

Bill of Sexual Rights During COVID



UNIVERSITY OF ALBERTA
SEXUAL ASSAULT CENTRE

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I have a right to...

- Develop and maintain healthy attitudes about sex despite the potential for sexual activity with others to contribute to the spread of COVID-19;
- Medically accurate and positive information about 'safe' sexual practices while physical distancing and abstinence are being encouraged;
- Consider my sexual needs alongside my responsibility to help prevent the spread of COVID-19 through physical distancing;
- My own feelings, beliefs, opinions, and perceptions about sex during COVID-19;
- Set my own sexual limits, even if that means abstaining from sexual activity during the pandemic because I am anxious about transmitting or contracting the virus;
- Experience sexual pleasure either on my own or with a partner;
- A partner who respects me, understands me, and is willing to communicate with me about sex and my concerns about COVID-19;
- Sexual privacy, even if I have to engage in contact tracing;
- Stop sexual arousal that feels inappropriate or uncomfortable, particularly if I am abstaining from sexual activity during the pandemic;
- Control the nature and amount of touch and sexual contact;
- Say 'No' to sexual contact for any reason, including because I suspect someone might have COVID-19 symptoms;
- Protection from boundary violations, including engaging in sexual activity with someone who knows or suspects they may have COVID-19 symptoms but has not disclosed that;
- Protection from bodily harm, including contracting COVID-19;
- Talk to my partner about my sexual assault and/or sexual abuse, including how that experience might connect back to my feelings about the pandemic;
- Be in control of my sexual experience and feel safe from the risk of contracting COVID-19.