

Sex History Questionnaire- Brief

Sexual development timeline questions:

What are some of your first erotic memories, or, when do you first remember noticing that your body could become sexually aroused? (a time you found someone attractive, a time masturbating, finding pornography, etc.)?

What were your thoughts/feelings about it?

When was your first kiss? Who was it with?

What were your thoughts/feelings about it at the time? Now?

Did you “date” anyone in elementary/middle school? If so, what was that like?

When did you first learn what sex was? How was it introduced to you?

What were your thoughts/feelings about it at the time? Now?

When do you first remember masturbating or attempting masturbation?

What were your thoughts/feelings about it at the time? Now?

When was the first time you had a sexual experience with another person?

What were your thoughts/feelings about it at the time? Now?

During sex, do you experience an orgasm? Have you ever? If not, what have you tried to see if you can orgasm?

When was the first time you had sex?

What were your thoughts/feelings about it at the time? Now?

Who was your next sexual partner? What was sex like?

What were your thoughts/feelings about it at the time? Now?

(repeat as necessary)

When do you first remember looking at pornography or reading erotica?

What were your thoughts/feelings about it at the time? Now?

Puberty questions:

When did you first learn about puberty? Who taught you about how your body changes?

Where were you and what happened when you first got your period (menarche)? Did anyone help you? How was it handled after this event?

Do you ever remember having a wet-dream (nocturnal emission) as a kid? Did anyone help explain to you what was happening? What was that like for you? How was it handled after this event?

What was it like for you as you noticed your body changing?

Was there any part that was difficult about it?

Were you an early or late “bloomer”? What impact, if any, did that have on you?

Sexual culture questions:

Do you remember seeing your parents naked? Your siblings? Other caregivers? Friends?

What were your thoughts/feelings about it?

How did your family talk about sex & masturbation?

What impact did this have on you?

How did your friends talk about sex and masturbation?

What impact did this have on you?

If you practiced religion as a child, how did your faith community talk about these things?

What impact did this have on you?

Have you ever experienced a difficulty accepting your body or hating your body?

What impact did this have on you?

How often do you experience sexual harassment?

What impact did this have on you?

Have you ever been forced to be sexual with someone without your consent?

What impact did this have on you?

Sexual health questions:

Do you have any medical history that impacts your sexual life (e.g., difficult birth, prostate problems, chronic yeast infections or UTIs, etc.)?

Do you experience sexual pain? Loss of an erection? Difficulty controlling the timing of your orgasm?

What is sex like for you today? What do you think are your strengths? What would you like to improve on?