

## Sexual Health Literacy Scale (SHLS-106)

All items have 5- point Likert response(5=Very high,4=High,3=Middle, 2=Low,1=Very Low)

### Factor1: Understanding and application (29)

1- To what extent do you believe in equal rights for women and men?

2- In any situation, you must be ready to have sex if the other party wishes

Establishing a pitiful emotional relationship and creating emotional dependence on the other party is a sexual abuse-3

The request for sexual intercourse by each of the parties in the relationship is respectable - 4

5- How important is counseling with parents to create and develop children's sexual health?

6- There is a need to update the information related to sexual care with time conditions

7- It is mandatory to teach children about sexual issues in the framework of the values of every country

8- To what extent should we give sexual information to our child?

9- The act of self-gratification is a natural thing

10- After having sex with your wife and experiencing an orgasm, it is normal to have a headache or have a guilty conscience.

11- To what extent having only one sexual partner is better for sex

12- It is normal for women to have sex without establishing an emotional relationship

13- A normal sexual relationship requires a balance of the emotional dimension and sexual interest on the part of the relationship

14- Physiologically, men and women are more similar than different in sex

15- Sexual stimuli are different in men and women

16- Stress and anxiety can endanger sexual health

17- It is necessary to observe personal hygiene before having sex

Sexually transmitted diseases may cause infertility 18-

Some drugs decrease/increase sexual activity -19-

Thirdly, the use of drugs (drug addiction) reduces sexual activities -20

21- Sometimes you can enjoy sex even without experiencing orgasm

22- Urine (fluid before ejaculation) does not always contain sperm

23- Variety of sexual relations methods increases sexual satisfaction

- 24- To what extent sexual problems can be secondary to non-sexual problems
- 25- Having regular and quality sex strengthens the body's defense system
- 26- In case of sexual abuse (such as rape), you should consult a psychiatrist/psychologist for treatment
- 27- In case of sexual abuse (such as rape), the legal authorities should be informed
- 28- A person suffering from sexually transmitted diseases may not have any symptoms
- 29- Sexual disorders are also treatable

### Factor2: Sextual Skills (25)

- 1-How important is the complete satisfaction of the other party's sexual needs
- 2- Pretending to enjoy sex is a natural thing
- 3- How important is women's orgasm from men's point of view?
- 4- Asking for sex with your wife should be accompanied by respect
- 5- To what extent sexual words can be used in sexual relations
- 6- To what extent emotions should be controlled in sex
- 7- To what extent commitment and intimacy are important elements of a healthy sexual relationship
- 8- It is important to have flirting/foreplay/backplay before, during and after sex.
- 9- One should know the points sensitive to the stimulation of one's own body and that of one's spouse in sexual relations
- 10- Talking with your wife about sexual issues outside the bed helps to increase the quality of sexual and marital relations
- 11- Other methods can be used to satisfy sexual needs during menstruation
- 12- It is possible to have sex during pregnancy with caution
- 13- The quality of sex can be increased by teaching sexual skills
- 14-Sexual behavior can be learned and taught
- 15- Marital intimacy increases the desire and quality of the relationship.
- 16- Learning sexual courage is a major skill in sexual life
- 17- In order to improve sexual relations, each person's personality problems must first be treated with specialized counseling

- 18- Rushing to end sex is a destructive way.
- 19- Exploration with the sexual organ increases the quality of sex
- 20- Prematurely worrying about being judged by a sexual partner increases orgasm.
- 21- The skill of de-uniformity increases the quality of sexual intercourse through new sexual roles.
- 22- Sometimes the use of sex toys improves the quality of sex with the consent of the spouse.
- 23- Touching the wife's body without sexual purpose creates sexual desire.
- 24- Sexual excitement can be created in a sexual relationship.
- 25- Constantly pretending to reach the peak of sexual pleasure by the spouse is a harmful skill.

### Factor3: Individual socio-cultural Barriers (22)

- 1- If rape occurs among family members, it should not be revealed
- 2- The act of masturbation should be blamed.
- 3- If we are not satisfied with our sex, we should not talk about it
- 4- To what extent having sex is a solution only to the extent of fulfilling the duty to maintain married life
- 5- If a girl loses her virginity before marriage, she must hide it from her family
- 6- Having sex with your wife is an animal phenomenon
- 7- It is mandatory to have hijab and modesty in sex
- 8- Having sexual fantasies is a natural thing
- 9- People should not share their sexual fantasies with their spouses
- 10- People should not share their sexual fantasies with their spouses
- 11- Having sex during menstruation is dangerous
- 12- If there is a hymen, pregnancy will not occur at all
- 13- The number of relationships before the current relationship has destroyed the quality of the relationship
- 14- Having sexual experience before the current sexual intercourse is a negative point.
- 15- The main purpose of sexual intercourse is to have children and it does not strengthen the relationship of couples.

- 16- In order to have a good sexual relationship, a woman must always submit to a man's request.
- 17- Sexual relationship is instinctive and education does not affect it.
- 18- A person's dignity is lost when he has had sex before marriage
- 19- Talking about sexual issues lowers the dignity of women
- 20- Performing the customs of the wedding night shows the social status of the parties
- 21- Inner shame during sex with their spouse shows a human being.
- 22- A woman's silent sex is a form of modesty

#### Factor 4: Capacity and Motivation (12)

- 1- To what extent is it necessary to refer to a psychologist or psychiatrist when problems related to sexual issues occur?
- 2- By eating healthy, exercising and living a healthy lifestyle, we can increase the quality and duration of our sex life
- 3- Low sexual self-confidence reduces sexual satisfaction
- 4- The nature of sex in women changes after menopause
- 5- The phenomenon of menopause in a woman means the end of her sexual life
- 6- Menopause also occurs in men and starts with a sharp decrease in sexual desire
- 7- Menopause in men, unlike women, is unpredictable and gradual
- 8- To what extent do people get sexually aroused due to visual or auditory stimuli of the other party?
- 9- To what extent women tend to associate sex with emotional feeling and intimacy
- 10- Sensitive points for stimulation are similar in men and women
- 11- A negative perception of one's physical characteristics causes a decrease in sexual satisfaction or a decrease in sexual arousal
- 12- To what extent are you aware of your sexual orientation (tendency to the opposite or the opposite sex)?

#### Factor 5: Sexual vulnerability (9)

- 1- Touching or caressing the other person without their consent is sexual abuse
- 2- If a person is suffering from any kind of sexually transmitted diseases, he cannot inform his sexual partner
- 3- The sexual relationship should be stopped with the dissatisfaction of each of the parties at every stage

- 4- Sexual contact with family members is harmful
- 5- Lack of sexual satisfaction leads to having extramarital relationships
- 6- Having risky sexual relations endangers the sexual health of people
- 7- The experience of childhood sexual trauma seriously damages adult sexual relationships
- 8- The act of masturbation can prevent risky sex
- 9- Condoms reduce the risk of sexually transmitted diseases in high-risk sex

**Factor6: Resources to Access Sexual Information (9)**

1. To what extent your sexual information is provided through friends/peers.
- 2- To what extent is your sexual information provided by your family/relatives?
- 3- To what extent is your sexual information provided through virtual social media
- 4- To what extent is your sexual information provided through formal education in schools and universities
- 5- To what extent is your sexual information provided through training outside schools and universities such as workshops or seminars
- 6- To what extent porn movies can be a reliable source for teaching sexual skills
- 7- Missionaries provide sexual information
- 8- Previous personal experiences are the main source of sexual information of each person
- 9- Sexual information should be obtained from specialists