

**Choice of places?** School, college, clubs, parties, anywhere

**Who with?** Anyone you fancy

**What feelings?** Curiosity, excitement, happy, playful  
From chancing-it to longing

**How strong are feelings?** \* One star

**What body changes?** Often none  
\* One star

**Physical health risk :**  Low      Medium      High

**Emotional health risk :** feel "stupid" if ignored, feel great if they flirt with you.

**Social risk:** Can look cool or stupid      **1**      E4 S2

**Choice of places?** Clubs, parties, sometimes public (display!)

**Who with?** a romantic partner

**What feelings?** close, loving, "sexy", excited

**How strong are feelings?** \*\* Two star

**What body changes?** Skin becomes extra sensitive to touch,  
\*\* Two star

**Physical health risk :** Nothing serious

**Physical health risk :**  Low      Medium      High

**Emotional health risk:** Minimal

**Social risk:** Slight      **2**      E4 S2

**Choice of places?** Private or hidden from others

**Who with?** a romantic partner

**What feelings?** extremely close and "sexy", excited, loving, tender could feel nervous, orgasm gives intense pleasure and satisfaction for men and women

**How strong are feelings?** \*\*\*\*\* Five star

**What body changes?** Stimulation of penis causes muscles to squirt out semen during orgasm. Stimulation of clitoris can result in pleasurable orgasm for the woman as well.

\*\*\*\* Four star

**Physical health risk :** None that I know of.

**Physical health risk :**  Low      Medium      High

**Emotional health risk:** feelings of pleasure and excitement are good for health.

**Social risk:** None for me I don't care if find out      **3**      E4 S2

**Choice of places?** usually somewhere quiet, private or public

**Who with?** A romantic partner

**What feelings?** Close, loving, "sexy", very excited, don't want to share partner

**How strong are feelings?** \*\*\* Three star

**What body changes?** Extra blood moves to surface of skin - especially sex organs which become sensitive to touch.

\*\* Two star

**Physical health risk :**  Low      Medium      High

**Emotional health risk:** None

**Social risk:** slight: if wrong person,      **4**      E4 S2

**Choice of places?** Public or semi-private

**Who with?** A romantic partner you want to stay with

**What feelings?** Loving, emotional attachment, complex, possessive

**How strong are feelings?** \*\*\*\* Four star

**What body changes?** Male penis gets erect, female genitals moist and sensitive

\*\*\* Three star

**Physical health risk :** Nothing serious

**Physical health risk :**  Low      Medium      High

**Emotional health risk:** Feels terrible if you break up

**Social risk:** What might others say?      **5**      E4 S2

**Choice of places?** Usually only in private

**Who with?** A romantic, committed or married partner

**What feelings?** Love, tenderness, sexy, caring, loyalty

**How strong are feelings?** \*\*\*\*\* Five star

**What body changes?** penis enters the vagina and releases sperm with male orgasm, female may orgasm

\*\*\*\*\* Five star

**Physical health risk;** No worries for me.

**Physical health risk :**  Low      Medium      High

**Emotional health risk:** None. Fantastic - the most intense feeling of love and closeness possible

**Social risk:** None for me.      **6**      E4 S2