Centers for Disease Control and Prevention (CDC) states that, “Compared with older adults, sexually active adolescents aged 15–19 years and young adults aged 20–24 years are at higher risk of acquiring STDs for a combination of behavioral, biological, and cultural reasons” (CDC, 2011). Surprisingly, the CDC also reports that, “In 2011, a total of 329,797 babies were born to women aged 15–19 years, for a live birth rate of 31.3 per 1,000 women in this age group. This is a record low for U.S. teens in this age group, and a drop of 8% from 2010. Birth rates fell 11% for women aged 15–17 years, and 7% for women aged 18–19 years. While reasons for the declines are not clear, teens seem to be less sexually active, and more of those who are sexually active seem to be using birth control than in previous years” (CDC, 2011). One possible explanation for this decline could be the shift in federal funding from abstinence-only sex education to comprehensive sex education. Shortly after he took office, President Barack Obama and his team revised the budget for government spending. Amongst other things, this new budget would eliminate most money for abstinence-only sex education and shift it to teen pregnancy prevention (Jayson, 2009). Not only was this change supported by current research and statistics, but it resonated with the voiced opinions and desires of parents as well.

Further, in a study conducted by Laura Duberstein Lindberg and Isaac Maddow-Zimet of the Guttmacher Institute, it was found that teens who received formal sex education, regardless of type, not only waited longer to have sex but were more likely to use contraception, as compared to those who received no sex education (Duberstein Lindberg & Maddow-Zimet, 2012). Data was collected from 4,691 participants of both genders aged 15-24 from the 2006-08

National Survey of Family Growth. Analyses were conducted by gender, estimating the association of sex education by type (only abstinence, abstinence and birth control, or neither). In addition to the previous finding, it was also found that those who received abstinence-only sex education were not statistically distinguishable in most models from those who received comprehensive sex education and those who received neither abstinence-only nor comprehensive sex education (Duberstein Lindberg & Maddow-Zimet, 2012). Lastly, it was found that among female subjects, condom use at first sex was significantly more likely among those receiving education in both abstinence and birth control as compared with abstinence-only education. In conclusion, the researchers stated that the associations between sex education and all longer-term outcomes were mediated by older age at first sex (Duberstein Lindberg & Maddow-Zimet, 2012).

Despite the increased emphasis on objective behavioral impacts of various sex education programs, subjective consequences such as individual comfort levels when discussing sex; individual satisfaction with the type of sex education received; and qualitative analyses remain ignored. As a result, little to no previous research examining such consequences exists, nor does research comparing such analyses across national and international participants. In particular, individual comfort levels are an important type of subjective measure that has not been previously researched. This is somewhat surprising given the seemingly direct connection between one's comfort level with a particular topic and the amount of education received on said topic; for instance, it could be reasonably assumed that a skilled professor of mathematics would feel less comfortable teaching a psychology course than he would a math course.

From a review of the literature, we hope to have demonstrated that there is a variety of formal sex education programs. In addition, there is an array of available sources from which to

receive information about sex. Given this, we seek to answer the following question: how do people understand their own sex education in retrospect? We are also interested in seeing whether the type of sex education one receives affects their level of comfort with the topic of sex (specifically, talking about sex with others). We hypothesize that those who received a more comprehensive sex education will be (on average) more comfortable with the topic of sex than those who received an abstinence-only education. Consequently, we further hypothesize that the individuals who from European countries will be (on average) more comfortable with the topic of sex than those from the United States.

Method

Participants

A total of 45 participants participated in the study. Participants consisted of 12 males and 34 females between the ages of 18 and 65 of various ethnicities (participants were not asked to divulge their ethnicity).

Given that the study was posted on both an American and European website, participants spanned a wide range of countries; 1 was from Australia, 1 from Greece, 2 from Singapore, 2 from the United Kingdom, 32 from the United States, and 8 unspecified.

One participant was omitted from the study on the basis of being under 18 years of age. Additionally, qualitative, open-ended answers were only recorded for 13 of the 46 participants due to a technical glitch.

Survey

To create the online survey, the program Survey BuildR was used. This program allowed us to have both qualitative and quantitative elements to the study. An example of a quantitative question asked of participants was, “How satisfied are you with the information you received from your peers and siblings about sex?” (Likert scale 1-7; 1 being Completely Unsatisfied and 7 being Completely Satisfied) An example of a qualitative question asked of participants was, “Tell me what you remember learning about sex from your peers and siblings” (open-ended).

The survey consisted of an Informed Consent Form; a Demographics Survey; a series of Likert scales and open-ended questions to analyze the amount and quality of information received from each source; a series of Likert scales to measure comfort levels and a Debriefing Form. The Demographics Survey asked participants to identify their age, sex, country of residence, religious affiliation, and the type of sex education they received (abstinence-only, comprehensive, or no formal sex education).

After participants completed the Demographics Survey, they were asked a repeating series questions for each of the possible sources for sex education; peers and siblings, home, school, and your own research. Participants were then asked how comfortable they were talking about sex with the following people; parents, sibling, significant other, close friend, peer, and stranger. After completing the final section of the survey, participants were debriefed; this signaled the end of the study.

As stated previously, due to a technical glitch in the survey, complete qualitative, open-ended answers were available for only 13 of the 46 participants. For the remaining 33 participants, only the first word was recorded for each open-ended response. As a result, these participants were included in the statistical analyses, but not the qualitative analyses.

Results

There were significant differences between the various people that our participants said that they felt comfortable talking to about sex. When asked to rate their comfort levels on a scale from 1-7, participants were more comfortable talking to their significant others and close friends than they were their siblings [$t(39)=5.85$ $p<0.001$]; participants were more comfortable talking to their siblings than their parents [$t(39)=2.27$ $p=0.029$]; they were equally comfortable talking to their parents and their peers; and were more comfortable talking to their peers than strangers [$t(44)=-4.84$ $p<0.001$] about sex. The rest of the means for the participants' comfort levels can be found in Table 1.

Individual	Mean Comfort
Significant Other	6.05
Close Friend	5.78*
Sibling	3.98*
Parents	3.22*
Peer	3.20
Stranger	2.22*

Table 1. This table shows our participants' reported comfort levels for the resulting individuals. An asterisk indicates that this mean is significantly different from the next men, i.e. the means of Close Friend is significantly different from Sibling.

Qualitative responses to our participants' comfort levels include: a 20 year old male who reported that being comfortable talking to his close friends "helps me relate to my peers about their sexual experiences." Additionally, a 22 year old female reported that:

"I feel like I can go to my boyfriend with anything sexual. I know he won't make fun of me. He'll help me understand something or it'll be something new to you" and "I feel way more comfortable talking with my close friends about sex than anyone else (and I'm counting my boyfriend as a close friend as too). My girl friends are always there for me.

We can share stories if need be. They can provide information if I don't know something. We can talk about anything sex wise and I'd feel perfectly fine."

A 21 year old male reported talking to his significant other "all the time about our sex life," and thus reported that he was completely comfortable talking to his significant other. Additionally, a 21 year old female reported "it doesn't bother me to discuss sex with my best friend."

The type of sex education that our participants received did not have a significant impact on our participants' comfort level talking about sex with other people. There were no found trends that showed that having one form of sex education (abstinence-only, comprehensive, or no formal sex education) made participants more comfortable when talking about sex. Individuals who received a comprehensive sex education were no more comfortable talking about sex than individuals who received an abstinence-only education or those that did not receive any formal sex education. The F and p values can be found in Table 2.

Effect of type of sex education on comfort level	F	(num df, denom df)	p-value
Siblings	0.129	(2, 42)	0.441
Parents	0.837	(2, 37)	0.879
Significant Other	0.602	(2, 41)	0.552
Close Friend	1.252	(2, 42)	0.296
Peer	0.164	(2, 42)	0.849
Stranger	0.069	(2, 42)	0.933

Table 2. This table shows the effect of the type of sex education that an individual received on their comfort level when talking to certain individuals.

In addition to the statistical findings, there were individuals who followed the general trend of our results and others who followed our hypothesis. A 22 year old female, who received an abstinence-only sex education, was only partially comfortable talking to her significant other and close friends. She was not comfortable talking to parents, siblings, peers and strangers about sex. Further, a 59 year old female who received no formal sex education reported that she was

not comfortable talking about sex with anyone; she said she was completely uncomfortable talking to her parents, significant other, and strangers. She has no siblings nor close friends, and rated peers on a comfort level of 4, but strictly on a need to know basis. Conversely, a 20 year old male, who received a comprehensive sex education, reported being completely comfortable talking to parents, siblings, significant others and close friends. They also reported being willing to talk about sex with strangers and their peers although they “wouldn’t initiate the conversation.”

The countries that our participants reside in did not have a significant impact on their comfort level talking about sex with other people. Individuals who live in Europe were no more comfortable talking about sex than those who reside in the United States or any other country, $F(2,43)=0.073$, $p=0.930$. For example, the same 59 year old woman mentioned earlier was from the United States; she had the lowest total comfort score out of all of our participants with qualitative answers. Conversely, the individual with the highest total comfort score was a 48 year old female from the United Kingdom; she reported being completely comfortable talking to any individual.

A participants’ gender did not have an effect on how comfortable they were talking about sex. Responses indicated that males are more comfortable talking about sex with their peers than females are, $t(43)=2.101$, $p=0.042$. Perhaps with more participants, a trend may be shown revealing that men are also more comfortable talking about sex with their parents [$t(43)=1.724$, $p=0.092$] and strangers [$t(43)=1.741$, $p=0.089$] than females are. The means appear to be different; Table 3 illustrates possible gender differences. The t and p values can be found in Table 3 as well.

Comfort	Gender	Mean	t	df	p-value
Sibling	Male	3.64	1.742	(38)	0.217
	Female	2.72			
Parents	Male	3.17	1.254	(43)	0.092 [^]
	Female	1.88			
Significant Other	Male	4.55	1.385	(42)	0.173
	Female	5.21			
Close Friend	Male	4.42	1.001	(43)	0.323
	Female	4.91			
Peer	Male	3.08	2.101	(43)	0.042*
	Female	1.88			
Stranger	Male	1.92	1.741	(43)	0.089 [^]
	Female	0.97			

Table 3. This table indicates the gender differences between the reported comfort levels.

The more education that one received about sex from a single source, the more satisfied they were with that source. For instance, if one received a lot of education about sex from their peers, they were more satisfied with the information that they received from their peers, $r(45)=+.363$, $p=0.015$. The same was true for the rest of our sources; home $r(46)=+.637$, $p<0.001$, school $r(46)=+.629$, $p<0.001$, and participants' own research $r(43)=+.589$, $p<0.001$.

Discussion

Our results indicated that there were significant differences in who our participants reported feeling comfortable talking to about sex. It seems that as adults, the more interpersonal or free time that an individual spends with another individual, the more comfortable they are with the individual. If one is married, or living with another individual with whom they are in a committed relationship, they would likely spend more free time with that individual than anyone else. Similarly, a person would likely spend as much time as is possible with their close friends. Therefore, if an individual spends a lot of time with another person, they are likely to feel more comfortable talking about sex with that individual.

Even though people may have spent a lot of interpersonal time with their parents growing up, most people are not currently comfortable talking to their parents about sex. Askew (2007) found that 7 out of 9 of her female participants were more comfortable talking about sex following a discussion based, feminist-informed, human sexuality course as undergraduates. From our study, a 22 year old female reports that, "Sex is still a taboo topic with my parents. It just doesn't happen. I wouldn't go to my parents with a question about sex." The same person reported only receiving some of their sex education from their parents. She remembers, "My parents did not talk about sex with me. My mom tried once but it didn't go well at all. She tried explaining what happens. She painted sex being a pretty scary thing, painful and the like." Dr. Marty Klein (2012) argues that the sex education programs allow parents with an "out" and therefore, do not talk to their children about sex. Perhaps the parents' evasion discussing sex and its implications has something to do with why their children are not comfortable talking about sex with them. While there is likely more to the picture than spending time with other individuals, this trend does appear to partially explain our general comfort results.

Our results indicated that one's type of sex education did not have an effect on how comfortable participants are talking about sex. This hypothesis is flawed. We had assumed that our participants would receive one of three types of formal sex education: comprehensive, abstinence-only, or no formal sex education. With the internet and media being readily accessible, sex is something that invades our daily lives; it is in the movies and television shows that we watch and in the news we listen to. While there was no statistical evidence to support our hypothesis, there were instances where individuals who received a comprehensive sex education were more comfortable talking about sex than those individuals who received other forms of sex education. Additionally, with the ease of the internet, anyone with a computer, phone, or tablet can do their own research about sex. If one hears a term or position referring to sex, all one needs to do is type it in and the internet will supply them with multiple answers within seconds.

The countries that our participants reside in did not have a significant impact on their comfort level talking about sex with other people. Our results did not follow the trends that have been found by other researchers. Paige (1977) found that there are profound differences between Global South cultures and the American culture pertaining to different sexual taboos. Again, while there were no statistical differences, we found instances in our open ended responses where individuals from Europe were more comfortable talking about sex than individuals from the United States. For instance, the participant with the highest comfort score was from Europe, while the individual with the lowest comfort score was from the United States. Although the United Kingdom and other European countries are not in the Global South, there are some cultural differences in our results. With a larger and more equal sample (unlike our sample in this experiment), the results may have revealed even more cultural differences. In the future,

comparing citizens from the United States and the United Kingdom (or other specific countries) may also reveal cultural differences.

A surprising result was found in the midst of our analyses: there are gender differences between who people are comfortable talking to. This could prove an interesting next step in future experiments as well. Due to variability and our small sample size, there was only one source that the different sexes reported feeling significantly different when talking to: peers. It seems that males are more comfortable talking to peers than their female counterparts, $t(43)=2.101, p=0.042$. When it comes to peers, our female participants often mentioned that talking to peers would be uncomfortable because they “don’t know the person well enough” or “it’s none of their business.” Conversely, our male participants report “I wouldn’t be uncomfortable talking about it. I would just be more confused than anything as to why we would randomly start talking about it” or “(fellow) guy friends would be easy to approach if I intended to talk about it (sex).”

Furthermore, we found a correlation that the more education one received from a particular source, the more satisfied one feels with that source. A 21 year old male received most of his education from, and was satisfied with, the education that he received from school because “it is relevant and useful to my life.” Conversely, an individual who was completely dissatisfied with the education that they received from school feels this way because, “(The school) completely exaggerated the prevalence of STDs and also how bad they are.” This suggests that people are looking for something more in their sex education; they want to know whatever seems relevant to them.

Sex has a profound impact on peoples’ life. A 59 year old female reported:

“I grew up in a socially conservative moralistic small town where parents and other adults customarily his sexual activity and withheld information about sex from children.

When I turned twelve my mother gave me a cursory explanation of what would occur during menstruation and emphasized that.”

She also goes on to state, “Because my parents considered sex to be bad dirty and wrong, my mother passed on misinformation about menstruation (she believed that if I bathed while menstruating that I would get cancer and die) which I believed until I used the dictionary and other books to research menstruation on my own.” Due to her experiences, she is the least comfortable participant and is especially uncomfortable talking to her husband; “My husband thinks that sex is bad, dirty, and wrong so I do not talk to him about sex (and I willingly stopped having sex with him nineteen and a half years ago).” The person with the highest total comfort score reported many positive reflections about her sex education; she seems open to, and thankful for, her sex education and has used her knowledge to, “Understand when and how it is possible to get pregnant, how your (menstrual) cycle works, which later on made it easier to pick out either fertile times to try to get pregnant or times when I was not likely to get pregnant.” Additionally, she stated that through her own research, “I’ve also really had to find out about the emotional side of sexual relationships for myself through experience and talking to friends. I’ve also found out about sex through having it and seeing what was pleasurable and what wasn’t.”

Perhaps our results could be explained simply with individual differences. David Suggs and Andrew Miracle (1993) state that:

“Very likely, many of these sex differences would prove to be innate – without apologetic quotation marks – if the environment were held constant. That is, males and females exposed to identical environmental conditions during ontogeny would develop different sexual behaviors, attitudes, and feelings. This does not necessarily mean that it would be impossible to rear boys and girls so that they developed identical sexualities, but simply that identical sexualities would not result from identical rearing conditions.” (Suggs, 1993)

Perhaps what they are suggesting is that sexuality and the amount of comfort that follows is all personal; there is a lot of variability between our participants’ comfort levels and the stories that

they reported about their sex education. Personality traits or some other factors could easily play a role in how comfortable people are or why they are comfortable talking about sex.

While we did not find anything groundbreaking, we still have many interesting findings that help us explain how peoples' sex education have been understood in retrospect and who people are likely to be comfortable with when talking to about sex. A larger sample size and less variability in our data may have led to different results. There was a large amount of variation in our data. This leads us to believe that perhaps our method was the reason that we were unable to support our hypotheses; another method may have captured different results that may support our hypothesis.

Comfort levels and satisfaction levels may not result from their sex education or culture. There is likely many other things that affect an individual's comfort levels. In-person interviews or follow-up questions could help us get a better understanding of an individual's comfort level(s). Further, a technical glitch that we experienced limited our understanding of how people viewed their sexual education. We were only able to obtain 13 of our 46 participants' qualitative and explanatory answers. While this had no impact on our statistical analysis, this does limit our interpretations and understanding of our participants' understandings about their sex education. In addition, perhaps adapting the questionnaire to encompass more situations and individuals would help us understand who else people are comfortable talking to about sex. For example, one person states that they would not be comfortable talking to strangers with "medical professionals as an exception."

Further research is also needed to answer what elements of sex people are comfortable talking about. Are people more comfortable talking about their sexual behavior than they are talking about their sex education? Are people more comfortable talking about other people's

sexual behavior or behavior that they see on film more than they are talking about sex when it is related to them? Many of our participant stated that sex is “personal” and “private.” Therefore, further research can hopefully shed light on what makes sex taboo or (un)comfortable to talk about.

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Appendices

Informed Consent Form

This research is being conducted by Jeremy Smith and Heather Dombrowsky, senior psychology majors at Hanover College. You will be given a survey to fill out which contains questions asking about the quality of your sex education and your overall level of comfort discussing topics related to sex.

The entire experiment will take approximately ??? minutes. There are no known risks involved in this study, beyond those of everyday life. All answers will remain anonymous; at no time will your name be associated with the responses you give.

If you have any questions about what you will be doing in this study or about the study itself, please feel free to contact:

Jeremy Smith at smithje13@hanover.edu

Heather Dombrowsky at dombrowskyh13@hanover.edu

I acknowledge that I am participating in this study of my own free will. I understand that I may refuse to participate or stop participating at any time.

Name

Date

Demographics Survey

14. Age? _____

15. Gender? _____

16. Country, in which you are a citizen? _____

17. What kind of sex education program did you have? Please choose only one.

- Abstinence-Only
- Comprehensive (given information about contraceptives)
- I received no formal sex education

Quantitative Questions

Peers

Please give as much detail as possible when answering these questions.

1.) How much of your sexual education came from your peers? Please circle the number that corresponds with your answer.

I received no education from peers		I received some education from peers		I received most of my education from peers
1	2	3	4	5

2.) How helpful was the information you received from peers?

3.) Tell me about what you remember learning about sex education from peers.

4.) In what ways has this information been helpful; and in what ways has this information been harmful?

5.) How satisfied were you with the information you received from peers? (Please indicate with an X on the dashed line)

Completely Dissatisfied ----- Completely Satisfied

Please explain your answer:

Home

Please give as much detail as possible when answering these questions.

1.) How much of your sexual education came from your home? Please circle the number that corresponds with your answer.

I received no education at home		I received some education at home		I received most of my education at home
1	2	3	4	5

2.) How helpful was the information you received from home?

3.) Tell me about what you remember learning about sex education from home.

4.) In what ways has this information been helpful; and in what ways has this information been harmful?

5.) How satisfied were you with the information you received from home? (Please indicate with an X on the dashed line)

Completely Dissatisfied ----- Completely Satisfied

Please explain your answer:

School

Please give as much detail as possible when answering these questions.

1.) How much of your sexual education came from school? Please circle the number that corresponds with your answer.

I received no education at school		I received some education at school		I received most of my education at school
1	2	3	4	5

2.) How helpful was the information you received from school?

3.) Tell me about what you remember learning about sex education from school.

4.) In what ways has this information been helpful; and in what ways has this information been harmful?

6.) How satisfied were you with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied ----- Completely Satisfied

Please explain your answer:

Media

Please give as much detail as possible when answering these questions.

1.) How much of your sexual education came from media (TV, movies, books, your own research, pamphlets, internet, etc.)? Please circle the number that corresponds with your answer.

I did not research about sex		Some of my education came through my own research		Most of my education came through my own research
1	2	3	4	5

2.) From which sources (TV, movies, books, your own research, pamphlets, internet, etc.), if any, did you learn about sex?

3.) How helpful was the information you received from the media?

4.) Tell me about what you remember learning about sex education from the media.

5.) In what ways has this information been helpful; and in what ways has this information been harmful?

6.) How satisfied were you with the information you received from the media? (Please indicate with an X on the dashed line)

Completely Dissatisfied ----- Completely Satisfied

Please explain your answer:

Comfort Levels

1) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

- Siblings

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

- Significant Other

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

- Close Friend

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

- Acquaintance/Peer

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

- Stranger

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

Debriefing Form

The study in which you just participated in was designed to infer how your sexual education has been incorporated into your identity. The survey that you have just filled out will give us information from which we will draw relations about your sexual education and your identity. We expect to find that individuals who have received a more comprehensive sex education will be more open to respond to our question, thus giving us more detail. We also expect to find that European individuals will be more open to the questions than individuals from the United States.

All submitted surveys will remain anonymous; at no time will your name be associated with the answers you gave. If you have any questions or concerns, please feel free to contact the researchers:

Jeremy Smith at smithje13@hanover.edu

Heather Dombrowsky at dombrowskyh13@hanover.edu

You may also contact our advisor Skip Dine-Young at youngst@hanover.edu or Bill Altermatt, the chair of the Institutional Review Board at altermattw@hanover.edu.

Thank you for your time.

Subject 1

Demographics Survey

18. Age? _____ 22 _____
19. Gender (Male or Female) male
20. Religious Affiliation (or specify otherwise) _____ christian _____
21. Country, in which you are a citizen? _____ U.S. _____

22. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- I received no formal sex education

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

My friends and I talked about sex all the time but the only reliable info we had came from the internet. My older brother eventually told me everything i needed to know.

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

3.) How satisfied were you, with the information you received from peers and siblings?
(Please indicate with an X on the dashed line)

Completely Dissatisfied ----- Completely Satisfied

Please explain your answer:

4

N/A

4.) In what ways did you use the information from your peers and siblings about sex education?

I knew how to get girls I went out with on birth control

5.) In what ways has this information about sex education been helpful?

prevent pregnancy

6.) In what ways has this information about sex education been harmful?

N/A

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

none

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied ----- Completely Satisfied

Please explain your answer:

0

N/A

4.) In what ways did you use the information from your home about sex education?

N/A

5.) In what ways has this information about sex education been helpful?

N/A

6.) In what ways has this information about sex education been harmful?

N/A

School

1.) Tell me about what you remember learning about sex education from school.

they taught abstinence only which was a ridiculous idea that completely ignored reality.

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied ----- Completely Satisfied

Please explain your answer:

0

Completely exaggerated the prevalence of STDs and also how bad they are

4.) In what ways did you use this information from your school about sex education?

N/A

5.) In what ways has this information about sex education been helpful?

useless

6.) In what ways has this information about sex education been harmful?

N/A

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

Wikipedia gave me data on reliability of various birth control methods which is important since I rely on the girl I'm with to prevent pregnancy. Wikipedia CDC and Medhelp also taught me that as a heterosexual guy the probability of getting HIV is 1 in 2 million for any particular sex and that the other STDs are also quite rare -- often 1 in a thousand.

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?

(Please indicate with an X on the dashed line)

Completely Dissatisfied ----- Completely Satisfied

Please explain your answer:

5
N/A

4.) In what ways did you use this information from your own research about sex education?

I try to get girls I'm with to use the most reliable birth control like IUDs and implants rather than pills which I'm afraid they might forget

5.) In what ways has this information about sex education been helpful?

I know that STDs are very rare and not something to worry about.

6.) In what ways has this information about sex education been harmful?

N/A

Comfort Levels

2) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

3

- Siblings

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

6

- Significant Other

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

6

- Close Friend

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response
6

- Acquaintance/Peer

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response
6

- Stranger

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response
4

Subject 2

Demographics Survey

23. Age? _____ 59 _____
24. Gender (Male or **Female**)
25. Religious Affiliation (or specify otherwise) _____ none-atheist _____
26. Country, in which you are a citizen? _____ U.S.A. _____

27. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- **I received no formal sex education**

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

I have never had siblings. I grew up in a socially conservative moralistic small town where parents hid sexual activity from children and children rarely (if ever) shared information about sex with their peers. So I learned nothing about sex from my childhood peers.

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

0

3.) How satisfied were you, with the information you received from peers and siblings?

(Please indicate with an X on the dashed line)

Completely Dissatisfied ----- Completely Satisfied

Please explain your answer:

3

I answered

4.) In what ways did you use the information from your peers and siblings about sex education?

I had no such information to use.

5.) In what ways has this information about sex education been helpful?

I had no such information.

6.) In what ways has this information about sex education been harmful?

I had no such information.

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

I grew up in a socially conservative moralistic small town where parents and other adults customarily hid his sexual activity and withheld information about sex from children. When I turned twelve my mother gave me a cursory explanation of what would occur during menstruation and emphasized that

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied ----- Completely Satisfied

Please explain your answer:

6

I am completely satisfied because my parents considered sex to be bad dirty and wrong. So I'm glad that neither of them attempted to

4.) In what ways did you use the information from your home about sex education?

I knew about menstruation.

5.) In what ways has this information about sex education been helpful?

I did not fear menstruation.

6.) In what ways has this information about sex education been harmful?

My mother passed on misinformation about menstruation (she believed that if I bathed while menstruating that I would get cancer and die) which I believed until I used the dictionary and other books to research menstruation on my own.

School

1.) Tell me about what you remember learning about sex education from school.

Sex education was not taught in my socially conservative moralistic small town. During junior high school home economics class (required of all girls) girls were taught to

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

0

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied ----- Completely Satisfied

Please explain your answer:

6

I am glad that I received no sex education from my school because it would have been presented in a socially conservative moralistic manner.

4.) In what ways did you use this information from your school about sex education?

I did not receive sex information from school.

5.) In what ways has this information about sex education been helpful?

I did not receive sex information from school.

6.) In what ways has this information about sex education been harmful?

I did not receive sex information from school.

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

I learned about sex by cross-referencing words in the dictionary and by reading library books (at the library on the sly because in my socially conservative moralistic small town children were prohibited from checking out

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?

(Please indicate with an X on the dashed line)

Completely Dissatisfied ----- Completely Satisfied

Please explain your answer:

I knew what I needed to know when I needed to know it. However I entered college not knowing information about sex which would have been helpful to me.

4.) In what ways did you use this information from your own research about sex education?

I filed it away for future reference.

5.) In what ways has this information about sex education been helpful?

I developed a fact-based realistic values-neutral grasp of the mechanics of sex.

6.) In what ways has this information about sex education been harmful?

This information was not harmful.

Comfort Levels

3) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

• NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

0

My father is dead and I am estranged from my mother so I do not talk to them about sex. Even if my father were alive and I was not estranged from my mother I still wouldn't talk to them about sex. They couldn't handle such a discussion without becoming moralistic and critical.

- Siblings

• NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

3

I have never had siblings.

- Significant Other

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

0

My husband thinks that sex is bad dirty and wrong so I do not talk to him about sex (and I willingly stopped having sex with him nineteen and a half years ago).

- Close Friend

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

3

I have no close friends.

- Acquaintance/Peer

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

3

My comfort level depends upon the person and upon the nature of the discussion. My life is not an open book to mere acquaintances and peers and I do not pry into their lives.

- Stranger

- NOT COMFORTABLE ----- COMPLETELY COMFORTABLE

Please explain your response

0

Discussing sex with strangers (medical professionals excepted) is in poor taste.

Subject 3

Demographics Survey

28. Age? _____ 54 _____

29. Gender (Male or **Female**)

30. Religious Affiliation (or specify otherwise) _____ Jewish _____

31. Country, in which you are a citizen? _____ USA _____

32. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- I received no formal sex education

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

Do not remember learning anything from them

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

3.) How satisfied were you, with the information you received from peers and siblings?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

4.) In what ways did you use the information from your peers and siblings about sex education?

NA

5.) In what ways has this information about sex education been helpful?

NA

6.) In what ways has this information about sex education been harmful?

NA

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

know ilearned form them donotrecal spefics

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

4.) In what ways did you use the information from your home about sex education?

NA

5.) In what ways has this information about sex education been helpful?

NA

6.) In what ways has this information about sex education been harmful?

NA

School

1.) Tell me about what you remember learning about sex education from school.

donot recal anything

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----5----- Completely Satisfied

Please explain your answer:

4.) In what ways did you use this information from your school about sex education?

NA

5.) In what ways has this information about sex education been helpful?

NA

6.) In what ways has this information about sex education been harmful?

NA

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

never didown reserch subject wasnotof interestt

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?

(Please indicate with an X on the dashed line)

Completely Dissatisfied --NA----- Completely Satisfied

Please explain your answer:

4.) In what ways did you use this information from your own research about sex education?

NA

5.) In what ways has this information about sex education been helpful?

NA

6.) In what ways has this information about sex education been harmful?

NA

Comfort Levels

4) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

- Siblings

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

- Significant Other

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

- Close Friend

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

- Acquaintance/Peer

- NOT COMFORTABLE -----1----- COMPLETELY COMFORTABLE

Please explain your response

- Stranger

• NOT COMFORTABLE -----1----- COMPLETELY
COMFORTABLE

Please explain your response

Subject 4

Demographics Survey

33. Age? _____ 19 _____

34. Gender (Male or **Female**)

35. Religious Affiliation (or specify otherwise) _____ Atheist _____

36. Country, in which you are a citizen? _____ USA _____

37. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- **I received no formal sex education**

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

I was the oldest so I didn't learn things from siblings but I heard my peers talking about things I didn't understand and chose to ignore it.

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

3.) How satisfied were you, with the information you received from peers and siblings?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----7- Completely Satisfied

Please explain your answer:

I had no desire to know about any of it so even though I learned very little I was completely satisfied with that fact.

4.) In what ways did you use the information from your peers and siblings about sex education?

I used it as purely informational to know what things were.

5.) In what ways has this information about sex education been helpful?

Well it was probably most helpful just because I then knew the very basics and led into my more in depth sexual education.

6.) In what ways has this information about sex education been harmful?

I learned it as a child from other children who did not exactly know the correct information so I was under incorrect impressions about sex for a while.

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

I learned everything you biologically needed to know about sex from my parents.

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----7 Completely Satisfied

Please explain your answer:

I was satisfied and had no desire to learn more. I reached puberty at a rather young age so I learned about more than I would have liked to know at a young age.

4.) In what ways did you use the information from your home about sex education?

I didn't use it other than to understand what changes I was going through and why I was going through them.

5.) In what ways has this information about sex education been helpful?

It has been helpful just how to know about sex and it's biological purpose.

6.) In what ways has this information about sex education been harmful?

The way they presented was very cold and clinical and made me feel super uncomfortable about the topic even as I grew older.

School

1.) Tell me about what you remember learning about sex education from school.

Nothing

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----7-- Completely Satisfied

Please explain your answer:

I did not have any desire to be in the room with a teacher talking about sex.

4.) In what ways did you use this information from your school about sex education?

I didn't

5.) In what ways has this information about sex education been helpful?

It hasn't

6.) In what ways has this information about sex education been harmful?

I guess I haven't had different view on sex other than what my parents wanted me to know

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

I've seen articles about it in Cosmo but it isn't like I go looking for information

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

I know more than I did through other educational means but it was more creepy than anything.

4.) In what ways did you use this information from your own research about sex education?

I didn't

5.) In what ways has this information about sex education been helpful?

I am more knowledgeable about the subject and feel less naive

6.) In what ways has this information about sex education been harmful?

It was creepy and some things Cosmo publishes I really didn't need to know

Comfort Levels

5) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE -----2----- COMPLETELY COMFORTABLE

Please explain your response

My dad and I joke about it but you can't even bring it up in front of my mother.

- Siblings

- NOT COMFORTABLE -1----- COMPLETELY COMFORTABLE

Please explain your response

My sister is disgusted by the idea and when my brother watched the video at school he locked himself in his room for hours and has avoided the subject ever since.

- Significant Other

- NOT COMFORTABLE -----7----- COMPLETELY COMFORTABLE

Please explain your response

We don't participate but he has before and I haven't but we talk about and assess the situation so we can both be happy and understand why we are where we are in our physical relationship

- Close Friend
 - NOT COMFORTABLE -----7-- COMPLETELY COMFORTABLE

Please explain your response

My friends are weird. I didn't feel comfortable at first but they talk about it all the time and there was a surprise pregnancy scare so I learned I'd rather be in the know than completely shocked about it later.

- Acquaintance/Peer
 - NOT COMFORTABLE -1----- COMPLETELY COMFORTABLE

Please explain your response

It's none of their business

- Stranger
 - NOT COMFORTABLE -1----- COMPLETELY COMFORTABLE

Please explain your response

Why on earth would you talk to a stranger about sex? That's weird!

Subject 5

Demographics Survey

38. Age? _____ 21 _____
39. Gender (**Male** or Female)
40. Religious Affiliation (or specify otherwise) _____ Catholic _____
41. Country, in which you are a citizen? _____ USA _____
42. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- I received no formal sex education

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

Was always told to wait til marriage. That sex before marriage often led to unwanted problems. More likely to have unplanned pregnancies STDs unsatisfying relationships etc.

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

3.) How satisfied were you, with the information you received from peers and siblings?
(Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

Learning about sex interested me but I was very neutral about what I learned from my peers. If I or my peers didn't know something I simply researched it

4.) In what ways did you use the information from your peers and siblings about sex education?

Simply understanding about how reproduction works.

5.) In what ways has this information about sex education been helpful?

it provided me with a foundation for further learning. It also taught me that sometimes people have no idea what they are talking about

6.) In what ways has this information about sex education been harmful?

I can't say it was harmful really.

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

My parents avoided talking about it. Except that I should wait til marriage. As I got older my mom was more open about it but by that point I already knew everything

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----6----- Completely Satisfied

Please explain your answer:

I didn't mind them not telling me. It would have been awkward. I learned just about everything I needed to know from books or peers.

4.) In what ways did you use the information from your home about sex education?

They made me think about the importance of sex and the implications about it. That's not to say I copied their ideas however I understand where they are coming from what little they did say.

5.) In what ways has this information about sex education been helpful?

It made me recognize that one should be responsible when choosing to have sex.

6.) In what ways has this information about sex education been harmful?

It was very closed minded and lacked alternative ideas. It was too absolute. More could have been said about things such as if you do choose to have sex you should... instead of just

School

1.) Tell me about what you remember learning about sex education from school.

Going to a private Catholic highschool it was understood that sex talked revolved around abstinence. We all knew that. Nonetheless I took it for what it was and although I do admit it was rather unrealistic and close-minded I feel I did learn some valid points. Sex can be a wonderful thing if done right or if reckless it can harmful. that much I did take away with me.

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

NO ANSWER FROM THE PARTICIPANT

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----7- Completely Satisfied

Please explain your answer:

I was totally fine with what they said. Did I agree with all of it? No but I found some things very compelling and carried those ideas with me in life.

4.) In what ways did you use this information from your school about sex education?

I resolved that I would treat my partner with dignity and respect and realize that sex is more than just pleasure.

5.) In what ways has this information about sex education been helpful?

My overall attitude toward sex described above has enabled me to make wise decisions. I feel that because I take sex seriously I have more meaningful relationships. My own girlfriend and I developed a very strong relationship before we explored our own sexuality which has made us both much closer. We we're each other's

firsts which made it more special. Also since we both plan to get married I don't feel regretful at all that I didn't wait til marriage. T

6.) In what ways has this information about sex education been harmful?

Once again it was very close minded and lacked realistic outcomes. I know that abstinence programs often fail. But I took what I could from it and shrugged off the rest

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

I learned the biological process involved and just about everything that goes with it. I used mostly books or online articles

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----5----- Completely Satisfied

Please explain your answer:

It was complete and comprehensive. I learned whatever I needed to know and was satisfied. However there were problems as I will describe below.

4.) In what ways did you use this information from your own research about sex education?

it taught me how to prevent pregnancy and how to better understand my partner's body.

5.) In what ways has this information about sex education been helpful?

Refer to question above

6.) In what ways has this information about sex education been harmful?

Sometimes online research can be misleading. Especially because it fails to mention that sex is not always fireworks and bliss. In a relationship its more than that. It takes work and caring for on another.

Comfort Levels

6) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE -----3----- COMPLETELY COMFORTABLE

Please explain your response

This one could go both ways. If talking about my own sex life than its very uncomfortable. If sex in general Im okay with that

- Siblings

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

same goes for this too.

- Significant Other

- NOT COMFORTABLE -----7----- COMPLETELY COMFORTABLE

Please explain your response

we talk all the time about our sex life

- Close Friend

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

There are some things Im okay with talking to them about but I believe that my sex is mine and my partner's so I tend not to talk to them about it because its just not their business

- Acquaintance/Peer

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

same thing as above but slightly less because I don't know them that well

- Stranger

• NOT COMFORTABLE -----4----- COMPLETELY
COMFORTABLE

Please explain your response

Same. however if it is not about my own life I can talk all day about it. So researcher please understand that it depends on the specific context

Subject 6

Demographics Survey

43. Age? _____ 21 _____

44. Gender (Male or Female)

45. Religious Affiliation (or specify otherwise) _____ Buddhism _____

46. Country, in which you are a citizen? _____ Singapore _____

47. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- I received no formal sex education

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

Under-age sex is not encourage. Practise safe sex at all times if you are not ready for a family.

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

3.) How satisfied were you, with the information you received from peers and siblings?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

My sister and I did not talk much in the topic about sex. My peers and I would occasionally discuss about it and we usually would have the same views about it.

4.) In what ways did you use the information from your peers and siblings about sex education?

I understand that practising safe sex is important and i encourage everyone to do that as well unless they are ready for a family.

5.) In what ways has this information about sex education been helpful?

It helps me to understand more about sex how it can positively or negatively affect one's life.

6.) In what ways has this information about sex education been harmful?

NIL

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

My parents would tell me to practise safe sex and not ruin my future.

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----5----- Completely Satisfied

Please explain your answer:

I understand the importance of practising safe sex and how it can affect my life if i'm not ready for a child.

4.) In what ways did you use the information from your home about sex education?

I encourage my friends to practise safe sex all the time.

5.) In what ways has this information about sex education been helpful?

I understand that sex can be 'fun' and 'interesting' but if one does not practise safe sex it will cause alot of problems.

6.) In what ways has this information about sex education been harmful?

NIL

School

1.) Tell me about what you remember learning about sex education from school.

There has been numerous number of talks and sex education provided by the school to raise the awareness of unprotected sex and how it can affect one's life.

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----6----- Completely Satisfied

Please explain your answer:

Most of my sex education came from the knowledge i receive from school and i felt that it is relevant and useful to my life.

4.) In what ways did you use this information from your school about sex education?

I understand more about sex and how it can affect my life.

5.) In what ways has this information about sex education been helpful?

I learn that unprotected sex will cause issues to one's life and practising safe sex is very important. It is also good to not have many sex partners.

6.) In what ways has this information about sex education been harmful?

NIL

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

The media has taught me that unprotected sex will cause problems if one is not ready to start a family. It will not only affect the couple but also their family members as well.

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?
 (Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

The media provide real life case studies about sex and how can it affect one's life. I felt that it is really relevant and useful in helping me understand the problem.

4.) In what ways did you use this information from your own research about sex education?

I understand that practising safe sex is important.

5.) In what ways has this information about sex education been helpful?

I understand more about the importance about practising safe sex.

6.) In what ways has this information about sex education been harmful?

NIL

Comfort Levels

7) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE -----5----- COMPLETELY COMFORTABLE

Please explain your response

My parents are rather open-minded hence i feel that they are approachable if i intend to talk about sex.

- Siblings

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

My sibling is also open-minded hence there would not be a problem talking about it. However as she is of a different gender it might be rather hard to approach the topic from a guy's point of view.

- Significant Other

- NOT COMFORTABLE -----5----- COMPLETELY COMFORTABLE

Please explain your response

We would be open with one another hence there should not be a problem talking about it.

- Close Friend

- NOT COMFORTABLE -----5----- COMPLETELY COMFORTABLE

Please explain your response

A close friend would understand and it would be easy to discuss such intimate topics.

- Acquaintance/Peer

- NOT COMFORTABLE -----5----- COMPLETELY COMFORTABLE

Please explain your response

Guy friends would also be easy to approach if i intend to talk about it.

- Stranger

- NOT COMFORTABLE -----2----- COMPLETELY COMFORTABLE

Please explain your response

It would be rather awkward and weird to discuss about sex with a stranger.

Subject 7

Demographics Survey

48. Age? _____ 21 _____

49. Gender (Male or **Female**)

50. Religious Affiliation (or specify otherwise) _____ christian _____

51. Country, in which you are a citizen? _____ USA _____

52. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- I received no formal sex education

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

Everything

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

3.) How satisfied were you, with the information you received from peers and siblings?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----7---- Completely Satisfied

Please explain your answer:

I learned every detail

4.) In what ways did you use the information from your peers and siblings about sex education?

I did not use the information in any particular way

5.) In what ways has this information about sex education been helpful?

I know where babies come from

6.) In what ways has this information about sex education been harmful?

It hasn't been harmful yet

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

very little.

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

I didn't learn everything from them but they taught me the basics

4.) In what ways did you use the information from your home about sex education?

I didn't use it really

5.) In what ways has this information about sex education been helpful?

It hasn't had much of an impact

6.) In what ways has this information about sex education been harmful?

it hasn't

School

1.) Tell me about what you remember learning about sex education from school.

The science of sex

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

I learned about it

4.) In what ways did you use this information from your school about sex education?

i didn't

5.) In what ways has this information about sex education been helpful?

it hasn't

6.) In what ways has this information about sex education been harmful?

it hasn't

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

I pretty much already knew most of the things about sex before I was aware of sex in the media or anything.

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

I didn't do much research

4.) In what ways did you use this information from your own research about sex education?

I didn't

5.) In what ways has this information about sex education been helpful?

it wasn't

6.) In what ways has this information about sex education been harmful?

it wasn't

Comfort Levels

8) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE -----2----- COMPLETELY COMFORTABLE

Please explain your response

it always weird with your parents

- Siblings

- NOT COMFORTABLE -----5----- COMPLETELY COMFORTABLE

Please explain your response
they might not want to hear about sex from me

- Significant Other

- NOT COMFORTABLE -----7-- COMPLETELY COMFORTABLE

Please explain your response

obviously my husband and I are very comfortable with it

- Close Friend

- NOT COMFORTABLE -----6----- COMPLETELY COMFORTABLE

Please explain your response

it doesn't bother me to discuss sex with my best friend

- Acquaintance/Peer

- NOT COMFORTABLE -----1----- COMPLETELY COMFORTABLE

Please explain your response

it is uncomfortable talking about sex with an acquaintance

- Stranger

- NOT COMFORTABLE -----1----- COMPLETELY COMFORTABLE

Please explain your response

thats gross

Subject 8

Demographics Survey

53. Age? _____ 32 _____

54. Gender (Male or Female)

55. Religious Affiliation (or specify otherwise) _____ Catholic _____

56. Country, in which you are a citizen? _____ USA _____

57. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- I received no formal sex education

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

about the effects of doing sex and the consequences it has.

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

3.) How satisfied were you, with the information you received from peers and siblings?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----NA----- Completely Satisfied

Please explain your answer:

because majority of my family kept to themselves and didnt really express the effects.

4.) In what ways did you use the information from your peers and siblings about sex education?

well the lack of info made me seek more information usually consulted others such as friends.

5.) In what ways has this information about sex education been helpful?

pretty informative

6.) In what ways has this information about sex education been harmful?

not in a sense harmful

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

nothing

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

NA

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied --1----- Completely Satisfied

Please explain your answer:

parents always worked

4.) In what ways did you use the information from your home about sex education?

no information that helped me

5.) In what ways has this information about sex education been helpful?

no really seeked out others for information

6.) In what ways has this information about sex education been harmful?

not really

School

1.) Tell me about what you remember learning about sex education from school.

pretty informative talked about sex safety and others situations avoiding sex

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----3----- Completely Satisfied

Please explain your answer:

teachers would show clips of pregnant students dealing with life

4.) In what ways did you use this information from your school about sex education?

yea scared me wanted to live a free will life

5.) In what ways has this information about sex education been helpful?

yea made me concentrate on current goals for my future

6.) In what ways has this information about sex education been harmful?

yea made me cautious.

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

majority looked at videos

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?
 (Please indicate with an X on the dashed line)

Completely Dissatisfied ---1----- Completely Satisfied

Please explain your answer:

alot of info from videos but none on the more of love making

4.) In what ways did you use this information from your own research about sex education?

gave me insight

5.) In what ways has this information about sex education been helpful?

yea

6.) In what ways has this information about sex education been harmful?

nah

Comfort Levels

9) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE --1----- COMPLETELY COMFORTABLE

Please explain your response

they are my parents lol that would be wierd

- Siblings

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

its ok i can realte to them

- Significant Other

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

its my significant other

- Close Friend

- NOT COMFORTABLE -----6----- COMPLETELY COMFORTABLE

Please explain your response

would be open minded

- Acquaintance/Peer

- NOT COMFORTABLE -----2----- COMPLETELY COMFORTABLE

Please explain your response

need to know basis

- Stranger

- NOT COMFORTABLE ---1----- COMPLETELY COMFORTABLE

Please explain your response

same as above

Subject 9

Demographics Survey

58. Age? _____ 22 _____

59. Gender (Male or Female)

60. Religious Affiliation (or specify otherwise) _____ Catholic _____

61. Country, in which you are a citizen? _____ USA _____

62. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- I received no formal sex education

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

Sex was a taboo topic in my household. My siblings and I never discussed anything sexual. My peers and I didn't really discuss sex until we were in high school. Then it was just making out for my first two years. Then junior and senior year there was more talk about actual sex. A couple of my friends had already had sex so I would ask them if it hurt or if they were worried at all about getting pregnant.

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

3.) How satisfied were you, with the information you received from peers and siblings?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

4.) In what ways did you use the information from your peers and siblings about sex education?

I mainly just used it to be scared shitless about my first time. They told me it would hurt a lot and there would be a lot of blood. Other than that I didn't really use anything else they told me about sex.

5.) In what ways has this information about sex education been helpful?

It was helpful in that it made me weary to have sex at a young age (like in high school). I believe that sex should not be engaged in before 18.

6.) In what ways has this information about sex education been harmful?

It wasn't a lot of information so there were still a lot of blanks in my sex knowledge. It also scared me pretty bad. After having sex I realize now that sex is not a scary thing.

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

Just like my siblings my parents did not talk about sex with me. My mom tried once but it didn't go well at all. She tried explaining what happens. She painted sex being a pretty scary thing painful and the like.

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----2----- Completely Satisfied

Please explain your answer:

Because my parents did not really provide me with any sexual education I'm not exactly satisfied with it.

4.) In what ways did you use the information from your home about sex education?

Basically just scared to have sex.

5.) In what ways has this information about sex education been helpful?

I can't really think if a way it was helpful since it was almost nonexistent.

6.) In what ways has this information about sex education been harmful?

Because my parents did not really educate me about sex I feel like I had a rough time in high school. My friends and peers appeared comfortable with themselves and the opposite sex while I was very quiet and awkward. It would have been nice to have some knowledge about sex before I engaged in sexual activities.

School

1.) Tell me about what you remember learning about sex education from school.

We had a special program called CPR (creating positive relationships) in school. We first watched a movie. The boys went to a different room and watched a movie on the girls while the girls watched a movie about the boys. We also had to fill out worksheets about the reproductive anatomy. We were told that if we had sex before marriage bad things would happen to us. They showed us pictures of STDs. They never mentioned how to have safe sex. The only safe sex was abstinence.

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----5----- Completely Satisfied

Please explain your answer:

My school's program provided me with the most sex education out of my peers or family. I actually learned about the process and what happens. I learned about all the consequences of sex.

4.) In what ways did you use this information from your school about sex education?

I used it by being safe. I didn't engage in sexual activities.

5.) In what ways has this information about sex education been helpful?

I actually had a background on sex. I knew what it all entailed now. I didn't feel like I was floundering around as much. It helped me to create my own beliefs about when to have sex.

6.) In what ways has this information about sex education been harmful?

Because my sex education was catholic based it gave me a very poor picture about sex before marriage. It was as if the bad things about sex the STDs only happened before marriage and then they magically disappeared after you got married.

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

I didn't research. Sex scared me so I pretty much stayed away from it.

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?
 (Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

Because I didn't do any of my own research I feel like I can't be satisfied or dissatisfied.

4.) In what ways did you use this information from your own research about sex education?

NA

5.) In what ways has this information about sex education been helpful?

NA

6.) In what ways has this information about sex education been harmful?

NA

Comfort Levels

10) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE ---1----- COMPLETELY COMFORTABLE

Please explain your response

Sex is still a taboo topic with my parents. It just doesn't happen. I wouldn't go to my parents with a question about sex.

- Siblings

- NOT COMFORTABLE -----3----- COMPLETELY COMFORTABLE

Please explain your response

I feel somewhat comfortable talking with my older sisters about sex but not too comfortable. Because it was so taboo in my house it just seems weird to me to talk with my sisters.

- Significant Other

- NOT COMFORTABLE -----7- COMPLETELY COMFORTABLE

Please explain your response

I feel like I can go to my boyfriend with anything sexual. I know he won't make fun of me. He'll help me understand something or it'll be something new to try.

- Close Friend

- NOT COMFORTABLE -----7-- COMPLETELY COMFORTABLE

Please explain your response

I feel way more comfortable talking with my close friends about sex than anyone else (and I'm counting my boyfriend as a close friend too). My girl friends are always there for me. We can share stories if need be. They can provide information if I don't know something. We can talk about anything sex wise and I'd feel perfectly fine.

- Acquaintance/Peer

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

I feel like it would depend on who exactly this person was. If I know from past experience that they like to talk then no I will not discuss anything sex wise with them. If its in a class setting where I know there's confidentiality I'd be fine.

- Stranger

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

Again like peer I think it would have to depend to some extent the appearance of the person. I think I would maybe want some background on the person basically just so I know this person won't go sharing everything I say to the public.

Demographics Survey

63. Age? _____ 20 _____
64. Gender (**Male** or Female)
65. Religious Affiliation (or specify otherwise) _____ Christian _____
66. Country, in which you are a citizen? _____ USA _____

67. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- I received no formal sex education

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

I learned about masturbation and sexual intercourse through my siblings.

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

3.) How satisfied were you, with the information you received from peers and siblings?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----6----- Completely Satisfied

Please explain your answer:

I was still at a young age when my siblings taught me so while I learned the basics I didn't fully understand all of the concepts.

4.) In what ways did you use the information from your peers and siblings about sex education?

This information led me to start masturbating.

5.) In what ways has this information about sex education been helpful?

It has allowed me to know the basics of sexual intercourse from a young age.

6.) In what ways has this information about sex education been harmful?

It wasn't harmful except that I just didn't fully understand everything.

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

My parents never really taught me anything. They would sometimes offer to answer any questions that I had but I never really asked questions.

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

I wasn't satisfied or dissatisfied simply because I already knew the basics and I didn't really want more details from my parents.

4.) In what ways did you use the information from your home about sex education?

No information was used since no information was obtained.

5.) In what ways has this information about sex education been helpful?

NA

6.) In what ways has this information about sex education been harmful?

NA

School

1.) Tell me about what you remember learning about sex education from school.

School was able to fill in all of the gaps that I didn't previously understand i.e. pregnancy puberty body parts etc.

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----6----- Completely Satisfied

Please explain your answer:

School allowed me to understand everything that had previously been unanswered.

4.) In what ways did you use this information from your school about sex education?

I didn't really use the information.

5.) In what ways has this information about sex education been helpful?

It has just allowed me to understand everything.

6.) In what ways has this information about sex education been harmful?

This information hasn't been harmful.

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

Magazines such as Playboy answered questions that I had when it came to the female body.

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?
 (Please indicate with an X on the dashed line)

Completely Dissatisfied -----5----- Completely Satisfied

Please explain your answer:

It just allowed me to visually understand how things worked.

4.) In what ways did you use this information from your own research about sex education?

This information hasn't been used.

5.) In what ways has this information about sex education been helpful?

NA

6.) In what ways has this information about sex education been harmful?

NA

Comfort Levels

11) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE -----7--- COMPLETELY COMFORTABLE

Please explain your response

If my parents wanted to talk about anything sexual I would be completely fine with it.

- Siblings

- NOT COMFORTABLE -----7--- COMPLETELY COMFORTABLE

Please explain your response

We're at the age where we can talk about our experiences. I wouldn't be uncomfortable at all.

- Significant Other

- NOT COMFORTABLE -----7----- COMPLETELY COMFORTABLE

Please explain your response

I currently have no significant other but I would gladly talk to them about sex.

- Close Friend

- NOT COMFORTABLE -----7--- COMPLETELY COMFORTABLE

Please explain your response

This helps me relate to my peers about their sexual experiences.

- Acquaintance/Peer

- NOT COMFORTABLE -----5----- COMPLETELY COMFORTABLE

Please explain your response

I wouldn't be uncomfortable talking about it. I would be more confused than anything as to why we would randomly start talking about it.

- Stranger

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

I wouldn't initiate the conversation but if it occurred I wouldn't shy away from it.

Subject 11

Demographics Survey

68. Age? _____ 18 _____

69. Gender (Male or **Female**)

70. Religious Affiliation (or specify otherwise) _____ Catholic _____

71. Country, in which you are a citizen? _____ USA _____

72. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- I received no formal sex education

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

I learned the basics of sex from my peers and siblings. The knowledge grew as I grew up since no fifth grader will know what a senior in high school knows. I learned what blowjobs handjobs anal sex etc was from my peers since my parents only explained the biological basics and the spiritual complexity of having sex.

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

3.) How satisfied were you, with the information you received from peers and siblings?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

I was neither satisfied or dissatisfied with the information from my peers. I knew some of it would be true but I also knew some of it would not be as I already explained.

4.) In what ways did you use the information from your peers and siblings about sex education?

I didn't really use my knowledge per say since I remained a virgin until I was 18 but I suppose I escaped ridicule by having more knowledge.

5.) In what ways has this information about sex education been helpful?

I learned more things than what my parents or school taught me for example things like mutual satisfaction etc.

6.) In what ways has this information about sex education been harmful?

I don't think the information was particularly harmful.

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

I learned about the basics of sex on a biological level as well as receiving a more in-depth spiritual education on the implications of sex. My parents were also always very open if I ever had questions.

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----5----- Completely Satisfied

Please explain your answer:

I was satisfied with the information my parents provided me since everything I really NEEDED to know I received from them.

4.) In what ways did you use the information from your home about sex education?

I used discretion in choosing my first and only sexual partner. I waited until I knew that I loved and trusted him 100% and that I would be confident in dealing with anything that could possibly arise from sex with him whether it be a pregnancy an STD etc.

5.) In what ways has this information about sex education been helpful?

I used it to help gauge the man I knew I wanted to spend my life with.

6.) In what ways has this information about sex education been harmful?

I didn't really learn that much about safe sex since it was presumed I would wait until marriage.

School

1.) Tell me about what you remember learning about sex education from school.

Sex was considered evil and lewd and the only capacity in which it was expected to be performed was in a stable expecting heterosexual relationship.

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----1----- Completely Satisfied

Please explain your answer:

My school provided only the strictly biological aspects of sex. Otherwise sex was not discussed unless it was advised very strongly against.

4.) In what ways did you use this information from your school about sex education?

I did not use the information.

5.) In what ways has this information about sex education been helpful?

It was not helpful.

6.) In what ways has this information about sex education been harmful?

I learned nothing about safe sex STDs etc. I learned nothing about the reality of sex.

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

Minimal if any knowledge was gained. I mean if I didn't know what something was I'd look it up on the Internet but that's about as far as it went.

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

I did not learn that much from research so I was neither satisfied nor dissatisfied.

4.) In what ways did you use this information from your own research about sex education?

I did not use the information consciously.

5.) In what ways has this information about sex education been helpful?

It would provide me with answers if needed.

6.) In what ways has this information about sex education been harmful?

It was not harmful.

Comfort Levels

12) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE -----7----- COMPLETELY COMFORTABLE

Please explain your response

My parents were always very open with the discussion of sex.

- Siblings

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

I would feel comfortable discussing sex with my sister but not with my brothers.

- Significant Other

- NOT COMFORTABLE -----7--- COMPLETELY COMFORTABLE

Please explain your response

I currently discuss sex with my boyfriend regularly and I am completely comfortable with it.

- Close Friend

- NOT COMFORTABLE -----7----- COMPLETELY COMFORTABLE

Please explain your response

I am very open about the discussion of sex.

- Acquaintance/Peer

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

It would depend on who the peer is.

- Stranger

- NOT COMFORTABLE -----4----- COMPLETELY COMFORTABLE

Please explain your response

It would depend on the context of discussion.

Subject 12

Demographics Survey

73. Age? _____ 48 _____
74. Gender (Male or Female)
75. Religious Affiliation (or specify otherwise) _____ Atheist _____
76. Country, in which you are a citizen? _____ United Kingdom _____
77. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- I received no formal sex education

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

Just bits and pieces - we didn't really talk that much about sex. Maybe some slang words for parts of the body.

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

3.) How satisfied were you, with the information you received from peers and siblings?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----7- Completely Satisfied

Please explain your answer:

I wasn't really looking for sex education from my peers and siblings so I was quite satisfied to just learn little bits from them.

4.) In what ways did you use the information from your peers and siblings about sex education?

I don't think I have used anything - it's just added to the things I knew about anyway.

5.) In what ways has this information about sex education been helpful?

nothing specific

6.) In what ways has this information about sex education been harmful?

not at all

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

I learned that men and women have sex. About periods. They answered any questions that I asked but I probably didn't really talk to them about it at all once I was over age 10 years old.

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----7--- Completely Satisfied

Please explain your answer:

They answered any questions I ever asked quite openly and honestly and to the best of their ability.

4.) In what ways did you use the information from your home about sex education?

It was good to already know how sex worked and to never feel ignorant about it

5.) In what ways has this information about sex education been helpful?

It let me understand how things worked

6.) In what ways has this information about sex education been harmful?

It hasn't

School

1.) Tell me about what you remember learning about sex education from school.

We learned about the physical side of sex about the oestrus cycle erections reproduction but not really anything about the emotional side of sex. I can't really remember covering anything about contraception - it's a long time ago now!

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----7-- Completely Satisfied

Please explain your answer:

They taught me accurately about the physical side of things.

4.) In what ways did you use this information from your school about sex education?

It allowed me to understand when and how it is possible to get pregnant how your cycle works which later on made it easier to pick out either fertile times to try to get pregnant or times when I was not likely to get pregnant.

5.) In what ways has this information about sex education been helpful?

See above

6.) In what ways has this information about sex education been harmful?

It hasn't

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

I've learned quite a bit from magazines over the years. Also by asking medical professionals for example the family planning clinic etc and by reading information provided with contraception. I've also really had to find out about the emotional side of sexual relationships for myself through experience and talking to friends. I've also found out about sex through having it at seeing what was pleasurable and what wasn't.

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?

(Please indicate with an X on the dashed line)

Completely Dissatisfied -----7--- Completely Satisfied

Please explain your answer:

There's plenty of accurate information available and I can answer any question I might have

4.) In what ways did you use this information from your own research about sex education?

to decide which contraception to use. To make sex pleasurable. To link sex with emotions.

5.) In what ways has this information about sex education been helpful?

Given me a satisfying sex life

6.) In what ways has this information about sex education been harmful?

It hasn't

Comfort Levels

13) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE -----7--- COMPLETELY COMFORTABLE

Please explain your response

I feel comfortable but I think these things are private so I don't really talk about them unless it is relevant.

- Siblings

- NOT COMFORTABLE -----7----- COMPLETELY COMFORTABLE

Please explain your response

I feel comfortable but I think these things are private so I don't really talk about them unless it is relevant.

- Significant Other

- NOT COMFORTABLE -----7-- COMPLETELY COMFORTABLE

Please explain your response

Because he is my soul mate! ;-)

- Close Friend

- NOT COMFORTABLE -----7- COMPLETELY COMFORTABLE

Please explain your response

I feel comfortable but I think these things are private so I don't really talk about them unless it is relevant.

- Acquaintance/Peer
 - NOT COMFORTABLE -----7----- COMPLETELY COMFORTABLE

Please explain your response

I feel comfortable but I think these things are private so I don't really talk about them unless it is relevant.

- Stranger
 - NOT COMFORTABLE -----7- COMPLETELY COMFORTABLE

Please explain your response

I feel comfortable but I think these things are private so I don't really talk about them unless it is relevant.

Subject 13

Demographics Survey

78. Age? _____ 22 _____
79. Gender (Male or **Female**)
80. Religious Affiliation (or specify otherwise) _____ Atheist _____
81. Country, in which you are a citizen? _____ Singapore _____
82. What kind of sex education program did you have? Please choose the one that **best** describes your sex education.

- **Abstinence-Only** (Programs that teach not to have sex until marriage due to negative physical and psychological consequences of premarital sex; includes limited information about contraceptives)
- **Comprehensive** (Programs that give detailed information about sex and contraceptives, including positive and negative physical and psychological consequences)
- I received no formal sex education

Quantitative Questions

Peers and Siblings

1.) Tell me about what you remember learning about sex education from peers and siblings.

My siblings did not mention anything about sex to me at all. Some of my male peers mentioned lewd things about sex during my secondary school days such as threesomes and using condoms.

2.) How much of your sex education came through your peers and siblings?

I received no sex education from peers and siblings		I received some sex education from peers and siblings		I received most of my sex education from peers and siblings
1	2	3	4	5

3.) How satisfied were you, with the information you received from peers and siblings?
(Please indicate with an X on the dashed line)

Completely Dissatisfied --1----- Completely Satisfied

Please explain your answer:

I learned nothing about sex at all and I was a little curious as I had hit puberty at that time.

4.) In what ways did you use the information from your peers and siblings about sex education?

None.

5.) In what ways has this information about sex education been helpful?

None.

6.) In what ways has this information about sex education been harmful?

It just made me more confused.

Home

1.) Tell me about what you remember learning about sex education from parents and guardians.

My parents did not mention anything about sex at all and they would just say stuff like

2.) How much of your sex education came through your parents and guardians?

I received no sex education from home		I received some sex education from home		I received most of my sex education from home
1	2	3	4	5

3.) How satisfied were you, with the information you received from parents and guardians? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----2----- Completely Satisfied

Please explain your answer:

They did not answer any of my questions and avoided questions about sex.

4.) In what ways did you use the information from your home about sex education?

I decided to find out more about sex on my own from books.

5.) In what ways has this information about sex education been helpful?

None.

6.) In what ways has this information about sex education been harmful?

It just made me more curious about sex.

School

1.) Tell me about what you remember learning about sex education from school.

They taught us about the consequences about date rape unprotected sex and sexually transmitted diseases. They emphasized abstinence and did not elaborate on ways to have safe sex; all they did was talk about condoms being effective for safe sex but they did not talk about how to use them.

2.) How much of your sexual education came through your school?

I received no sex education from school		I received some sex education from school		I received most of my sex education from school
1	2	3	4	5

3.) How satisfied were you, with the information you received from school? (Please indicate with an X on the dashed line)

Completely Dissatisfied -----4----- Completely Satisfied

Please explain your answer:

They focused only on abstinence and did not talk much about ways to have safe sex.

Some couples may not know how to have safe sex when they reach an appropriate age as a result of this abstinence-only education.

4.) In what ways did you use this information from your school about sex education?

None.

5.) In what ways has this information about sex education been helpful?

It taught me about the dangers of unprotected sex and how sexually transmitted diseases spread to people.

6.) In what ways has this information about sex education been harmful?

It might have caused some teenagers to think that as long as they are careful nothing will happen if they have unsafe sex.

Your Own Research

1.) Tell me about what you remember learning about sex education through your own research. (For example: books, magazines, videos, internet and other forms of media)

I learned about sex through reading a few of my favourite teenage fantasy series such as Tamora Pierce's Tortall series. It wasn't very detailed but it gave the basics of sex.

2.) How much of your sexual education came through your own research?

I received no sex education from my own research		I received some sex education from my own research		I received most of my sex education from my own research
1	2	3	4	5

3.) How satisfied were you, with the information you received from your own research?
 (Please indicate with an X on the dashed line)

Completely Dissatisfied -----6----- Completely Satisfied

Please explain your answer:

I finally understood how babies were made and what sex was really about.

4.) In what ways did you use this information from your own research about sex education?

None.

5.) In what ways has this information about sex education been helpful?

Understanding how babies were made what sex was really about and why it was so important to have safe sex.

6.) In what ways has this information about sex education been harmful?

None.

Comfort Levels

14) Currently, how comfortable you feel talking about sex with...

(Please indicate with an X on the dashed line)

- Parents

- NOT COMFORTABLE -----2----- COMPLETELY COMFORTABLE

Please explain your response

My parents are rather conservative on the topic of sex.

- Siblings

- NOT COMFORTABLE -----3----- COMPLETELY COMFORTABLE

Please explain your response

It's awkward to talk about sex with siblings whom you have spent your childhood with.

- Significant Other

- NOT COMFORTABLE -----5----- COMPLETELY COMFORTABLE

Please explain your response

I would feel a little awkward because sex is still somewhat of a taboo topic in my country's society but it is fine to discuss about it with my significant other.

- Close Friend

- NOT COMFORTABLE -----5----- COMPLETELY COMFORTABLE

Please explain your response

We are comfortable with each other so we can even make silly jokes about sex without taking it seriously.

- Acquaintance/Peer

- NOT COMFORTABLE -----2----- COMPLETELY COMFORTABLE

Please explain your response
I do not know the person well enough.

- Stranger

- NOT COMFORTABLE --1----- COMPLETELY COMFORTABLE

Please explain your response
I do not know the person at all.