



Bell Ringer

- Open your student workbook and turn to page 37.
- Under the heading **Journal Entry**, write a few sentences about how you would define the word sexuality.



Unit 5: Abstinence/Puberty & Personal Health

Lesson 4 –Talking About Sexuality



Healthy Behavior Outcomes

- Be sexually abstinent.
- Treat others with courtesy and respect without regard to their sexuality.



Lesson Objectives

By the end of this lesson, you should:

- Define the term **sexuality**.
- Describe physical, emotional, intellectual and social dimensions of sexuality.
- Identify sources of accurate information about sexuality.
- Explain the importance of talking with parents and other trusted adults about sexuality.



CLASS GROUND RULES

1. All questions are important; no question is a stupid question.
2. Don't ask other people personal questions about themselves or their behaviors.
3. No put-downs.
4. Some topics are off limits (religion and politics).
5. Don't tell personal stories or use real names.
6. Learn the scientific terms and use them.
7. Respect a variety of viewpoints.
8. Everyone has a right to pass.
9. Don't gossip about what's said in class.

BEHAVE RESPECTFULLY TOWARD EACH OTHER.



Summary

- These will be the rules for our class.
- If we follow them, we can create a safe environment for learning and talking about human sexuality.
- Following the rules may take some practice.
- If you think someone is breaking a rule, s so.
- In saying so, be calm and respectful.

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- Now that we have our class rules in place, look at what you wrote at the beginning of class.
 - Would anyone like to share how you would define **sexuality**.



Summary

- Many people think **sexuality** is the same as **sex**.
- This is just one part of it.

What Is Sexuality?

Sexuality is about more than “having sex.” It includes:

- The choices people make about sex
- Their feelings of attraction toward others
- How they feel about themselves as male or female
- How they take care of their bodies
- How well they listen and communicate about sex

Healthy sexuality is about:

- Knowing yourself and your values
- Treating others with respect
- Making responsible choices about sexual behaviors



Aspects of Sexuality

- **Abstinence** or not having sex at this time in their lives, is the best choice for teens. People who do choose to be sexually active need to be mature enough to accept the responsibility and avoid the risks that come with sexual activity.
- People can have different types of sexual attractions, or **sexual orientations**. They may be **heterosexual or straight, gay or lesbian, or bisexual**. Not being sexually attracted to anybody is also normal and OK.



Aspects of Sexuality (cont.)

- How people see themselves in relation to being male or female is called **gender identity**. People who are **transgender** are born as one sex, but feel more like the other. **Gender roles** are ideas about how males or females should behave. These ideas can be influenced by a person's family, culture, peers and society.



Aspects of Sexuality (cont.)

- Taking care of the body includes understanding how the body works, getting regular check-ups to keep the reproductive organs healthy, and taking steps to avoid unintended pregnancy and STD if sexually active.
- Effectively communicating sexual choices can include setting limits to protect sexual health. It is important to express feelings of attraction to other in healthy and appropriate ways. Nobody should ever be forced or pressured into engaging in sexual behaviors.

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- What if someone's choices around sex, gender identity or feelings of attraction for others are different from yours?
 - Do you think it is important to respect the different ways individual people may express these aspects of their sexuality?
 - What might be the benefits of respecting these differences?



Summary

- Part of healthy sexuality is knowing yourself and your values.
- Another equally important part is treating others with respect.
- You may not make the same choices about sex, understanding someone's feelings about his or her gender, or share the same sexual orientation, but respecting these differences creates an atmosphere of acceptance and support that can help all people understand sexuality, take care of their bodies, communicate clearly and achieve good sexual health.

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- What are some things that are part of the physical dimension of sexuality?



Summary

- The physical dimension of sexuality includes how the sexual parts of the body work, how people are able to reproduce or have children, and the hormones in the body that contribute to sexual feelings or **desire**.
- This area also includes a person's physical appearance, whether a person has male or female body parts, and how children grow and develop to become adult men and women.

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- What are some things that are part of the emotional dimension of sexuality?



Summary

- The emotional dimension of sexuality includes how a person feels about being male or female, how people express affection and attraction for each other, sexual desire and feelings around sex.

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- What are some things that are part of the intellectual dimension of sexuality?



Summary

- The intellectual dimension of sexuality includes people's personal beliefs about sex and sexual behaviors, what they think about gender roles and how they expect men and women to behave.

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- What are some things that are part of the social dimension of sexuality?



Summary

- The social dimension of sexuality includes how people express their **masculinity or femininity**, how they show respect for themselves and others, and how their choices about sex are influenced by their family's values, media images and other things in the world around them.

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- Why is it important to be able to talk about sexuality?



Summary

- It is important to talk about sexuality so you can get accurate information to help you make healthy choices.

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- Where do you think most young people get their information about sexuality?



Summary

- Teens may learn the facts about sexuality from talking with their parents, they may get information in health classes at school, they might hear things from their friends, brothers and sisters, or other family members.
- Some teens read about sexuality in books or articles in popular magazines or on the internet.
- Their ideas may also be influenced by what they see in movies, TV shows or video game.



Summary (cont.)

- There is a lot of information out there about sex and sexuality.
- Some of it is true, and some of it is not.
- Because you may hear myths and misinformation about sexuality, it is important to know where to get **reliable, accurate** information that is based on facts.



Summary

- Good sources of accurate information about sexuality may include:
 - Parents
 - School nurse
 - Doctors and other health care providers
 - Library
 - Community health agencies
 - Health teachers
 - Websites sponsored by government agencies and medical or health-related organizations



Summary (cont.)

- Things you hear from friends or read in magazines or online may or may not be accurate.
- It is always best to check out this information with a reliable source, such as your parents, health teacher or health care provider.

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- Why do you think it is important to have a parent, guardian, relative or other trusted adult you can talk to about sexuality?



Summary

- Teens often have a lot of questions about relationships, sex and the feelings that come with being sexually attracted to someone.
- They may also have questions about how their bodies are growing and changing.
- Having a trusted adult to talk to can help you get answers to your questions and support for protecting your sexual health.

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- What is something you learned today about sexuality?