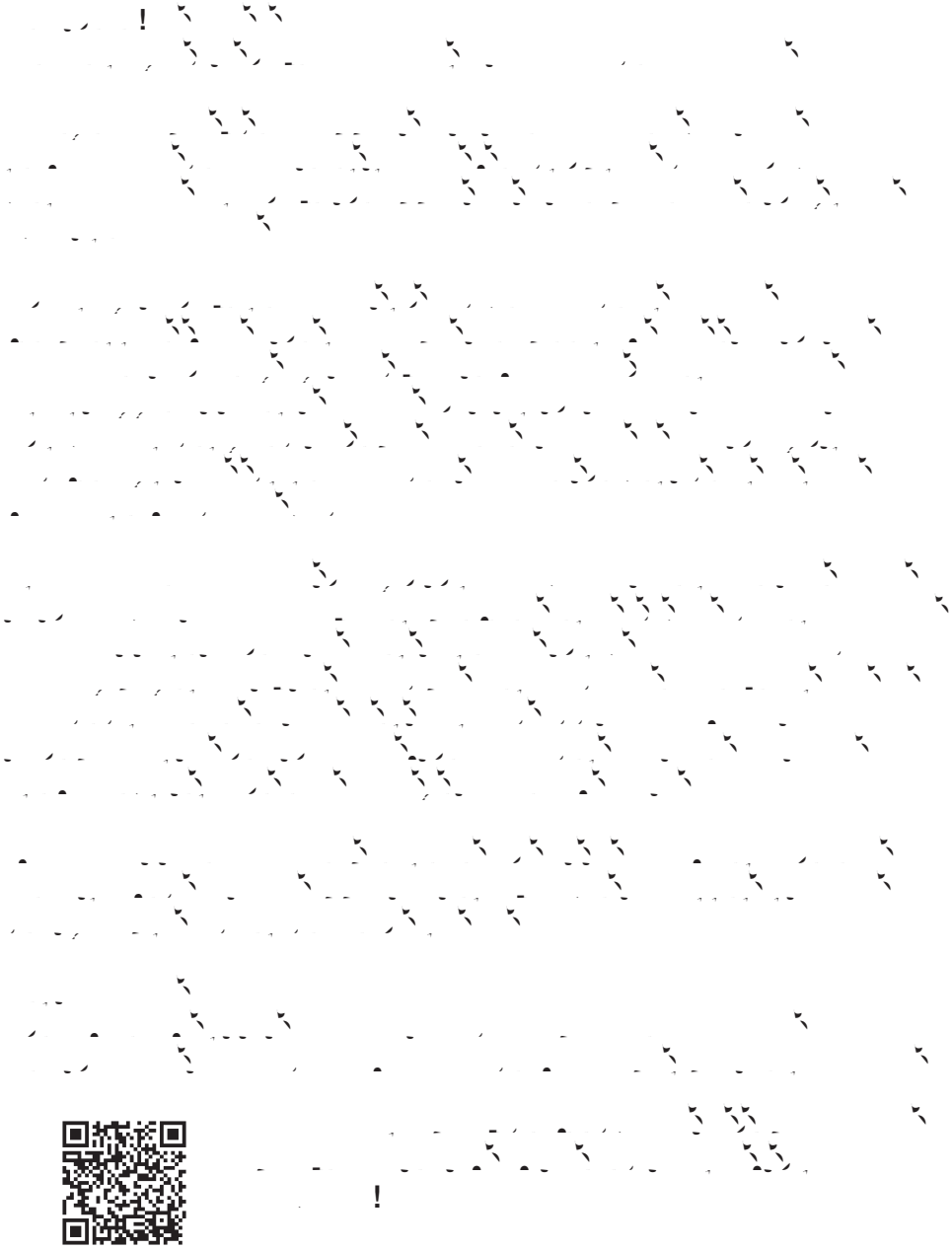
The Sex Ed Workbook

An Incomplete Guide To Exploring Sex

Table of Contents

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.

What Is Sex For?

Circle

What Body Parts are Part of Sex?

How Can I Navigate Body Image?

What Type of Touch Do I Want?

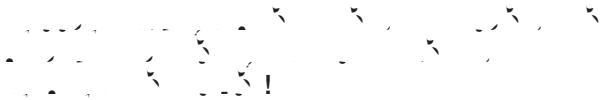
Visit these resources to learn more about specific sexual activities that you may want to explore!

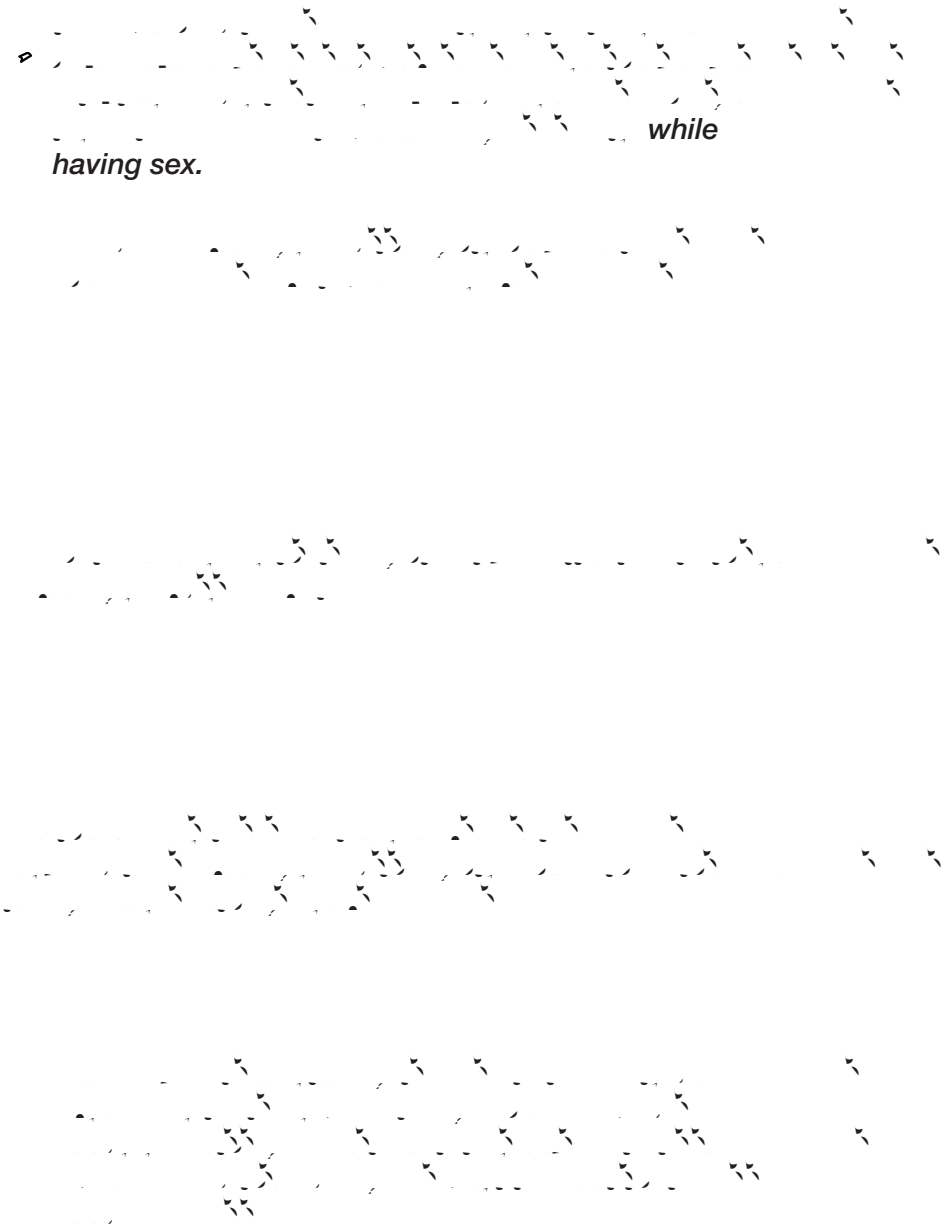
How Do I Feel About Having Non-Sober Sex?

What Other Aspects of My Health Impact Sex?

ⓘ [illegible]!

What are my Boundaries?




while
having sex.

How Do We Navigate Boundaries?

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