

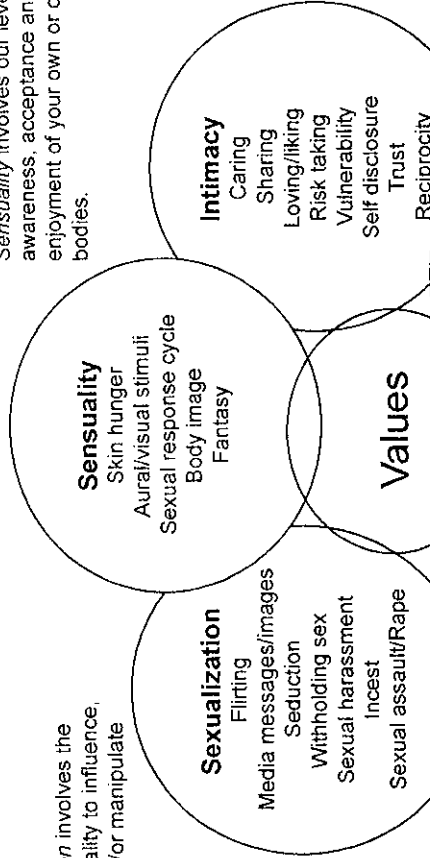
Handout 1

WORKSHOP 1: WHAT IS SEXUALITY?

The Circles of Sexuality

Sexuality encompasses nearly every aspect of our being, from attitudes and values to feelings and experiences. It is influenced by the individual, family, culture, religion/spirituality, laws, professions, institutions, science and politics.

Sensuality involves our level of awareness, acceptance and enjoyment of your own or others' bodies.



Sexualization involves the use of sexuality to influence, control, and/or manipulate others.

Intimacy is the experience of mutual closeness with another person.

Sexual health and reproduction focuses on attitudes and behaviors related to the sexual and reproductive systems, including health and hygiene, the health consequences of sexual behaviors, and the biology of producing children.

Sexual identity is how we perceive ourselves as sexual beings.

—adapted from *Life Planning Education*, 1995, Advocates for Youth, Washington, DC, www.advocatesforyouth.org. Based on the original work of Dennis M. Dailey, Professor Emeritus, University of Kansas.

Handout 2

WORKSHOP 1: WHAT IS SEXUALITY?

OUR WHOLE LIVES BILL OF RIGHTS AND PROGRAM ASSUMPTIONS

Bill of Rights

In this program, you have the right to

- ask any questions you have about sexuality
- receive full and accurate information about sexuality
- gain the knowledge and values you need to make decisions about sexual matters
- be supported in sexual expression that is healthy and life affirming
- be treated with respect by facilitators and other participants in this group

Program Assumptions

- All persons are sexual.
- Sexuality is a good part of the human experience.
- Sexuality includes much more than sexual behavior.
- Human beings are sexual from the time they are born until they die.
- It is natural to express sexual feelings in a variety of ways.
- People engage in healthy sexual behavior for many reasons, including to express caring and love, to experience intimacy and connection with another, to share pleasure, to bring new life into the world, and to have fun and relax.
- Sexuality in our society is damaged by violence, exploitation, alienation, dishonesty, abuse of power, and the treatment of persons as objects.
- It is healthier for young teens to postpone sexual intercourse.

Handout 3

WORKSHOP 1: WHAT IS SEXUALITY?

OUR WHOLE LIVES PROGRAM VALUES

Self-Worth

People are entitled to dignity and self-worth and to their own attitudes and beliefs about sexuality.

Sexual Health

- Knowledge about human sexuality is helpful, not harmful. Every person has the right to accurate information about sexuality and to have their questions answered.
- Healthy sexual relationships are
 - consensual (partners agree about what they will do together sexually)
 - nonexploitative (partners have equal power, and neither pressures or forces the other into activities or behaviors);
 - mutually pleasurable
 - safe (sexual activity brings no or low risk of unintended pregnancy, sexually transmitted infections, or emotional pain)
 - developmentally appropriate (sexual activity is appropriate to the age and maturity of partners)
 - based on mutual expectations and caring
 - respectful (partners value honesty and keeping commitments made to others)
- Sexual intercourse is only one of the many valid ways of expressing sexual feelings with a partner. It is healthier for young teens to postpone sexual intercourse.

Responsibility

- We are called to enrich our lives by expressing sexuality in ways that enhance human wholeness and fulfillment and that express love, commitment, delight, and pleasure.
- All persons have the right and obligation to make responsible sexual choices.

Justice and Inclusivity

- We need to avoid double standards. People of all ages, sexual identities, races, ethnicities, genders, backgrounds, income levels, physical and mental abilities, and sexual orientations must have equal value and rights.
- Sexual relationships should never be coercive or exploitative.
- All of the following are natural in the range of human sexual experience: being romantically and sexually attracted to more than one gender (*bisexual*), the same gender (*homosexual*), another gender (*heterosexual*), and/or to those with

VIDEO LIST

Our Whole Lives: Sexuality Education for Grades 7–9

Facilitators are likely to show a number of the following videos:

Workshop 6: Body Image

- “Dove Evolution” (1:16 minutes), www.youtube.com
- Dove Campaign for Real Beauty (male version) (4:13 minutes), www.youtube.com

Workshop 7: Gender Identity

- ABC’s 20/20, “Transgender at 11: Listening to Jazz,” (7:54 minutes), www.youtube.com
- “Just a Boy—A FtM Transgender Documentary” (5:57 minutes), www.youtube.com
- “Living a Transgender Childhood” (21:48 minutes), www.youtube.com and (in three parts) www.nbcnews.com/video/dateline/48121998
- *Straightlaced: How Gender Has Got Us All Tied Up* (67 minutes), available in DVD format or as a streaming video rental from www.groundspark.com or stream the trailer (2:06 minutes) at <http://groundspark.org/trailers/straightlaced.html>

Workshop 8: Gender Expression, Roles, and Stereotypes

- “Tough Guise: Violence, Media & the Crisis of Masculinity” (7:03 minutes), www.youtube.com
- Trailer for *Killing Us Softly 4: Advertising’s Image of Women* (4:57 minutes), www.youtube.com

Workshop 9: Sexual Orientation

- “Ash Beckham at Ignite Boulder 20” (5:30 minutes), www.youtube.com
- “Ellen DeGeneres: The Beginning, Part 1” (7:53 minutes), www.youtube.com
- Scenes from “First Openly Gay NBA Player Jason Collins and His Family,” www.oprah.com/own-oprahs-next-chapter/Oprahs-Next-Chapter-NBA-Player-Jason-Collins-and-His-Family

Workshop 11: Sexuality and Disability

- *(Sex) Abled* (14:33 minutes), www.youtube.com or stream from <http://sexsmartfilms.com/premium/film/419/45/19/-sex-abled-disability-uncensored#videoContainer>, or purchase DVD from Amanda Hoffman at ama.hoff@gmail.com

- Wheelchair basketball promo, (3:09 minutes), www.youtube.com
- *Murderball* trailer (1:58 minutes), www.youtube.com
- Wheelchair dance competition (5:43 minutes), www.youtube.com
- *Sound of Silence* trailer—"Deaf Can Dance" (3:22 minutes), www.youtube.com
- "Allison Becker—Deaf Contemporary Dancer" (4:37 minutes), www.youtube.com

Workshop 12: Healthy Relationships

- In this workshop, facilitators might show a feature film showcasing relationship issues at an optional session, perhaps at an evening or weekend retreat. They will share information about this session and the chosen film if they decide to do this.

Workshop 14: Sexuality, Social Media, and the Internet

- An introductory article, "Social Media Messed-Up Teens Reveal All," and a selection of YouTube videos (various lengths up to 5 minutes) in which teens talk about their experiences with social media, www.2020science.org/2011/08/24/social-media-messed-up-teens-reveal-all
- Videos at A Thin Line (www.athinline.org), the website of MTV's anti-cyber-bullying campaign; see the list for Workshop 15

Workshop 15: Bullying and Bystander Responsibilities

- "Bars and Melody—Simon Cowell's Golden Buzzer Act" (from 1:10–6:15 minutes, 5:05 minutes total), www.youtube.com
- "Fliers" (0:45 minutes), www.athinline.org/videos/60-fliers
- "Cafeteria" (0:30 minutes), www.athinline.org/videos/59-cafeteria
- "Tattoo" (0:30 minutes), www.athinline.org/videos/1-tattoo
- Other videos at A Thin Line, www.athinline.org
- *Let's Get Real* (35 minutes), available to rent or buy, on DVD or VHS, at www.newday.com/films/LetsGetReal.html; a trailer can be watched at the website (2:37 minutes)

Workshop 16: Redefining Abstinence

- "Sex Needs a New Metaphor" (8:21 minutes), www.ted.com

Workshop 19: Sexuality Transmitted Infections

- "Types of Sexually Transmitted Infections" (9:46 minutes), www.youtube.com
- Videos at Be Smart, Be Well, a website of the U.S. Centers for Disease Control and Prevention (CDC), www.cdc.gov/std/Be-Smart-Be-Well
- "How to Turn a Condom into a Dental Dam" (1:45 minutes), www.youtube.com
- "Female Condom Training" (2:57 minutes), www.youtube.com

Workshop 20: Pregnancy, Parenting, and Teenage Parenthood

- PBS's NOVA, *Life's Greatest Miracle* (53:56 minutes), <http://video.pbs.org>, also for sale on DVD
- "Fetal Growth and Development" (slideshow), www.webmd.com/baby/ss/slideshow-fetal-development
- "Vaginal Childbirth (Birth)" (0:48 minutes), www.youtube.com/watch
- "Labor and Birth BabyCenter" (2:47 minutes), www.youtube.com
- Cesarean section delivery animation (3:31 minutes), childbirthvideo.biz/2008/08/3d-medical-animation-cesarean-birth-c-section/
- *Journey of a Pregnant Man: Thomas Beatie*, part 4 of 5 (7:27 minutes), www.youtube.com
- In this workshop, facilitators might show a clip from a TV show or movie depicting youth parenting. Possible sources include *The Secret Life of the American Teenager*, MTV's *Teen Mom*, *Glee*, and the trailer for the movie *Juno* (2007, PG-13) (2:32 minutes), www.imdb.com/video/imdb/vi340059.

Workshop 21: Unintended Pregnancy Options

- "Abortion in the United States" (3:01 minutes), www.youtube.com
- "Teen Mom Stars Talk Pregnancy and Adoption" (3:11 minutes), www.youtube.com

Workshop 22: Contraception and Safer Sex

- "Dr. Paul: How to Put on a Condom" (3:31 minutes), www.youtube.com
- "Dr. Paul: Why Condoms Break" (2:56 minutes), www.youtube.com
- "Dr. Paul: Condoms—Getting the Right Fit and Feel" (7:25 minutes), www.youtube.com
- "Selling Sex: World's Best Condom Ads" (6:02 minutes), www.youtube.com

Workshop 25: Self-Care, Celebration, and Closure

- "Manhood in the Mirror" (1:58 minutes), www.kevinmd.com/blog/2010/11/testicular-exam-sung-michael-jackson.html
- A message from Dr. David Bell, of the Young Men's Health Clinic, to his son, VTS_06_1.VOB (3:31 minutes), one of four Digital Stories at www.youngmensclinic.org/video.php
- "Sexual Health PSA: STI Testing" (1:39 minutes), www.youtube.com
- "Funny Condom Ad Latest 2013" (1:08 minutes), www.youtube.com
- "Make Sure Your Teen Gets a Better Checkup" (1:29 minutes), www.youtube.com

SAMPLE PARENT/GUARDIAN PERMISSION FORM

Our Whole Lives: Sexuality Education for Grades 7-9

I/We give _____
[child(ren)'s name(s)] permission to participate in Our Whole Lives: Sexuality
Education for Grades 7-9, part of the education program at
_____ [name of organization].

I/We have been offered the opportunity to view program materials. Yes No

I/We have attended an orientation to this program. Yes No

Signed _____
(parent/guardian)

Please print information below:

Name _____

Address _____

Daytime Phone _____

Evening Phone _____

Cell Phone _____

Email _____

Date signed _____

Signed _____
(parent/guardian)

Please print information below:

Name _____

Address _____

Daytime Phone _____

Evening Phone _____

Cell Phone _____

Email _____

Date signed _____