



Name \_\_\_\_\_ Date \_\_\_\_\_  
Instructor \_\_\_\_\_ Section \_\_\_\_\_

## Inventory of Attitudes and Behaviors toward Sexually Transmitted Infections

This laboratory is designed to help you identify attitudes and behaviors that increase your risk of contracting an STI. Remember, all STIs are preventable, and you determine your risk of being infected.

Read the following statements about sexual attitudes and behaviors, and identify whether each statement is true or false for you. Then score your answers and compute your level of risk for contracting an STI.

	True	False
1. I maintain a monogamous sexual relationship with a trusted partner.	___	___
2. I never engage in sexual activities without using a condom.	___	___
3. I never use alcohol or other drugs prior to sexual activities.	___	___
4. I am knowledgeable about the health risks associated with STIs.	___	___
5. I have a thorough knowledge about how all STIs are transmitted.	___	___
6. I do not share needles or syringes to inject drugs.	___	___
7. I am concerned about the risk of contracting an STI.	___	___
8. I always discuss STIs and "safe sex" with new partners prior to having sexual relations.	___	___
9. I always avoid sexual contact if I believe there is any risk of contracting an STI.	___	___
10. I believe that responsible "safe sex" is one of the best ways to reduce the chances of getting an STI.	___	___

### SCORING AND INTERPRETATION

Total False \_\_\_\_\_

Count the number of "false" answers, and calculate your risk level for contracting an STI as follows:

- 0 "false" answers = low risk for infection with STI
- 1–3 "false" answers = high risk for infection with STI
- 4 or more "false" answers = very high risk for infection with STI

After calculating your risk, review all of the statements that you answered "false," and take action to correct this attitude or behavior so that you can respond "true" to these statements in the future. Answer the following questions to help you evaluate your sexual practices and think about STI prevention.

- List three ways to bring up the subject of STIs with a new partner. How would you ask whether he or she has been exposed to any STIs or engaged in any risky behaviors?
- List three ways to bring up the subject of condom use with your partner. How might you convince someone to use a condom who does not want to?
- If you had an STI in the past that you might still possibly pass on (e.g., herpes), how would you tell your partner(s), and what precautions would you take during each act of sexual activity?

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.