

Friedman Measure of Adolescent Sexual Orientation

Mark Friedman has developed this measure, but does not consider it final. You can contact him at the University of Pittsburgh for further information (Friedmanms@upmc.edu).

Your answers to these questions will describe your sexuality. There are no right or wrong answers. Every person is different.

Please think about each question carefully. Take your time and answer each question as honestly as possible.

For the purposes of this questionnaire, we are going to refer to guys or men as (males) and we will refer to girls or women as (females).

Sexual Attraction – Physical

This set of questions is about your sexual attractions to males and females. Think about times when you experienced some or all of the following **sensations** when you were around another male or female: change in your voice, an erection (for males), getting wet (for females), a sense of “raging hormones”, your heart beating faster, feeling sexually excited. Think of the last week when you experienced an average or usual number of these sensations.

1. How often did you experience these **sensations** (listed in the above paragraph) when you were around males during the last average or usual week: (check one answer):

- Never
- 1 time during the last 4 weeks
- 2-3 times during the last 4 weeks
- 1 time per week
- 2-3 times per week
- 4-6 times per week
- Daily
- Several times daily

If you choose “A”, please skip to question 4.

2. How many males did you feel these **sensations** for during the last average or usual week?

Please write your answer (a number) in this box:

3. Think of males **you do not know** when you answer the following question. How strong were these **sensations** when you were around males during the last average or usual week: (check one answer):

- Weak
- Slightly strong
- Moderately strong
- Very strong
- Extremely strong

(next side please)

Again, think about times when you experienced some or all of the following **sensations** when you were around another male or female: change in your voice, an erection (for males), getting wet (for females), a sense of “raging hormones”, your heart beating faster, feeling sexually excited. Think of the last week when you experienced an average or usual number of these sensations.

4. How often did you experience these **sensations** (listed in the above paragraph) when you were around females during the last average or usual week: (check one answer):

- Never
- 1 time during the last four weeks
- 2-3 times during the last four weeks
- 1 time per week
- 2-3 times per week
- 4-6 times per week
- Daily
- Several times daily

If you choose “A”, please skip to question 7.

5. How many females did you feel these **sensations** for during the last average or usual week?

Please write your answer in this box:

6. Think of females **you do not know** when you answer the following question. How strong were these **sensations** when you were around females during the last average or usual week: (check one answer):

- Weak
- Slightly strong
- Moderately strong
- Very strong
- Extremely strong

(next side please)

Sexual Attraction – Thoughts and Emotions

The last set of questions asked about sexual attraction in terms of what you experience inside your body. The next set of questions ask about sexual attractions also but this time in terms of your thoughts and emotions about others. Consider when you experienced **thoughts and emotions** similar to the following: “She/He is really cute” “Look at that (part of the body) on him/her” “She/He has such a nice (part of body)” “Oh how I’d like to touch or have sex with him/her.”

7. How often did you experience these **thoughts and emotions** (listed in the paragraph above) around males during the last average or usual week: (check one answer):

- Never
- 1 time during the last four weeks
- 2-3 times during the last four weeks
- 1 time per week
- 2-3 times per week
- 4-6 times per week
- Daily
- Several times daily

If you choose “A”, please skip to question 10.

8. How many males did you experience these **thoughts and emotions** for during the last average or usual week?

Please write your answer in this box:

9. Think of males **you do not know** when you answer the following question. How strong were these **thoughts and emotions** around males during the last average or usual week (check one answer):

- Weak
- Slightly strong
- Moderately strong
- Very strong
- Extremely strong

(next side please)

Again, these questions ask about sexual attractions but in terms of your thoughts and emotions about others. Consider when you experienced **thoughts and emotions** similar to the following: “She/He is really cute” “Look at that (part of the body) on him/her” “She/He has such a nice (part of body)” “Oh how I’d like to touch or have sex with him/her.”

10. How often did you experience these **thoughts and emotions** around females during the last average or usual week (check one answer):

- Never
- 1 time during the last four weeks
- 2-3 times during the last four weeks
- 1 time per week
- 2-3 times per week
- 4-6 times per week
- Daily
- Several times daily

If you choose “A”, please skip to question 13.

11. How many females did you feel these **thoughts and emotions** for during the last average or usual week?

Please write your answer in this box:

12. Think of females **you do not know** when you answer the following question How strong were these thoughts and emotions around females during the last average or usual week (check one answer):

- Weak
- Slightly strong
- Moderately strong
- Very strong
- Extremely strong

Sexual Identity

13. What is your sexual identity?

_____ gay

_____ lesbian

_____ bisexual

_____ straight

_____ other (please describe):

(next side please)

14. Sexual Contact: Please complete **Table A**:

Table A

COLUMN ONE TYPE OF SEXUAL EXPERIENCE	COLUMN TWO NUMBER OF PEOPLE YOU DID THIS WITH (FROM COLUMN 1) DURING THE LAST THREE MONTHS	COLUMN THREE DOES THIS TYPE OF SEXUAL ACTIVITY HELP TO MAKE YOU WHO YOU ARE (AS YOU ANSWERED IN QUESTION 13 ABOVE)
Kissed – open mouth with a male		
Kissed – open mouth with a female		
Touched a male’s nipples		
Touched a female’s breasts		
Put your tongue on a male’s nipples		
Put your tongue on a female’s breasts		
Touched a male’s penis		
Touched a male’s penis off until he came		
Touched a female’s vagina		
Touched a female’s vagina until she had an orgasm		
Sucked a male’s penis		
Licked a female’s vagina		
Put your penis into a male’s mouth (for males only)		
Put your penis into a female’s mouth (for males only)		
Put your penis in a male’s anus (for males only)		
Put your penis in a female’s anus (for males only)		
Put your penis in a female’s vagina (for males only)		
A male put his penis into your vagina (for females only)		
A male licked your vagina (for females only)		
A female licked your vagina (for females only)		
Someone put his penis into your anus		
Put your mouth on a female’s anus		
Put your mouth on a male’s anus		

(next side please)

15. How often did you have sexual experiences (any type listed in the table above) with a male during the last three months: (check one answer):

- Never
- 1 time during the last three months
- 2-3 times during the last three months
- 1 time per week
- 2-3 times per week
- 4-6 times per week
- Daily
- Several times daily

16. How often did you have sexual experiences (any type listed in the table above) with a female during the last three months: (choose one answer):

- Never
- 1 time during the last three months
- 2-3 times during the last three months
- 1 time per week
- 2-3 times per week
- 4-6 times per week
- Daily
- Several times daily

17. Take a moment to think about your ideal romantic relationship. This may or may not involve a long-term commitment, falling deeply in love, raising children together, the person who is most primary in your life. Think about who this person might be. Is this person a (check one)

- Male
- Female