



Sister to Sister

Take Control of Your Health

Sister to Sister: TCYH Values Reflection

Instructions: Type your responses in the fields provided. You can add entries and edit them as you gain experience.

Sister to Sister: TCYH Values Reflection Activity

1. What messages did you receive about sex or sexuality from any of the following sources? (Write down your responses for each section).
 - a. From family?
 - b. From friends?
 - c. From school and/or place of worship?
 - d. From partners?
 - e. From clinical training?
 - f. From society?



Sister to Sister

Take Control of Your Health

-
2. **Consider:** How might these messages impact your ability to speak with women about their sexuality and sexual behavior in an unbiased, non-judgmental way? What might you need to do to address or overcome any potential barriers?