

6 Sexual Health Principles for Treatment of OCSB

What Is Sexual Health? The Harvey Institute promotes sexual health as an integral component of health and well-being that requires a respectful and positive approach to sexual behavior and sexual pleasure. Sexual health balances sexual rights such as safety, consent, non-coercion, non-discrimination with congruence between individual and societal sexual values, behavior and desires regarding sex with oneself and with others.

Out of Control Sexual Behavior (OCSB): According to Vigorito and Braun-Harvey:

OCSB is a way to describe a sexual concern of those who identify as men who have consensual sexual urges, thoughts or behaviors that feel out of control for them. OCSB focuses on helping those participants organize their sexual health concerns by using the Principles of Sexual Health. In this way, the group helps the participant organize their sexual health concerns by using these Principles of Sexual Health and focus change in the direction of each participant's sexual health goals.

Sexual Health Principle #1: Consent: The permission to sexual satisfaction and intimacy with oneself and willing partners. Establishing consent throughout each step of a sexual interaction provides each sexual partner space for sexual safety and pleasure that is consistent with their sexual desires.

Sexual Health Principle #2: Non-exploitation: Not using power and control to receive sexual gratification from another person, which compromises that person's ability to consent. Each and all participants consider any risk of exploitation as it relates to consent between sexual partners, the potential for harm and the mutual advantageousness for each participants enjoyment. Exploitation also includes being insensitive to the feelings of a partner and family members.

Sexual Health Principle #3: Protected from STIs and unintended pregnancy:

Partners protect themselves, and others, from STI's and unintended pregnancy. This includes access to education, healthcare and contraception.

Sexual Health Principle #4: Honesty: Direct and open communication with partners (*this is not necessarily complete transparency and unlimited candidness*). Self honesty : being open to sexual pleasure, sexual experiences and sexual education.

Sexual Health Principle #5: Shared Values: Clarification of underlying motives, sexual standards and communicating the meaning of specific sexual acts. Continuing conversations about clarifying consent, values and motivations.

Sexual Health Principle #6: Mutual Pleasure: This principle invites clients to consider their bodily, erotic and emotional sensualities, both their own and their partners.