

Sexual Pleasure Checklist Tool

The checklist has been produced by the Share-Net Netherlands Community of Practice on Sexual Pleasure, and was inspired by the work of the Global Advisory Board on Sexual Health and Wellbeing.

For more information of sexual pleasure and wellbeing, please see the Community of Practice on Sexual Pleasure's [resource page](#)

How to use the checklist:

- The checklist is a first step in improving Sexual and Reproductive Health (SRH) policies and programmes by assessing how far sexual pleasure and wellbeing is integrated and addressed and highlighting if there are any major gaps. You can fill in the checklist individually or as a team.
- For each statement and question, you can fill in whether your SRH policies/programmes are addressing the issue, not addressing the issue or not sufficiently addressing the issue. It also includes space for comments and actions to improve the situation.
- It is important that to fill in the comments section as this will aid future programme planning.
- You need to be reflective and analyse the answers and discuss why certain aspects are not or not sufficiently addressed within your programme and think about how this could be rectified. You can decide to share the results with relevant stakeholders for approval and validation.
- Priorities need to be selected and an action plan needs to be developed to address the most urgent issues.
- You need to decide which gaps need to be a prioritised and how they can be addressed.
- Make an action plan for making changes and decide how to monitor and evaluate progress.

Be aware that the statements of the checklist are representing 'an ideal situation'. No programme will be able to respond 100% yes to all the statements included. Please see this as the end result we all want to strive towards.

For more detailed introduction and explanation, please [download the pdf](#) version of the checklist

1. The checklist

There are 3 cross cutting issues that help to assess the extent of the integration of sexual pleasure and wellbeing in SRH programmes

✓ Sexual rights
✓ Gender equality / transformation
✓ Sex positivity

a. Content of SRH programming

The programme, through its content:

		Yes	Yes but needs improvement	No	Not applicable	Comments/ Notes
Sexual rights	Affirms that every person, regardless of their age, has the right to enjoy the highest attainable standard of sexual wellbeing and sexual pleasure.					
	Addresses the specific challenges to enjoying sexuality and sexual relationships, for all (i.e. including young people with disabilities etc.).					
	Condemns any form of discrimination and unjust or unequal treatment /portrayal regarding sexual wellbeing and pleasure based on a person's ethnicity, appearance, behaviour, gender or sexual identity characteristics, ability and including HIV status.					

	Affirms every human being's right to life, liberty and to be free from harm, which includes the right to express one's sexuality and gender free from coercion or violence.					
Gender equality						
	Addresses gender-based violence - specifically against girls, women, Lesbian, Gay, Bisexual, Transgender Intersex (LGBTI+) people and anyone who does not conform to the existing norms.					
	Promotes equal relationships in the family and working relationships.					
	Explains that same-sex sexual acts and that all gender identities and expressions should be decriminalised.					
	Affirms that all genders and gender identities can express sexual desires and fantasies as long as they don't infringe on other people's rights and freedoms.					
	Affirms the right of all people, regardless of sexual orientation or gender identity, to express and to make decisions about their sexuality privately.					
	Ensures that pleasure is addressed in a similar way as for girls and women as for other genders.					

	<p>Male sexuality is presented as nuanced and as complex as female sexuality.</p> <p>Resources: Love Matters Body is Not an Apology</p>					
Sexual Positivity						
	<p>Focuses on 5 circles of sexuality (intimacy, sensuality, sexual orientation/gender identity, sexual behaviour and practices, sexual and reproductive health) as essential aspects of everyone's private life.</p>					
	<p>Is explicit in face to face and written communication on sexual pleasure (e.g. showing clitoris, explaining masturbation, orgasm etc.), while noting that sexual pleasure is experienced differently for different people.</p>					
	<p>Promotes that people can freely express and explore their sexuality in a safe, healthy and pleasurable way.</p>					
	<p>Explains that safer sex and enjoyable sex are related.</p> <p>Ensures comprehensive quality, evidence-informed information on how sexual pleasure and acceptance /use of contraceptive are related.</p>					

	Encourages dialogue between sexual partners to talk about sexual pleasure and discuss what they want/don't want to happen during sex.					
	Explains that sexual interactions should only happen if both partners consent; one of the partners can stop consenting in the activity at any time. Provides guidance on how to give and retract consent by sharing tangible methods and examples to do so.					
	Includes areas of sexual pleasure in history taking. Resource: Pleasure meter					
	Explains sexual response during sexual abuse/rape.					
	Gives specific information/counselling on having pleasurable sex /enjoying sex after abortion, sexual violence and during infertility treatment.					
	Works to develop media literacy to critically evaluate media content especially in relation to porn and guides on safe use of social media including sexting and sharing explicit materials. Resources:					

	<p>Media Literacy for Youth: Let's Talk Resources</p> <p>Porn Literacy: Boston Public Health Commission on porn literacy Teen Health Source Porn Literacy</p>					
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B. Delivery of SRH programmes

The programme, through its approaches in delivery:

		Yes	Yes but needs improvement	No	Not applicable	Comments / Notes
Sexual rights						
	<p>Uses unbiased and/or positive language when discussing sex, sexuality and sexual pleasure.</p> <p>(e.g. having multiple partners instead of promiscuity).</p>					
	<p>Ensures that all recipients feel confident and free to express their sexuality</p>					

	<p>Acknowledges that in different cultural contexts pleasure, sexuality and relationships can be different.</p> <p>Works to ensure that the information and education on sexual pleasure is understandable in and adapted to different contexts (i.e. wording, language, imagery etc).</p>					
	<p>Promotes critical thinking skills among recipients regarding gendered inequalities in society in regards to having pleasurable and/or enjoyable sex.</p>					
Gender equality						
	<p>Takes into account how the gender and age (as well as ethnicity, language, level of education) of the educator(s)/service provider(s) affect(s) the content and the interaction with recipients.</p>					
	<p>Ensures that language used is gender inclusive and clear.</p>					

	Addresses gender bias (conscious or unconscious) in communication on sexual pleasure and how (harmful) sexual norms are linked to gender stereotypes.					
	Ensures an empowering approach towards all genders with special attention towards those who are often marginalised in relation to sexuality (such as adolescent girls and young women, LGBTI and anyone who does not conform to the existing norms) to enjoy their sexuality.					
Sex Positivity						
	Moves from a risk reduction approach to a pleasure positive approach in messaging, education and service delivery.					
	Makes a clear distinction between myths, facts and values in interactions with recipients.					
	Ensures that all recipients can freely express their views and needs regarding sexual pleasure without being stigmatised or ridiculed.					

	Uses interactive methods to promote exploration of personal values and critical thinking skills regarding sexual pleasure.					
	Through value clarification workshops, providers/educators learn to be aware of their own feelings and prejudices regarding sexuality and sexual pleasure.					

C. Implementation: research/ management/institutional commitment/policies/ advocacy

To be able to implement and integrate sexual pleasure and wellbeing in a SRH programme or activities, the organisation needs to be committed to create an enabling and conducive environment. This means that research, management, the policies as well as effective advocacy initiatives need to be in place.

The organisation:

		Yes	Yes but needs improvement	No	Not applicable	Comments / Notes
Sexual rights	Ensures adequate level of sexual rights related competencies (knowledge, skills and attitudes) among its staff at all levels by facilitating continued capacity building, reflection and learning for staff/volunteers.					

	Internally encourages own staff to invest time, funding and human resources, to the greatest extent possible, to ensure staff strengthen their capacity to integrate sexual right/sexual wellbeing in their activities. Then work to encourage other organisations to do the same by highlighting the value of doing so.					
	Ensures that advocacy initiatives focus on sexual wellbeing as a human right.					
	Encourages organisations to have an active inclusive/non-discriminatory recruitment process in place.					
	Has policies in place that prevent and addresses discrimination of people with different sexualities, preferences and gender identities.					
Gender equality	Ensures adequate level of gender equality related competencies (knowledge, skills and attitudes) among its staff at all levels, by facilitating continued capacity building, reflection and learning for staff/volunteers.					
	Ensures there is support for LGBTI+ learners/staff/volunteers.					
	Treats all members of staff/volunteers in the same way, regardless of gender or sexual identity.					
Sex positivity	Ensures a sex positive approach in the profile of the organisation and internal and external communication.					
	Ensures funding/support of research to showcase the benefits of a sex positive approach.					

	Includes sex positive and rights based attitudes as a requirement, in the recruitment process of new CSE staff by including sex-positive interview questions, sex-positivity as part of job descriptions and introduction training for new staff and volunteers etc.					
	Ensures adequate level of competencies (knowledge, skills and attitudes) on the sex positive non-discriminatory approach among its staff at all levels, by facilitating continued capacity building, reflection and learning for staff/volunteers.					
	Is committed to advocate for SRH organisations to establish sex positive, rights-based programmes as the organisation's minimum standard.					
	Supports/initiates research to showcase the importance of addressing sexual wellbeing/pleasure for general health and wellbeing.					
	Promotes core funding of the sexual wellbeing perspective into all programmatic areas and research/ funding proposals.					