



The
Sex
Ed Workbook

An Incomplete Guide To Exploring Sex

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A

A Note to Readers

H... ! ... C B ...

C ...

C ... (...) ...

A ... I ...

A Q:

I ...

B O I E C
H P ...

A ...



What Is Sex?



1. How do you think the act of sex is viewed in your culture? Do you think it is a natural part of life, or something that should be avoided? Why?



2. How do you think the act of sex is viewed in your culture? Do you think it is a natural part of life, or something that should be avoided? Why?

3. How do you think the act of sex is viewed in your culture? Do you think it is a natural part of life, or something that should be avoided? Why?

C Write a paragraph about the act of sex in your culture.

C Write a paragraph about the act of sex in your culture.

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

4. How do you think the act of sex is viewed in your culture? Do you think it is a natural part of life, or something that should be avoided? Why?

M

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D I
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What Is Sex For?

What are the reasons for having sex? Write down your answers.

F

D

G

B

C

D

F



Circle

the words in the box that describe the reasons for having sex.

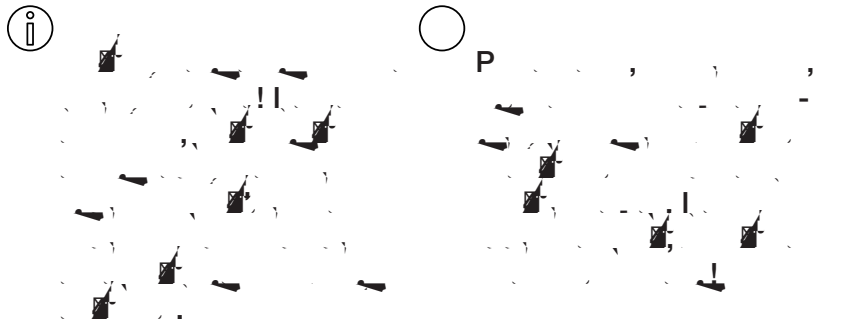
D



H



What Body Parts are Part of Sex?





○ $\frac{1}{2}x + \frac{1}{3}y + \frac{1}{6}z = 1$ ①

F $\frac{1}{2}x + \frac{1}{3}y + \frac{1}{6}z = 1$ ①

A $\frac{1}{2}x + \frac{1}{3}y + \frac{1}{6}z = 1$ ①

How Can I Navigate Body Image?

It's important to understand that body image is a complex concept that involves how we think and feel about our bodies. It's not just about appearance, but also about self-perception and self-esteem. There are many factors that can influence our body image, including societal pressures, media, and personal experiences. It's important to be aware of these influences and to work on developing a healthy and positive relationship with our bodies.

One way to navigate body image is by focusing on the things that make us feel good about ourselves. This could be our strengths, our talents, or our achievements. It's important to remember that our bodies are just one part of who we are, and that there are many other things that make us unique and valuable.

Another way to navigate body image is by practicing self-compassion. This means being kind and understanding to ourselves, especially when we feel like we're not good enough. It's important to remember that everyone has imperfections, and that's what makes us human. We should strive to be kind to ourselves and to others, and to work on accepting our bodies as they are.

Finally, it's important to seek support from others. This could be a friend, a family member, or a professional. Sometimes, it's helpful to talk to someone who can provide a different perspective or offer encouragement. We should also be aware of the messages we receive from the media and work on developing a critical eye. It's important to remember that our bodies are our own, and that we should take care of them and love them for what they are.

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?





1. $2x^2 + 3x - 4$
 2. $5x^3 - 2x^2 + 7x - 1$
 3. $x^4 - 3x^3 + 2x^2 - x + 5$
 4. $7x^5 - 4x^4 + 9x^3 - 6x^2 + 1$
 5. $10x^6 - 8x^5 + 3x^4 - 2x^3 + x^2 - 7x + 4$

6. $3x^2 + 5x - 2$
 7. $6x^3 - 4x^2 + 8x - 3$
 8. $x^4 - 2x^3 + x^2 - 5x + 7$
 9. $8x^5 - 5x^4 + 12x^3 - 9x^2 + 4$
 10. $12x^6 - 10x^5 + 5x^4 - 3x^3 + 2x^2 - 11x + 6$

11. $4x^2 + 7x - 1$
 12. $9x^3 - 6x^2 + 11x - 4$
 13. $x^4 - 5x^3 + 3x^2 - 2x + 8$
 14. $11x^5 - 7x^4 + 15x^3 - 10x^2 + 5$
 15. $15x^6 - 12x^5 + 6x^4 - 4x^3 + 3x^2 - 13x + 7$



C B H P
 16. $2x^2 + 3x - 4$
 17. $5x^3 - 2x^2 + 7x - 1$
 18. $x^4 - 3x^3 + 2x^2 - x + 5$
 19. $7x^5 - 4x^4 + 9x^3 - 6x^2 + 1$
 20. $10x^6 - 8x^5 + 3x^4 - 2x^3 + x^2 - 7x + 4$

D ?

2

C G

G C D P

B

What Other Aspects of My Health Impact Sex?



What other aspects of my health impact sex? How do my mental health, stress, and overall well-being affect my sexual health? How do my chronic conditions, such as diabetes or heart disease, impact my sex life? How do my medications affect my sexual health? How do my lifestyle choices, such as smoking or drinking, impact my sex life? How do my relationships and social support affect my sexual health? How do my physical health, such as my weight and energy levels, impact my sex life? How do my reproductive health, such as my menstrual cycle and fertility, impact my sex life? How do my sexual health, such as my libido and sexual satisfaction, impact my overall well-being? How do my sexual health, such as my STI status and sexual history, impact my overall well-being? How do my sexual health, such as my sexual orientation and gender identity, impact my overall well-being? How do my sexual health, such as my sexual communication and consent, impact my overall well-being? How do my sexual health, such as my sexual safety and risk reduction, impact my overall well-being? How do my sexual health, such as my sexual pleasure and satisfaction, impact my overall well-being? How do my sexual health, such as my sexual health and well-being, impact my overall well-being?



O. H

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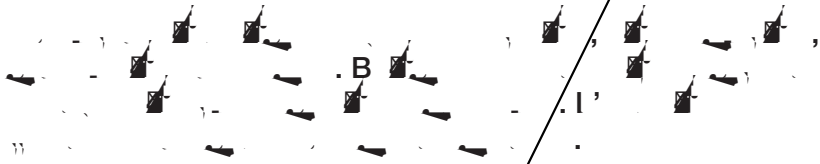
A M (H HI)

H ?

C ?

D ?

What are my Boundaries?



I . B while
having sex.

H ?

I ?

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How Do We Navigate Boundaries?



How Do I Help My Friends?

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



C
A (O, A) 303-492-8855

O (OIEC)
OIEC
C



Campus Support

Office of Victim Assistance (OVA)

F

303-492-8855

Counseling & Psychiatric Services (CAPS)

O

303-492-2277

Office of Institutional Equity and Compliance (OIEC)

F

303-492-2127

Pride Office

P

LGB, Q+

303-492-0272

Health Promotion

P

303-492-2937

Medical Services at Wardenburg

O

303-492-5101



C

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