

# INTRODUCTION TO SOCIOLOGY COURSE 101

## REPORT TITLE

### SEXUAL INTIMACY AMONG TEENAGERS

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#### INTRODUCTION

##### Sexual Activity

Sexuality is a part of who the child is and who they'll become. It develops and changes throughout your his/her life. Feeling comfortable with their sexuality and sexual identity is essential for your child's sound development.

Sexuality isn't just about sex. It's also about how one:

- feels about their developing body
- makes healthy decisions and choices about their own body
- understands and expresses feelings of intimacy, attraction and affection for others
- develops and maintains respectful relationships.

One's personal experiences, upbringing, and cultural background all influence your beliefs and expectations about sex and sexuality.

Many adolescents engage in sexual activity that may directly or indirectly affect their oral health. These adolescent sexual behaviors include a range of activities from kissing and fondling, to oral, anal, and vaginal sex. The most recent **Youth Risk Behavior Survey** of US high school students reports:

41% had sexual intercourse.

30% had sexual intercourse during the previous 3 months, and, of these

43% did not use a condom the last time they had sex.

14% did not use any method to prevent pregnancy.

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21% had drunk alcohol or used drugs before their last sexual intercourse.<sup>21</sup>

Risky sexual behaviors place adolescents at risk for unplanned pregnancies and sexually transmitted infections (STIs), including HIV.

Certain behaviors place the adolescent at higher risk for developing STIs. These include early age at sexual debut, lack of condom use, multiple partners, prior STI, history of STI in a partner and sex with a partner who is 3 or more years older

Other adolescent risk-taking behaviors that are associated with STIs are alcohol use, depression, dropping out of school, illicit drug use, pregnancy and smoking

Adolescents are more likely than adults to have sexually transmitted infections because of their sexual risk and potential barriers to access to health care. During a teenage dental examination, sexually active teenagers may present with herpes simplex virus (HSV) -2 lesions in the oral cavity and perioral area. According to a recent national survey (Youth Risk Behavior Survey of US), more than two-thirds of teens in the United States have oral sex, including nearly 25% who have never had sexual intercourse. As a result, STI spreads faster among teens than any other age group. In addition, women are more likely to become infected with HSV-2 through a single unprotected sexual intercourse<sup>21</sup>. Palliative care is recommended and may include analgesics (such as acetaminophen) and antivirals (such as acyclovir) to relieve symptoms.

The majority of adolescents will at some point engage in sexual experimentation; this drive is common, natural, and strong during these years. Sex is not required in every teen relationship, though.

Additionally, adolescents are developing emotionally and socially. They might seek ways to demonstrate their love and affection as well as romantic connection. Additionally, youngsters could be intrigued and desire to research how adults behave.

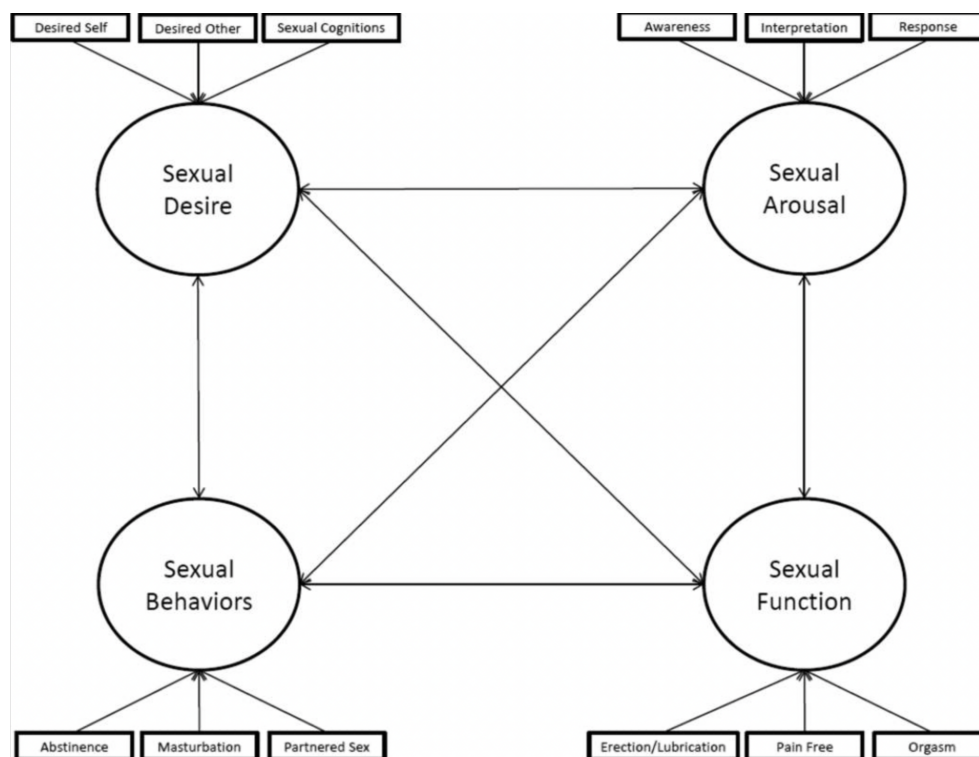
Teenagers can exhibit sexual attraction to persons of the same sex, people of the opposite sex, or people who are bisexual. Teenagers occasionally don't display any sexual interest.

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Sexual attraction is different from sexual identity. Same-sex attracts young individuals who may or may not identify as homosexual, lesbian, or bisexual. They may consider themselves to be heterosexual or pansexual.

The notion of oneself as male, female, both, or neither is gender identity, which is distinct from sexual attraction. The sexual orientation and relationship preferences of young people may or may not be influenced by their gender identification.

The sexual orientation of your child might not match yours or your expectations. However, if you can embrace your child's sexuality, it will benefit both your bond with your child and their healthy growth.



Sexual intimacy is important to talk about as particularly sexual experiences can have a substantial impact on mental health. Dopamine, serotonin, and oxytocin are neurotransmitters

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that the brain produces during sex and which increase emotions of enjoyment and relaxation while lowering stress hormone levels. Feelings of depression may momentarily improve as a result of this natural chemical inflow.

There are several advantages to having sex. It might enhance general wellbeing and foster good relationships. Additionally, it has been linked to personal advantages like reduced stress, better sleep, boosted immunity, and better cardiac health.

Increasing sex in a supportive relationship has a lot of advantages. Positive improvements like lower blood pressure, less stress, greater intimacy, and even a decreased divorce rate are associated with higher rates of sexual engagement.

It is theorized that intimacy acts as both a catalyst for sexual desire and a reward following the occurrence of sexual arousal, especially climax. Using a high-frequency ecological momentary assessment methodology, the goal of the current study was to examine the temporal dynamics of the relationships between emotional intimacy, sexual desire and partnered sexual activity during the day and over several days.

Adolescents have not only dating relationships but also sexual relationships. Estimates indicate that sexual activity is common, with about 70% of individuals reporting sexual intercourse by their late teens. Moreover, among sexually active youths, estimates fall within the range of one to three sexual partners, with 61% of female and 52% of male adolescents. These estimates, however, do not indicate whether the sexual activity occurs within a dating or a casual sexual relationship, or both, and whether relationships are sexually exclusive.

## **METHODOLOGY**

There are still many people who aren't able to receive sex education or they know a little about it so we want to promote open communication about teenage sexuality

These conversations might not be easy or someone won't feel comfortable at first, but you can make them easier by:

- using everyday opportunities to talk about sexuality – for example, when you hear something on the radio together, or see something relevant on TV
- letting your child know that you're interested in seeing things from their perspective – for example, asking them what they think about sexual identity
- being ready to talk about issues or concerns when your child raises them, and assuring your child that they don't need to feel embarrassed

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- being honest if you don't know the answer to a question – you could suggest that you look for the answer together
  - asking your child what they already know, then adding new information and clearing up any misconceptions

At the start of the report we had a thought in our mind that we will have responses from teenagers (13-19) with a ratio of 50-50 (male:female)

Due to a shortage of time we preferred questionnaires. At the very beginning we decided to make our report with few responses like 25-30 however with passage of time we are able to gather 79 responses which is a good number.

Moreover, there are various reasons why we chose this tool and they are listed below:

Firstly it was quicker: An online questionnaire takes, on average, two thirds less time to complete than a traditional research project. You don't have to wait for paper questionnaires to be returned because information is being gathered automatically; rather, responses are given virtually instantly. Online marketing specialists claim that within the first three days of the study project, more than half of the responses are obtained.

Secondly it is more affordable : Your research expenditures will be reduced by using online questionnaires. You won't have to spend time or resources entering the data into a database, which will save you money on mailing. The findings are always available and responses are processed automatically.

Thirdly it is more precise: Online questionnaires have a far lower margin of error since respondents input their answers directly into the database. Since human error can occur whenever someone has to execute a repetitive operation, traditional solutions rely on personnel to input all information accurately.

Fourthly it helps is rapid analysis: The online questionnaire results are available for analysis at any time. View results instantly so you can take immediate action. You can also share your results with anybody, generate graphs for reporting, and export data for more in-depth research.

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Fifthly it is convenient for participants to use: The vast majority of Internet users prefer to complete surveys online rather than over the phone. With an online survey, participants can complete it whenever is most convenient for them, and it takes significantly less time.

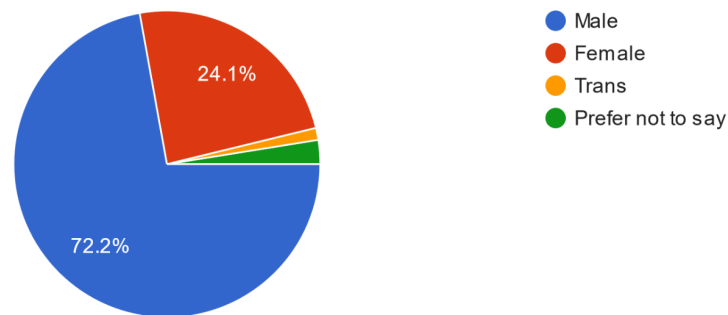
Questionnaire was the best option among all other tools because people are more likely to express controversial thoughts since they feel like they can remain anonymous. This is more challenging in an interview since the interviewer must receive the opinion directly. Additionally, unlike spoken asking, which can often result in changes in focus, written questions are consistent from one topic to the next. However, there is always a chance that the written question will be understood differently by several readers, which is one reason for meticulously pretesting questionnaires.

## DATA ANALYSIS

### PROFILE

Gender

79 responses

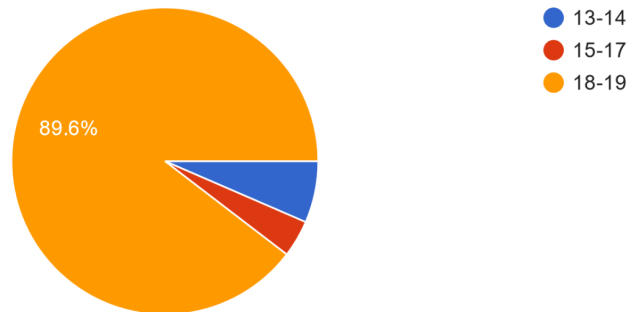


We have received about 79 responses in which the majority of the responses we have received are from males which constitutes 57(72.2%) of total followed by 19(24.1%) females and approximately 1(1.2%) are trans and the remaining 2 (or 2.5%), who preferred to maintain anonymity.

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## Age

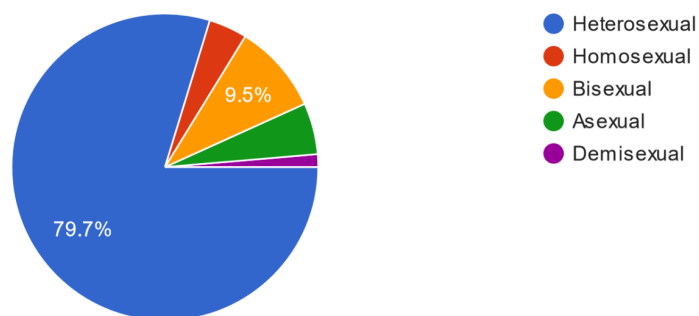
77 responses



Majority of the respondents (69 or 89.6%) lie between (18-19) years of age bracket and rest (5 or 6.5%) are from (13-14) years of age. And we have received a very few 3 responses from (15-17) years of age. We also found out that from our readings that most of the teens who belong between the age (13-17) are more likely to not be comfortable with talking about these topic out loud because they fear of getting judged or are at this time they are in phase of exploration of their body and gather knowledge about sex, consent, risks, etc. After the age of 18 most likely teens are exposed to outside world which is why they are more likely to get involved in acts of intimacy.

## Sexual orientation

74 responses

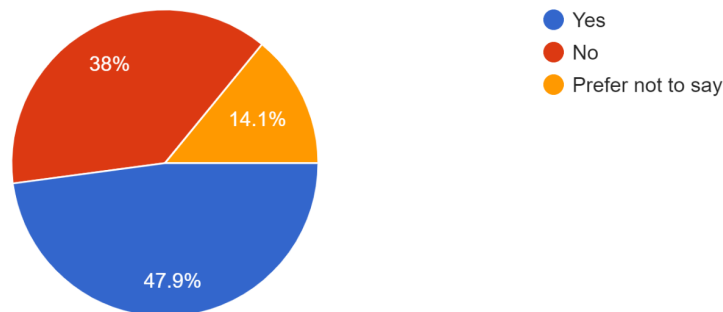


Most of the respondents, out of 69 respondents belong to heterosexual orientation that constitute 78.7% (54) of total whereas respondents that belong to bisexual orientation form 10.1% (7) of total. Other respondents belong to homosexual 4.3% (3), asexual 5.8% (4) and demisexual 1.4% (1) orientation.

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Have you engaged in any act of sexual intimacy?

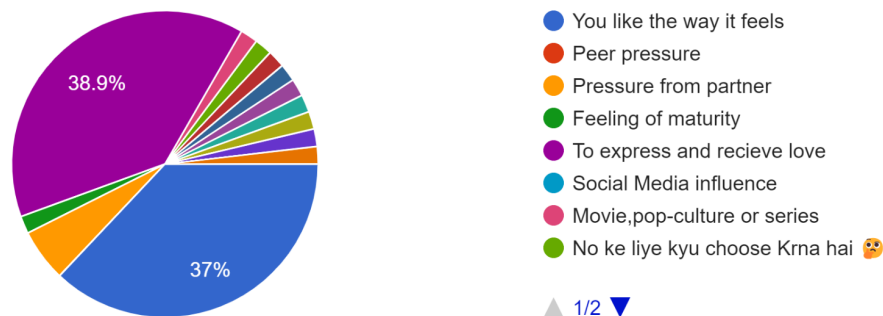
71 responses



From this data we can derive that 47.9% of the total 71 respondents have been involved in the act of sexual intimacy whereas 38% of the respondents have not been engaged in such activity. Although 14.1% of the rest respondents have chosen to maintain their anonymity. (TABLE)

What was the reason to engage in sexual intimacy?

54 responses



We got a variety of reasons why people are sexually engaged but the majority of the responses were 'To express and receive love' (38.9%) and 'You like the way it feels' (37%) which is followed by 'Pressure from partner' (7%). Other reasons involved 'Peer pressure', 'Feeling of maturity', 'Media, pop culture or series', 'Social media influence' and 'Hormonal changes in body'. This data shows that the reason behind some of the respondents was highly influenced by the social factors and influences.



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## QUESTIONS SET OUT

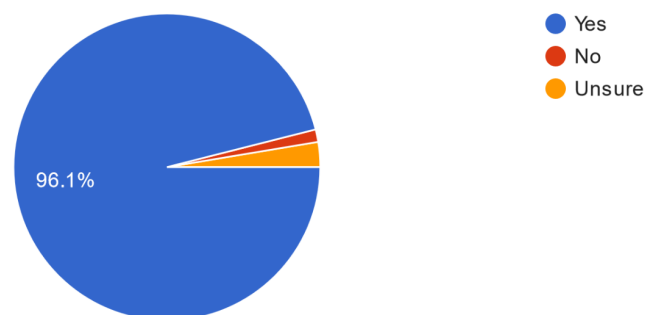
### SEX EDUCATION

#### What do you understand by sex education?

Out of 76 responses, 57(76%) teenagers responded “Sexual intercourse” along with “All kinds of physical touch”. Some of the respondents 30(40%) also chose “mental/emotional connect” along with the previous options. Teenagers also said “Any type of physical attraction”, “Involvement of intimate parts” and “Sensual or sexual activities”. This shows the basic understanding of teenagers about how they perceive the concept of sexual intimacy from their surroundings, knowledge and experiences.

Do you understand the concept of consent?

76 responses



96.1% (73) respondents out of 76 responses understand/or believe they understand the concept of consent in which 19 females out of which 2(2.7%) aged 13-14 years and 1(1.4%) and other 16(21.9%) aged 18-19 years said “yes”. Also the majority of 50(68.48%) responses were from male aged 18-19 years, 2(2.7%) aged 13-14 years and 1(1.4%) aged 15-17 years of age.

We also got similar responses from a trans and an anonymous person both belonging to the 18-19 years age group.

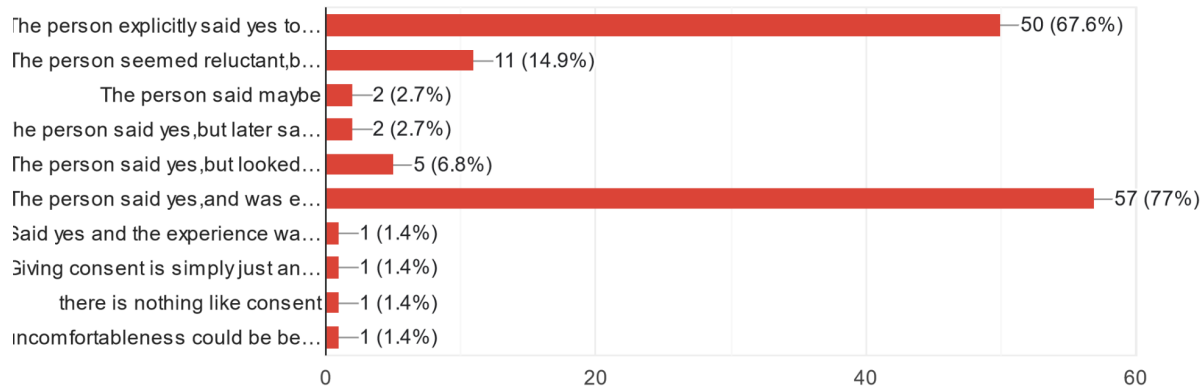
A male belonging to the 15-17 age group said “no”. And A female aged 13-14 and a male aged 18-19 years said they are “unsure” about the meaning of the concept.

This data concludes that most of the respondents including people belonging to other sexual orientation are well-aware of the concept of consent. According to a study we found three broad factors that influence the expression of sexual consent, sexual consent information, sexual consent motivation and sexual consent behavioural skills.

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### Which of these scenarios express consent?

74 responses



Most of the people who have responded 57(77%), “The person said yes,and was enthusiastic throughout the course” also chose 50(67.6%)“The person explicitly said yes to engage in sex”. Other responses we received were 5(6.8%) teenagers said “The person said yes,but looked uncomfortable.”, 2(2.7%)”The person said maybe.”, 11(14.9%)”The person seemed reluctant,but said yes.”and 2(2.7%) “The person said yes,but later said no”.

Although some of the respondents also said that “The person said yes and the experience was good for him/her “ and “uncomfortableness could be because of shyness”.

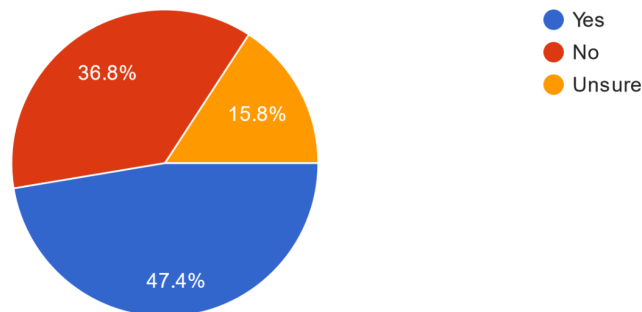
From our findings, these responses show that how teenagers interpret the meaning of the signals of their own or the opposite person as well as how they used each response in their own sexual experiences or the other various influences.From the readings and what these responses show is that consent is more complex than saying “yes”.There was a variety a diversity of behaviours individuals used to signal sexual consent.We believe this might also be the reason behind a teen who responded “Consent is an illusion”.

Few male aged 18-19 years, also said ”there is nothing like consent” which concludes that there is still lack of sex education and awareness among teenagers.Even though they responded “yes” in the question of concept of consent. It also shows the irresponsible and insensitive behavior among teenagers related to such topics.

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### Have you received sex education?

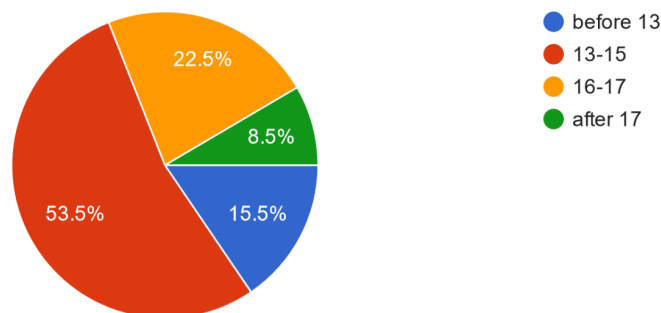
76 responses



Majority of the responses we got about whether the people have received sex education or not majority of the respondents filled 'Yes' (36 or 47.4%) which was followed by 'No' (28 or 36.8%) and 'Unsure' (12 or 15.5%). By deeply analyzing the responses we came to know that only 7 female respondents filled 'Yes' in which majority (6) were from 18-19 years of age and rest(1) was from 13-14 and 28 males filled 'Yes' out of which majority (25) were from 18-19 years of age followed by 15-17(1) and 13-14(2). As per the data many females haven't received sex education and still many teenagers haven't received necessary sex education.

### When did you start searching or receive education about sex?

71 responses

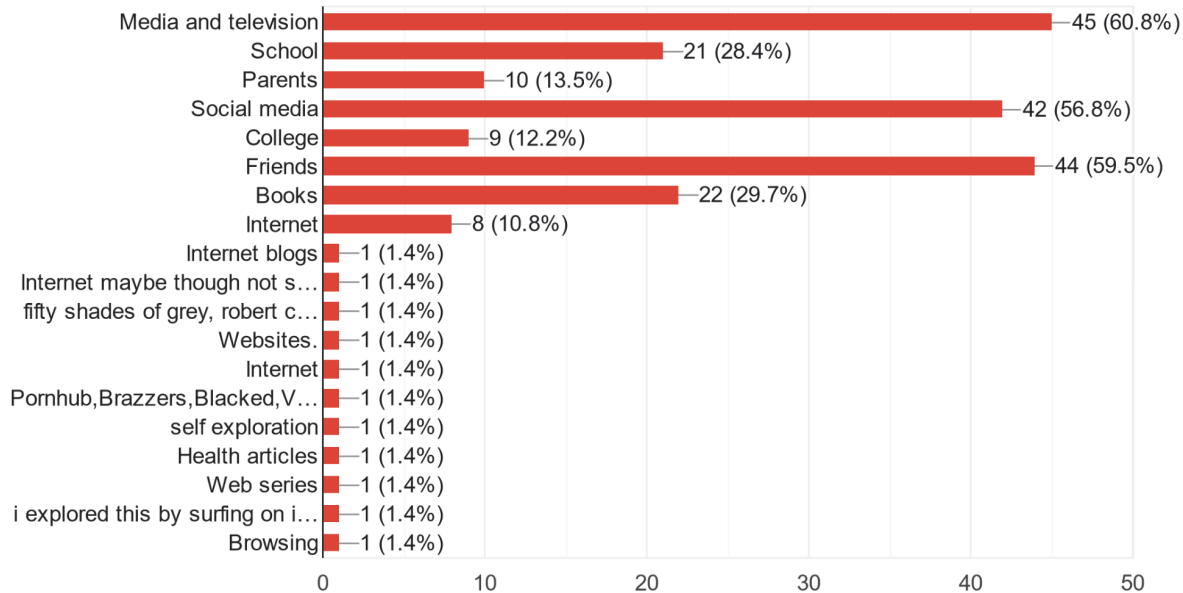


From the analysis we found out that most of the teenagers start searching for sex education between the age of 13-15 years(53.5%) who are now aged 18-19 years(36 including male(28) ,female(7) and trans(1)) and 2 males between 13-17 years. Whereas others aged in between 16-17 years(26 including males(13) and females(3)).This analysis depict that most of the youngsters start searching/recieved sex education just after they entered their teenage phase.

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### What is your source for sex education?

74 responses



The source of sex education for most of the teenagers is Media and television(45(60.8%)) and Social media(42(56.8%)).Some of teenagers were taught sex education in College(9(12.2%)), School (21(28.4%)) and by parents(13.5%). Whereas the other major sources were Friends(44(59.5%)), Books(22(29.7%)) and Internet(8(10.8%)).This study shows that there is a big impact of internet networking on the teenagers about how much they are aware about sex education and their course of actions after sex education.

### PERSONAL AWARENESS

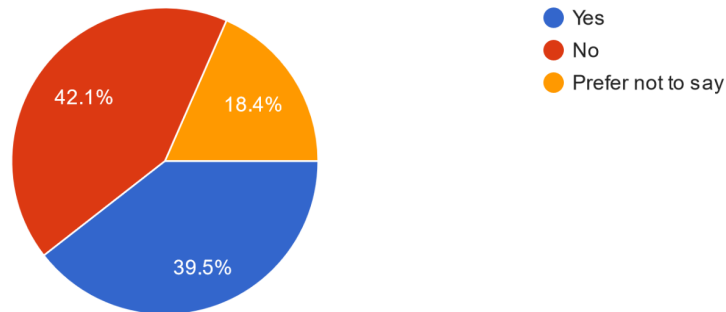
#### *If you are not involved in sexual intimacy, then what are your concerns?*

The concern of most of the teenagers who were not involved in the acts of sexual intimacy was the risks involved with it (23.9% out of 46) ,followed by getting judged by others(15.2%) and space problems(15.2%).17.4% teenagers also feel it's inappropriate. Although the biggest concern of 28.3% teenagers was about "lack of partner" which shows that even though most of the people feel they are ready to get engaged in sexual activities but still haven't engaged due to lack of partner.

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Do you have a partner/multiple partners?

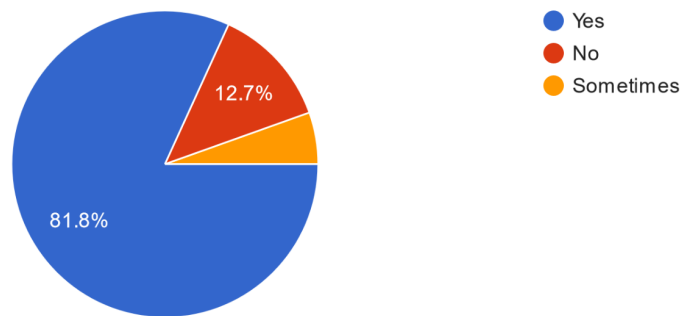
76 responses



As we can see we got almost the same responses between 'Yes'(32 or 42.1%) and 'No'(30 or 39.5%) followed by people who don't prefer to say(14 or 18.4%). About 11 females and 19 males agreed that they have partner/multiple partners and about 4 females and 27 males clicked 'No' and 4 females and 9 males didn't prefer to say anything.

Do you feel comfortable and safe with your partner ?

55 responses

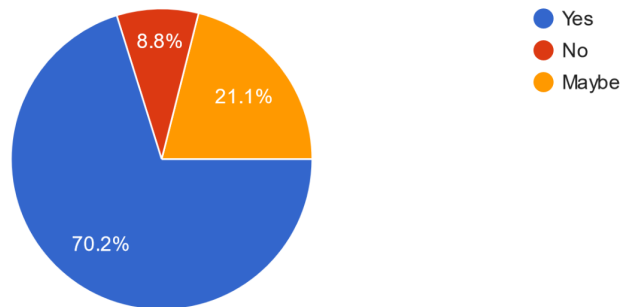


81.8% of responses said 'yes' out of which 13(26.8%) were female respondents and 32 were males(67.06%).Although we received 12.7% of responses that said 'no' only from male gender(6 males(18-19 years) and 1 male(15-17 years)).One respondent who said 'no' has asexual orientation.Two respondents aged 13-14 years responded 'sometimes' which shows that age might be a crucial factor of whether the person feels sense of comfort and safety from their partner.A trans also said 'sometimes' which shows that sexual orientation is also a depending factor.

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Can you discuss about this subject with your partner without any hesitation?

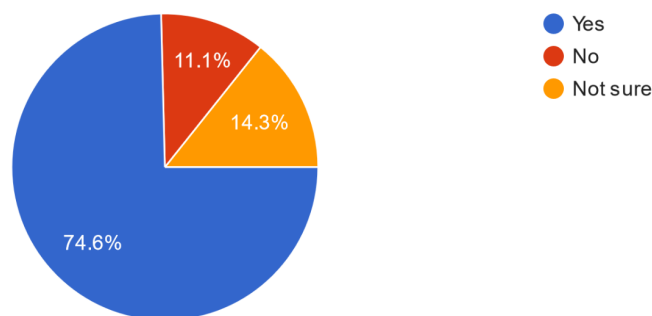
57 responses



From the above graph we can see that majority of the people have selected 'Yes' (40 or 70.2%) which constitutes about 10 females and 30 males followed by people who have selected 'Maybe' (12 or 21.1%) which constitutes about 2 females and 10 males and rest (5 or 8.8%) have selected 'No' as an option which constitutes about 2 females and 3 males. Also in a survey it was found, Openly discussing sexual problems with one's partner and supportive response from the partner are correlated with increased sexual and relationship satisfaction. We can conclude that sexual consent communication may provide similar relational benefits to other forms of sexual communication.

Do you understand whether getting involved physically affect you emotionally?

63 responses



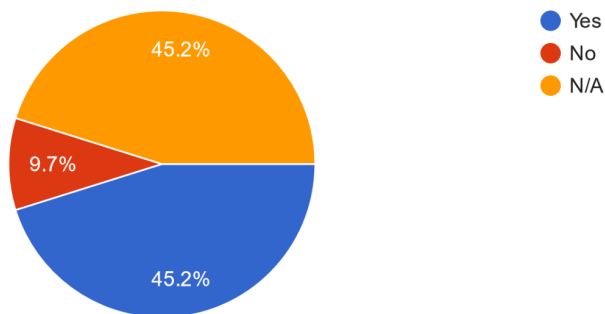
74.6% of the teens in which 13 female and 34 male aged (18-19 years) ,also 1 male aged (15-17 years) claim to understand how getting involved physically will affect them emotionally . Although others including 2 teens aged 13-14 years,a male aged 15-17 years and 6 male aged 18-19 years are still not sure about how it affects their mental health.

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11.1% of 63 responses in which 6 males and 1 trans are not at all aware about how getting involved physically affects emotionally.

Do you believe you perform safe sex?

62 responses

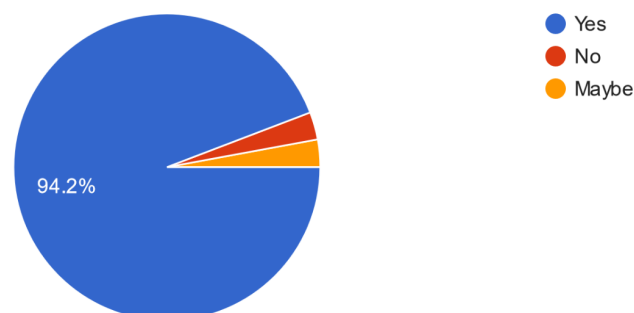


Out of 28, 23 males aged 18-19 years, said “yes” whereas only 5 females responded ‘yes’(including one female aged 13-14 years).Although the majority of 9.7% teens who said ‘no’ were 3 female(18-19 years) ,1 trans(18-19 years) and 2 male respondents (15-17 years and 18-19 years).Other 28 respondents chose n/a.

This analysis shows the trends that those males who don’t feel comfortable and safe with their partner do not perform safe sex and even though all of the teens are aware of the STDs and have received sex education still not perform safe sex.From the analysis,we also found out that many teenagers who have recieved sex education still not perform safe sex.This presumably reflects underlying personality characteristics such as unconventionality, risk-taking or sensation-seeking.

Do you know about the sexually transmitted diseases such as Chlamydia, Genital herpes and HIV/AIDS, etc.

69 responses

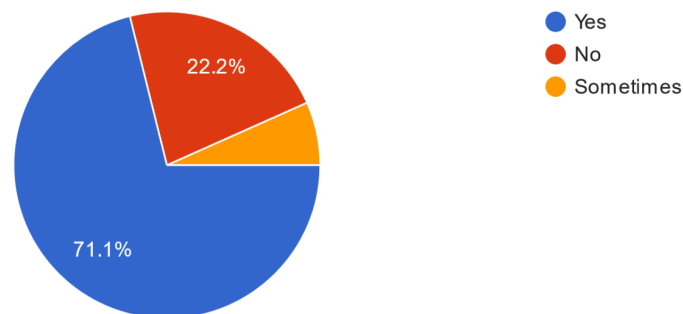


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This shows that 94.2% of the teenagers (49 males,13 females,1 trans and 1 prefer not to say) are aware of the STDs as they searched for sex education because some of these teenagers did not receive sex education. But some of the people who didn't receive any sex education were still not aware of the various STDs. Although 2 females (aged 18-19 years) were still not fully aware of STDs. This shows the trends of how teenagers aged 18-19 years were not fully/partially aware of the STDs.

Do you use proper contraceptives?

45 responses



71.1% of teens claim to use proper contraceptives in which most of them belong to male gender. Although we found out that the majority of teenagers who said 'no' (22.2%) who don't use proper contraceptives were females. This shows that even though females believe they have received proper sex education they still are not aware of the risks associated with the unprotected sex and are not fully aware of STDs (because most of them answered yes on that). There were also a lot of females who were not sure whether they perform safe sex or filled the response with not applicable which shows that even though some of them are aware about the risks still don't use proper contraceptives for unknown reasons.

#### What kind of contraceptives do you use?

In the sampling of sexually experienced teens aged 13-19, 28 (77.77% of 36) of young men, whereas 7 (19.44%) of young women and 1 (2.7%) person belonging to the transgender said that the "condom" was the primary method of contraception for them.

We also found that one of the females of bisexuality, along with condoms and a male, also uses spermicides.



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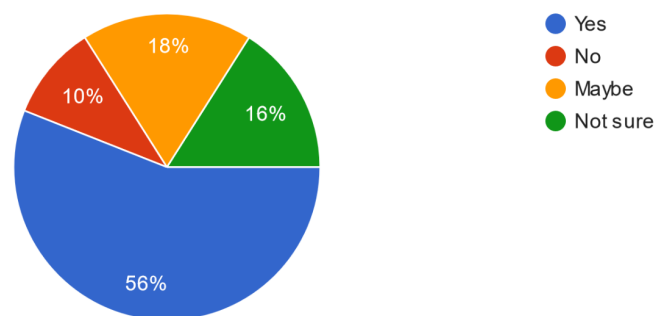
Although an interesting finding was that a person said "vibrator" and "we trust each other" as a source of contraception which shows us the unawareness of contraceptives and the risks involved.

Most respondents who responded to the kind of contraceptives they use are "condoms". This finding also raises the question that even though other types of contraceptives are available in the market. Why do teens prefer condoms over other contraceptives?

We found out the answer from our readings that adolescents have the highest risk of infection with STDs and the largest share of unintended pregnancies. The prevalence of other contraceptives was lower than condom use overall, suggesting that, for many teenagers, the condom is primarily a means of avoiding pregnancy and that prevention of HIV and other STDs is not an individual goal.

Do you feel you are sexually involved in a safe space and controlled environment?

50 responses



We can observe that most of the teens (56%) are sexually involved in a safe space and controlled environment. 18% teens are not sexually involved in a safe space and controlled environment whereas rest (26%) are not sure about it. Although most of the teens who do not perform safe sex and do not use contraceptives are also not sexually involved in a safe space and controlled environment.

## CONCLUSION

A number of important patterns emerge from these data. Demographic factors, risk behaviors and several protective factors were associated with whether they are involved in acts of sexual intimacy.

These similarities of age, sexual orientation and gender etc. probably reflect, in part, demographic similarities between partners. We found out that most of the teenagers haven't received adequate amount of sex education or maybe even after being aware of the risks most of the teenagers still

remain irresponsible. Responses from participants showed variance in communication quality and expertise as well as conflicting views on how consent might affect sexual and relational experiences.

Both sexual and nonsexual risk behaviors were independently associated with lower rates of usage of contraceptives. Having received HIV education in school results with higher rates of use of contraceptives and protected sexual acts. In other studies, sex education has been found to boost contraceptives use in certain subgroups. The influence of family communication on contraceptive use is less established and deserves further exploration. The effectiveness of the present methods of prevention against STD infection and unwanted pregnancy should be explicitly defined in counselling and education, along with the distinct risk factors for these two outcomes.

Many teenagers are still enrolled in school or college. Prior to them starting to engage in sexual risk behaviours, it is crucial to get the attention of kids in elementary and middle school.

Teachers, coaches, school nurses, and school counselors can assist teenagers in getting counseling, education, and health services.

TABLE

<b>TABLE</b>		female			male			trans			Prefer not to say		
		13-14	15-17	18-19	13-14	15-17	18-19	13-14	15-17	18-19	13-14	15-17	18-19
Engaged In sexual acts	yes	1	1	10	1	1	21	-	-	1			
	no	2(6.6)	-	4(13.2)	1(3.3)	-	22(73.6)	-	-	-	-	-	1(3.3)
	Prefer not to say	-	-	1(10)	-	1(10)	8(80)	-	-	-	-	-	-
Receive d sex education	yes	1(2.77)	-	6(16.66)	2(5.55)	1(2.77)	25(69.44)	-	-	1(2.77)	-	-	-
	no	2(7.1)	1(3.57)	7(25)	-	1(3.57)	16(57.14)	-	-	-	-	-	1(3.57)
	unsure	-	-	2(16.7)	-	-	10(83.3)	-	-	-	-	-	-
Partner	yes	2(6.6)	-	9(30)	1(3.3)	1(3.3)	17(57)	-	-	-	-	-	-

					3)	3)	6.66)						
	no	1(3.1 2)	1(3.1 2)	2(6.25 )	1(3.1 2)	-	26(8 1.25)	-	-	-	-	-	1(3.1 2)
	Prefer not to say	-	-	4(28.5 7)	-	1(0.7 1)	8(57. 14)	-	-	1(0.7 1)	-	-	-
Comfort able with partner	yes	1(0.2)	-	12(26. 66)	1(0.2 )	1(0.2)	30(6 6.66)	-	-	-	-	-	-
	no	-	-	-	-	1(14. 2)	6(85. 71)(a sexua l)	-	-	-	-	-	-
	sometime s	1(33. 33)	-	-	1(33. 33)	-	-	-	-	1(33. 33)	-	-	-
Discuss without gestation with partner	yes	-	-	10	1	1	27	-	-	-	-	-	-
	no	1	-	1	1	-	2	-	-	-	-	-	-
	maybe	-	-	2	-	1	9	-	-	-	-	-	-
Concept of consent	yes	2(2.7)	1(1.4 )	16(1 homo) (1 demi) (1 asex)( 21.9)	2(2.7 )	1(1.4)	50(2a sexua l)(2 bi)(1 homo ) (68. 48)	-	-	1(bi)( 1.4)	-	-	1(bi)( 1.4)
	no	-	-	-	-	1	-	-	-	-	-	-	-
	unsure	1(50)	-	-	-	-	1(50)	-	-	-	-	-	-
safety	Feel safe	-	-	8(28.5 7)	-	-	20 (71.4 2)	-	-	-	-	-	-
	Not safe	-	-	-	-	-	4(80)	-	-	1(20)	-	-	-
	Maybe	1(11.1	-	-	1(11.	-	7(77.	-	-	-	-	-	-

		)			1)		8) (1 bi)						
	Not sure	-	-	2(25)	-	1(12.5)	5(62.5)	-	-	-	-	-	-
Emotionally affect	yes	-	-	13	-	1	34	-	-	-	-	-	-
	no	-	-	-	1	1	4	-	-	1	-	-	-
	Not sure	1	1	-	1	-	6	-	-	-	-	-	-
Contraception	yes	-	-	6	-	-	26	-	-	-	-	-	-
	no	-	-	2	-	1	6	-	-	1	-	-	-
	Sometimes	1	-	1	1	-	-						
Know about STDs	yes	-	1	12	-	1	48	-	-	1	-	-	1
	no	-	-	-	-	-	2	-	-	-	-	-	-
	maybe	-	-	2	-	-	-	-	-	-	-	-	-
Perform safe sex	n/a	-	-	6	-	1	20	-	-	-	-	-	1
	yes	1	-	4	-	-	23	-	-	-	-	-	-
	no	-	-	3	-	1	1	-	-	1	-	-	-
Searching for sex ed.	Before 13	1	1		1	1	6	-	-	1	-	-	-
	13-15	-	-	7	1	1	28	-	-	-	-	-	1
	16-17	-	-	3	-	-	13	-	-	-	-	-	-
	After 17	-	-	4	-	-	2	-	-	-	-	-	-

Annexure:

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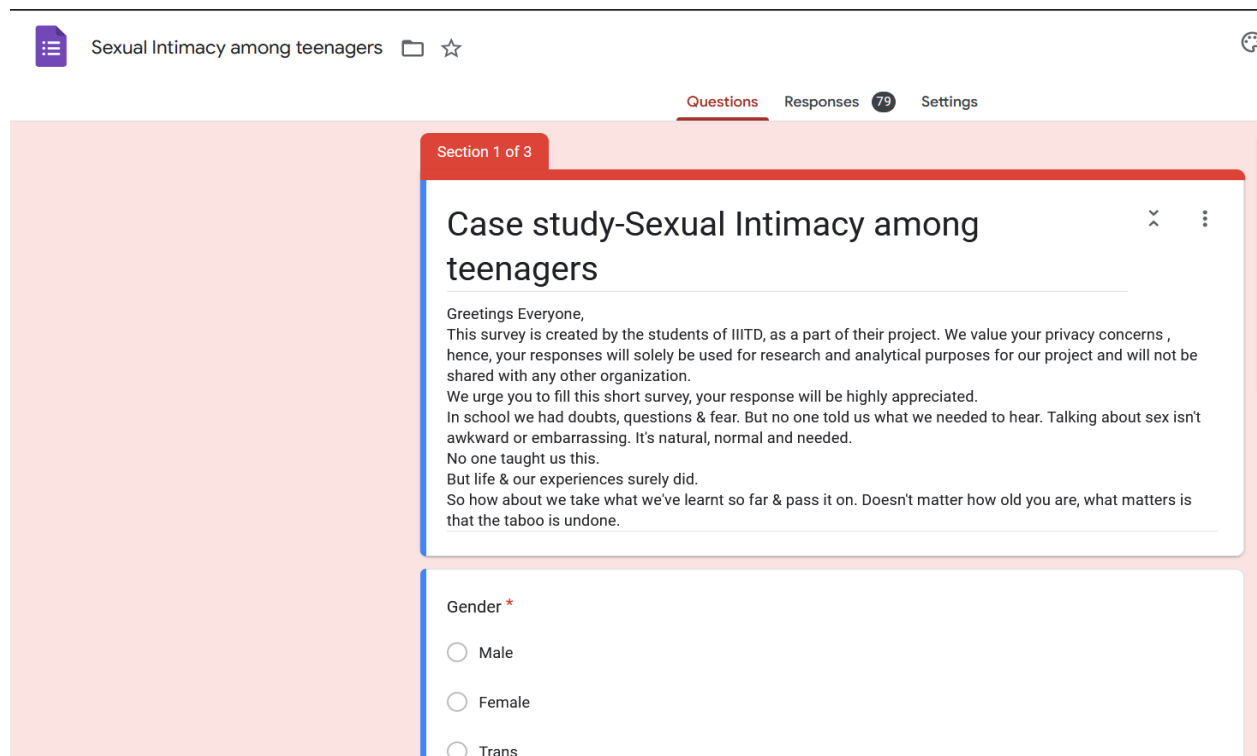
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FORM:

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Sexual Intimacy among teenagers

Questions Responses 79 Settings

Section 1 of 3

Case study-Sexual Intimacy among teenagers

Greetings Everyone,  
This survey is created by the students of IIITD, as a part of their project. We value your privacy concerns ,  
hence, your responses will solely be used for research and analytical purposes for our project and will not be  
shared with any other organization.  
We urge you to fill this short survey, your response will be highly appreciated.  
In school we had doubts, questions & fear. But no one told us what we needed to hear. Talking about sex isn't  
awkward or embarrassing. It's natural, normal and needed.  
No one taught us this.  
But life & our experiences surely did.  
So how about we take what we've learnt so far & pass it on. Doesn't matter how old you are, what matters is  
that the taboo is undone.

Gender \*

☐ Male

☐ Female

☐ Trans



Questions

Responses

79

Settings

☐ Prefer not to say

☐ Other...

Age

☐ 13-14

☐ 15-17

☐ 18-19

Sexual orientation

☐ Heterosexual

☐ Homosexual

☐ Bisexual

☐ Asexual



Questions

Responses

79

Settings

☐ Other...

What do you think motivates teens to have sex?

☐ You like the way it feels

☐ Peer pressure

☐ Pressure from partner

☐ Feeling of Maturity

☐ To Express and Receive Love

☐ Social Media influence

☐ Movies,pop-culture or series

☐ Other...

Have you engaged in any act of sexual intimacy?



Questions

Responses

79

Settings

Have you engaged in any act of sexual intimacy?

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

What was the reason to engage in sexual intimacy?

- ☐ You like the way it feels
- ☐ Peer pressure
- ☐ Pressure from partner
- ☐ Feeling of maturity
- ☐ To express and receive love
- ☐ Social Media influence
- ☐ Movie, pop-culture or series



Questions

Responses

79

Settings

Section 2 of 3

Sex Education



Description (optional)

What do you think comes under sexual intimacy?

- ☐ Sexual intercourse
- ☐ All kinds of physical touch
- ☐ mental/emotional Connect
- ☐ Other...

What do you understand by sex education?

Short answer text





Questions

Responses

79

Settings

Do you understand the concept of consent?

- ☐ Yes
- ☐ No
- ☐ Unsure

Which of these scenarios express consent?

- ☐ The person explicitly said yes to engage in sex.
- ☐ The person seemed reluctant, but said yes.
- ☐ The person said maybe
- ☐ The person said yes, but later said no
- ☐ The person said yes, but looked uncomfortable.
- ☐ The person said yes, and was enthusiastic throughout the course of sexual activity
- ☐ Other...



Questions

Responses

79

Settings

☐ after 17

What is your source for sex education?

- ☐ Media and television
- ☐ School
- ☐ Parents
- ☐ Social media
- ☐ College
- ☐ Friends
- ☐ Books
- ☐ Other...

After section 2 Continue to next section





Questions

Responses

79

Settings

Section 3 of 3

Self-Awareness



Self-awareness is about paying attention to your patterns, pain points, strengths, and blind spots; and it's the essential foundation of a healthy intimate relationship. Being curious about why you do what you do, feel what you feel, and think the way you think.

Are you sexually involved?



- ☐ Yes
- ☐ No
- ☐ Prefer not to say

If you are not then what are your concerns?

- ☐ Being Judged
- ☐ Risks Involved
- ☐ Space Problems



Questions

Responses

79

Settings

- ☐ You feel its inappropriate.
- ☐ Other...

Do you have a partner/multiple partners?

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

Do you feel comfortable and safe with your partner ?

- ☐ Yes
- ☐ No
- ☐ Sometimes



Sexual Intimacy among teenagers



Questions

Responses

79

Settings

Can you discuss about this subject with your partner without any hesitation?

- ☐ Yes
- ☐ No
- ☐ Maybe

Do you understand whether getting involved physically affect you emotionally?

- ☐ Yes
- ☐ No
- ☐ Not sure

Do you believe you perform safe sex?

- ☐ Yes
- ☐ No



Sexual Intimacy among teenagers



Questions

Responses

79

Settings

- ☐ N/A

Do you know about the sexually transmitted diseases such as Chlamydia, Genital herpes and HIV/AIDS, etc.

- ☐ Yes
- ☐ No
- ☐ Maybe

Do you use proper contraceptives?

- ☐ Yes
- ☐ No
- ☐ Sometimes



What kind of contraceptives do you use?

- ☐ Condoms
- ☐ Copper T
- ☐ Cervical caps
- ☐ Spermicides
- ☐ Other...

Do you feel you are sexually involved in a safe space and controlled environment?

- ☐ Yes
- ☐ No
- ☐ Maybe
- ☐ Not sure

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