

The background features a black vertical bar on the left. To its right, there are several overlapping, semi-transparent geometric shapes in yellow, teal, and light green. A prominent red diagonal band crosses the lower right portion of the page. Numerous thin, vertical lines in various colors (purple, blue, green, yellow, red) are scattered across the right side of the image.

The  
**Sex**  
Ed Workbook

An Incomplete Guide To Exploring Sex

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# A Note to Readers



# What Is Sex?





# What Have I Been Told About Sex?



**Be sure to reflect on the act of sex, as well as the morality and values attached to those activities.**

1. The first part of the text discusses the importance of maintaining accurate records in a business setting. It emphasizes that proper record-keeping is essential for legal compliance, financial reporting, and operational efficiency. The text notes that without accurate records, a business may face significant legal and financial consequences.

2. The second part of the text focuses on the role of technology in modern record-keeping. It highlights how digital tools and software solutions have revolutionized the way businesses manage their data, making it easier to store, retrieve, and analyze information.

3. The final part of the text concludes by reiterating the importance of a robust record-keeping system. It suggests that businesses should invest in reliable technology and training to ensure that their records are always up-to-date and accessible, thereby supporting their long-term success and growth.



# What Is Sex For?

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Handwriting practice lines on the right side of the page, consisting of 14 horizontal lines.

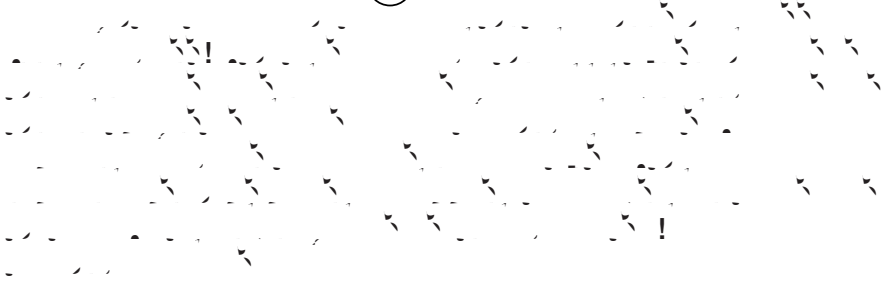


Circle...

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# What Body Parts are Part of Sex?





1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that proper record-keeping is essential for ensuring transparency and accountability in financial reporting.

2. The second part of the document outlines the various methods and techniques used to collect and analyze data. It highlights the need for consistent and reliable data collection procedures to ensure the validity of the results.

3. The third part of the document discusses the challenges and limitations of the research. It acknowledges that there are several factors that can affect the accuracy and reliability of the data, and it provides suggestions for how to minimize these risks.

# How Can I Navigate Body Image?

1. Notice how you feel in your clothes. Do you feel comfortable and confident? Or do you feel self-conscious or embarrassed? Pay attention to your emotions and how they relate to your body image.

- ◊ Consider the societal standards of beauty and how they may influence your body image. Remember that beauty is subjective and varies across cultures and time periods.

2. Practice self-compassion and positive affirmations. Treat yourself with kindness and acceptance, just as you would treat a friend. Remind yourself of your strengths and unique qualities, and challenge negative thoughts and beliefs about your body.

3. Surround yourself with positive influences. Seek out role models and influencers who promote body positivity and self-love. Engage in activities that make you feel good about yourself, such as exercise, hobbies, and spending time with supportive friends and family.

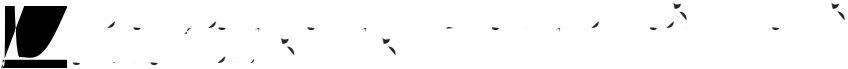
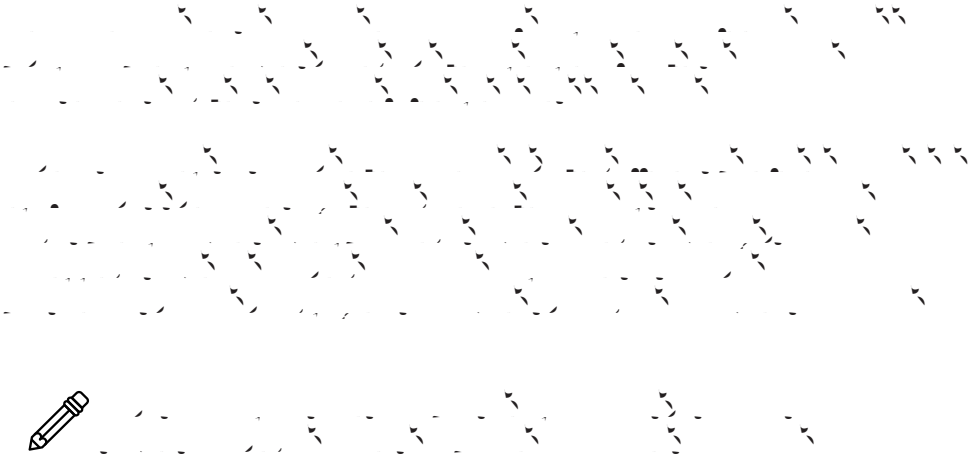
4. Limit exposure to social media and unrealistic beauty ideals. While social media can be a source of inspiration and connection, it can also be a source of comparison and negative body image. Take breaks from social media and focus on real-life experiences and relationships.

5. Seek professional support if needed. If you are struggling with body image issues, consider talking to a therapist or counselor. They can provide guidance and support as you work to improve your self-esteem and body image.

6. Embrace your body as it is. Your body is a unique and beautiful part of you. It has carried you through life's challenges and joys. Appreciate its strength and resilience, and love it for the incredible work it does for you every day.

7. Practice gratitude for your body. Take time each day to appreciate and thank your body for all it does for you. Focus on the things you love about your body, such as its ability to move, feel, and experience the world. Gratitude can help shift your perspective and foster a more positive relationship with your body.

# What Type of Touch Do I Want?





Visit these resources to learn more about specific sexual activities that you may want to explore!





# How Do I Feel About Having Non-Sober Sex?



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# What Other Aspects of My Health Impact Sex?



What other aspects of my health impact sex? How do my health conditions, medications, and other factors affect my sexual health and satisfaction? This section explores the connection between overall health and sexual well-being.









# What are my Boundaries?





*having sex.*

*while*





# How Do I Help My Friends?

Circle the strategies for helping a friend that I feel comfortable doing:



# Campus Support

Office of Victim Assistance (OVA)

Counseling & Psychiatric Services (CAPS)

Office of Institutional Equity and Compliance (OIEC)

Pride Office

Health Promotion

Medical Services at Wardenburg

