



WELLNESS WORKSHEET 36

Test Your Sexual Knowledge and Attitudes

Part I. Your Sexual Knowledge

When 2000 Americans were asked a series of questions about sexuality by the Kinsey Institute, only 45% of the respondents answered more than half the questions correctly. See how you do on this sample of true-or-false questions.

- | | T or F |
|--|---------------|
| 1. The average American first has sexual intercourse at about 16 or 17 years of age. | _____ |
| 2. About 6 to 8 out of every 10 American women have masturbated. | _____ |
| 3. Most women have orgasms from penile thrusting alone. | _____ |
| 4. All men like large female breasts. | _____ |
| 5. People usually lose interest in sexual activities after age 60. | _____ |
| 6. Masturbation is physically harmful. | _____ |
| 7. The average length of a man's erect penis is 5 to 7 inches. | _____ |
| 8. Impotence usually cannot be treated successfully. | _____ |
| 9. Petroleum jelly, Vaseline Intensive Care, and baby oil are not good lubricants to use with a diaphragm or condom. | _____ |
| 10. Most women prefer a sexual partner who has a large penis. | _____ |
| 11. A woman cannot get pregnant if she has sex during her menstrual period. | _____ |
| 12. A woman cannot get pregnant if the man withdraws his penis before ejaculating. | _____ |

Answers: 1. T; 2. T; 3. F; 4. F; 5. F; 6. F; 7. T; 8. F; 9. T; 10. F; 11. F; 12. F

How well did you score? If you're not satisfied with your level of knowledge, consider checking your local library or bookstore for reputable self-help books about sexual functioning.

(over)

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Part II. Your Sexual Attitudes

For each statement, circle the response that most closely reflects your position.

| | Agree | Not sure | Disagree |
|---|--------------|-----------------|-----------------|
| 1. Sex education encourages young people to have sex. | 1 | 2 | 3 |
| 2. Homosexuality is a healthy, normal expression of sexuality. | 3 | 2 | 1 |
| 3. Members of the other sex will think more highly of you if you remain mysterious. | 1 | 2 | 3 |
| 4. It's better to wait until marriage to have sex. | 1 | 2 | 3 |
| 5. Abortion should be a personal, private choice for a woman. | 3 | 2 | 1 |
| 6. It's natural for men to have more sexual freedom than women. | 1 | 2 | 3 |
| 7. Condoms should not be made available to teenagers. | 1 | 2 | 3 |
| 8. Access to pornography should not be restricted for adults. | 3 | 2 | 1 |
| 9. A woman who is raped usually does something to provoke it. | 1 | 2 | 3 |
| 10. Contraception is the woman's responsibility. | 1 | 2 | 3 |
| 11. Feminism has had a positive influence on society. | 3 | 2 | 1 |
| 12. Masturbation is a healthy expression of sexuality. | 3 | 2 | 1 |
| 13. I have many friends of the other sex. | 3 | 2 | 1 |
| 14. Prostitution should be legalized. | 3 | 2 | 1 |
| 15. Women use sex for love, men use love for sex. | 1 | 2 | 3 |
| 16. Our society is too sexually permissive. | 1 | 2 | 3 |
| 17. The man should be the undisputed head of the household. | 1 | 2 | 3 |
| 18. Having sex just for pleasure is OK. | 3 | 2 | 1 |

Scoring

Add up the numbers you circled to obtain your overall score. Find your score and rating below.

- 1–18 Traditional attitude about sexuality
- 19–36 Ambivalent or mixed attitude about sexuality
- 37–54 Open, progressive attitude about sexuality