# Compendium of Handouts
# for Sexual Wellness Manual

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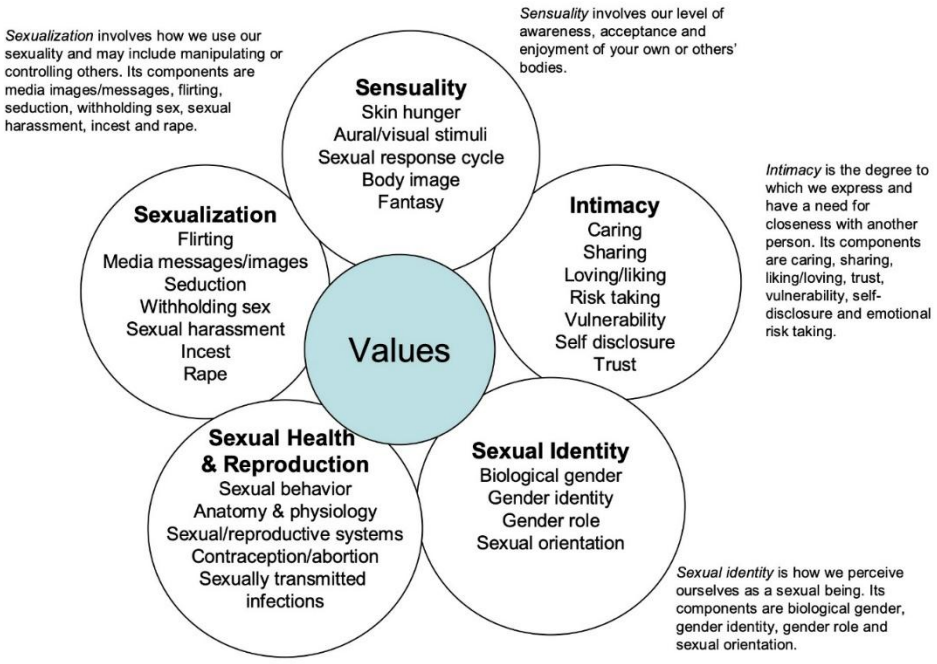
# Handouts for Activity 1

## Circles of Sexuality (Dailey, 1981)

### 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.

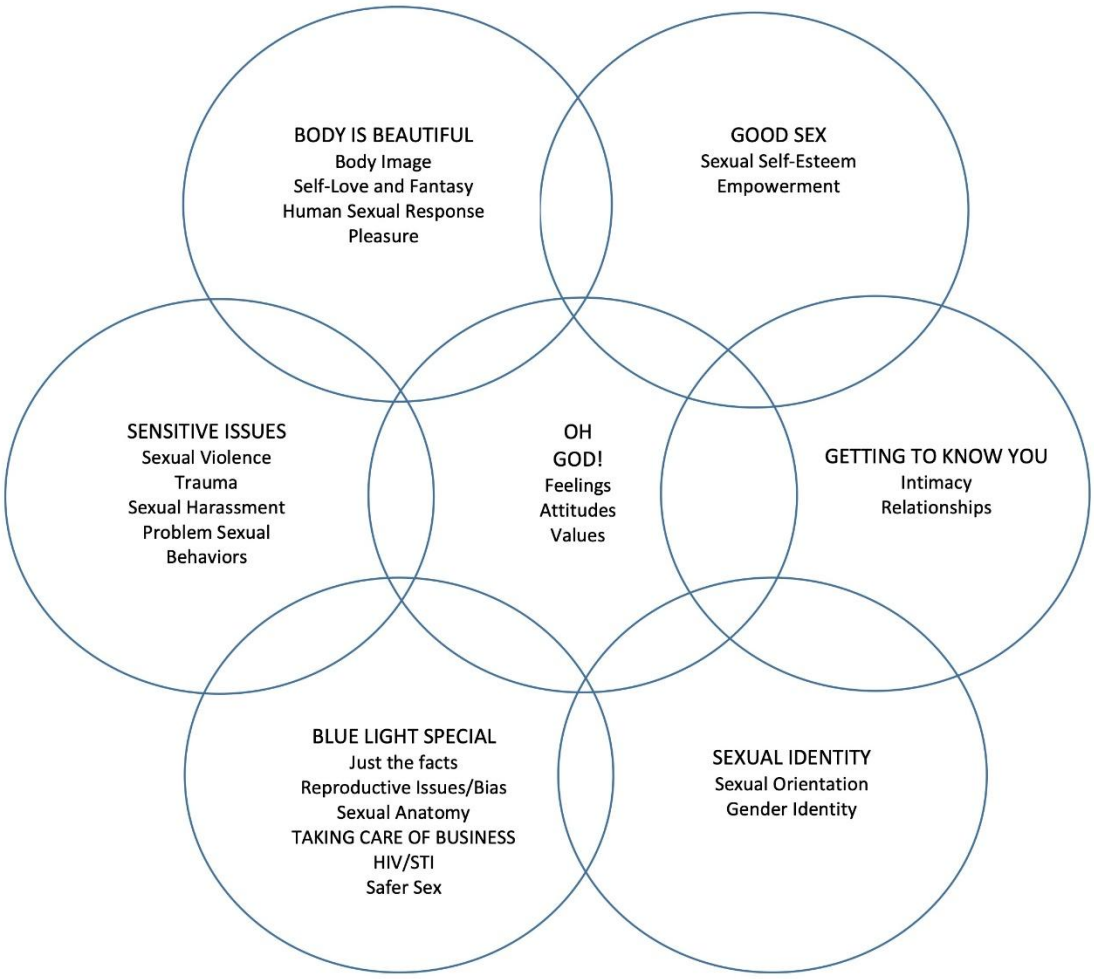



Adapted from a model designed by Dennis Dailey, PhD.Used with permission.

## Revised Circles of Sexuality (Badger, 2012)

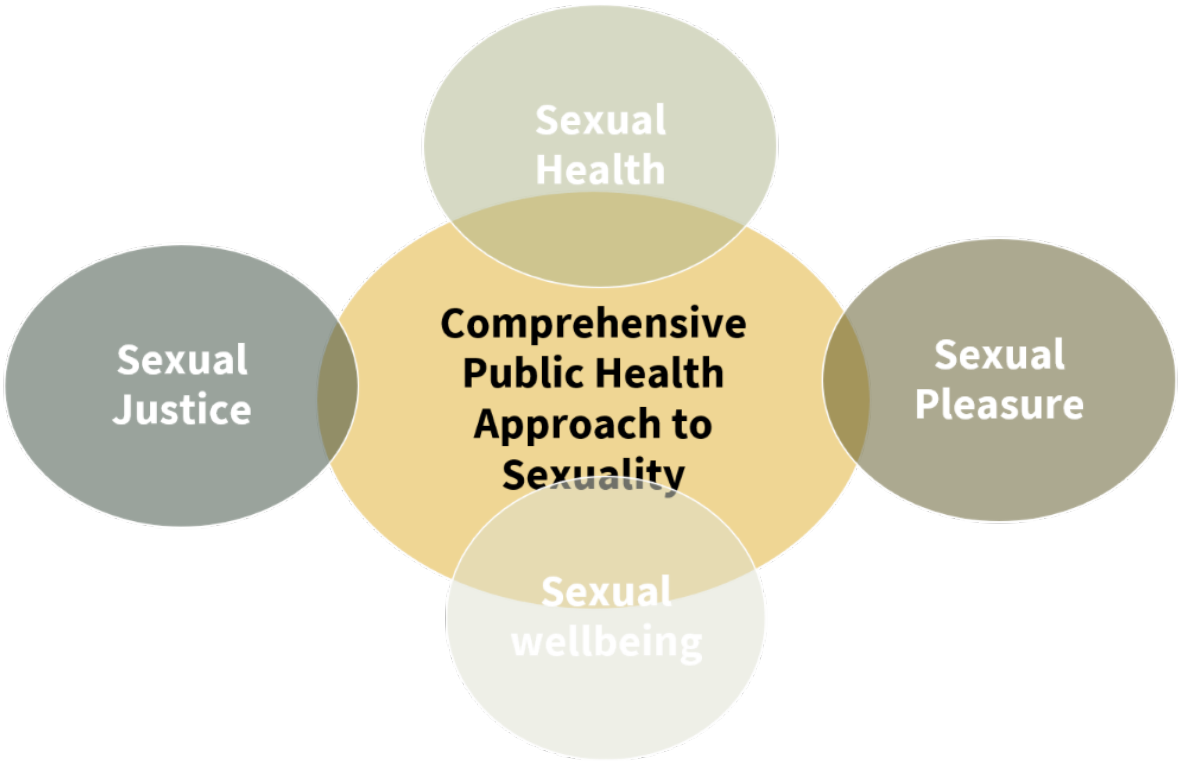
### Sexuality Across the Lifespan

**Circles of Sexuality**[1]




[1] From Badger, R. L. (2012). *Sexuality and Addictions: Making Connections, Enhancing Recovery,* New York: Praeger. Adapted from Life Planning Education, Advocates for Youth, Washington, D.C., originally created by Dennis M. Dailey (1981).

Comprehensive Public Health Approach to Sexuality (Mitchell et al., 2021)



# Handouts for Activity 2

## Suggested Questions to Ask During Pizza Activity

Offer this handout to the two volunteers in the pizza activity. The volunteers can choose who will be asking the questions. Ask them to begin.

1. Do you like pizza?
2. Then ask about the crust
3. Then ask what kinds of toppings they like
4. What about the cheese?
5. Tomato sauce or a white pizza?
6. Any food restrictions?
7. Ask how hungry they are
8. Then ask about the size and shape
9. Then ask about when they'd like to order it
10. Then ask if there's anything they'd like to change their mind about

## What is Consent?

This handout is from Teen Source[1] and can be used freely.

[1] From Teen Source: https://www.teensource.org/hookup/consent-fries-0

**F**reely Given

Consent should be given without pressure, force, or under the influence of alcohol or drugs.

**Reversible**

You can change your mind about what you want to do at any time -- even if you are in the middle or have done it before.

**Informed**

You should know exactly what you are giving consent to. For example, if someone says they are going to use a condom and they don't, they didn't have your consent.

**E**nthusiastic

Someone should be excited to give consent. If someone is not sure, it is always better to wait. Pay attention to body language as well as what the person is saying and how they are saying it.

**S**pecific

Saying yes to one thing does not mean you have said yes to other things. Consent should be given at every step.

## Handouts for Activity 3

### Twenty-Four Sexual Intimacy Cards

# SEXUAL INTIMACY CARDS

# ASKING A PARTNER FOR WHAT YOU WANT DURING SEX

# BEING CHOKED

# CHOKING YOUR PARTNER

# CRYING IN FRONT OF SOMEONE

# DRY HUMPING

# HAVING AN ORGASM

# HUGGING

# KISSING

# MASSAGING A PARTNER

# MASTURBATING (SOLO)

# MOUTH TO ANUS

# MOUTH TO PENIS

# MOUTH TO VULVA

# MUTUAL MASTURBATION

# PENIS IN ANUS

# PENIS IN VAGINA

# SCISSORING

# TALKING ABOUT STI STATUS WITH CURRENT PARTNER

# TALKING ABOUT STI STATUS WITH FUTURE PARTNERS

# TELLING SOMEONE YOUR DEEPEST SECRETS

# USING RESTRAINTS

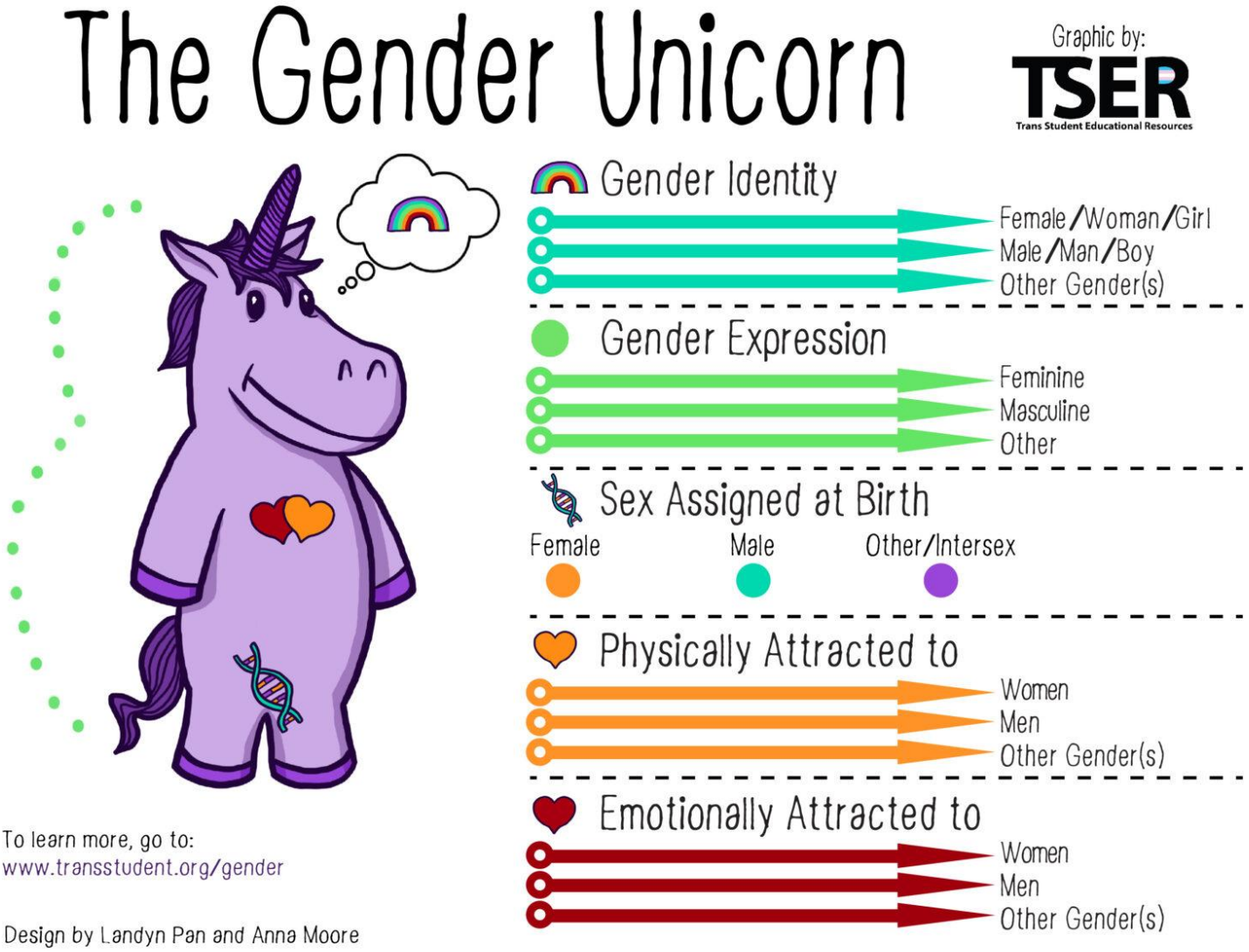
# WATCHING PORN (SOLO)

# WATCHING PORN WITH A PARTNER

# Handouts for Activity 4

## The Gender Unicorn

The Gender Unicorn is a graphic designed by Landyn Pan and Anna Moore of the Trans Student Educational Resources (TSER). You can find more information at https://transstudent.org/gender/.



# Handouts for Activity 5

## What Does My Closet Look Like?

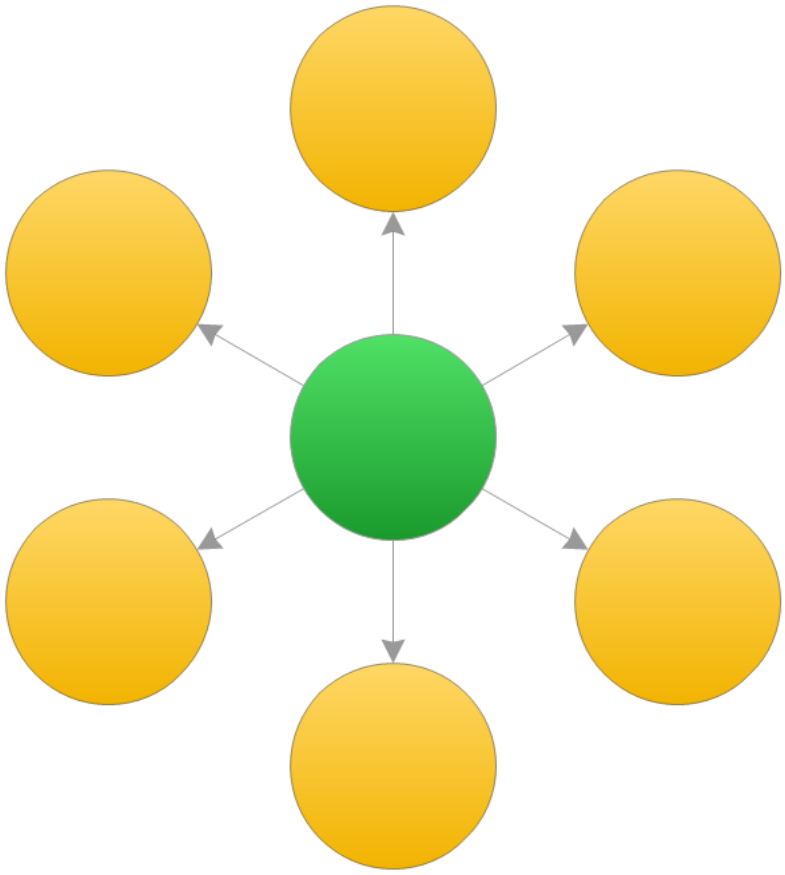
### Handout #1

The three people I love the most…

Three of my favorite interests…

Three of my proudest accomplishments…

Handout #2



# Handouts for Activity 6

## A Sensual Feast

Questions to think about:

# Handouts for Activity 7

## Etymology

# Sexuality

# Erotic

# Sensuality

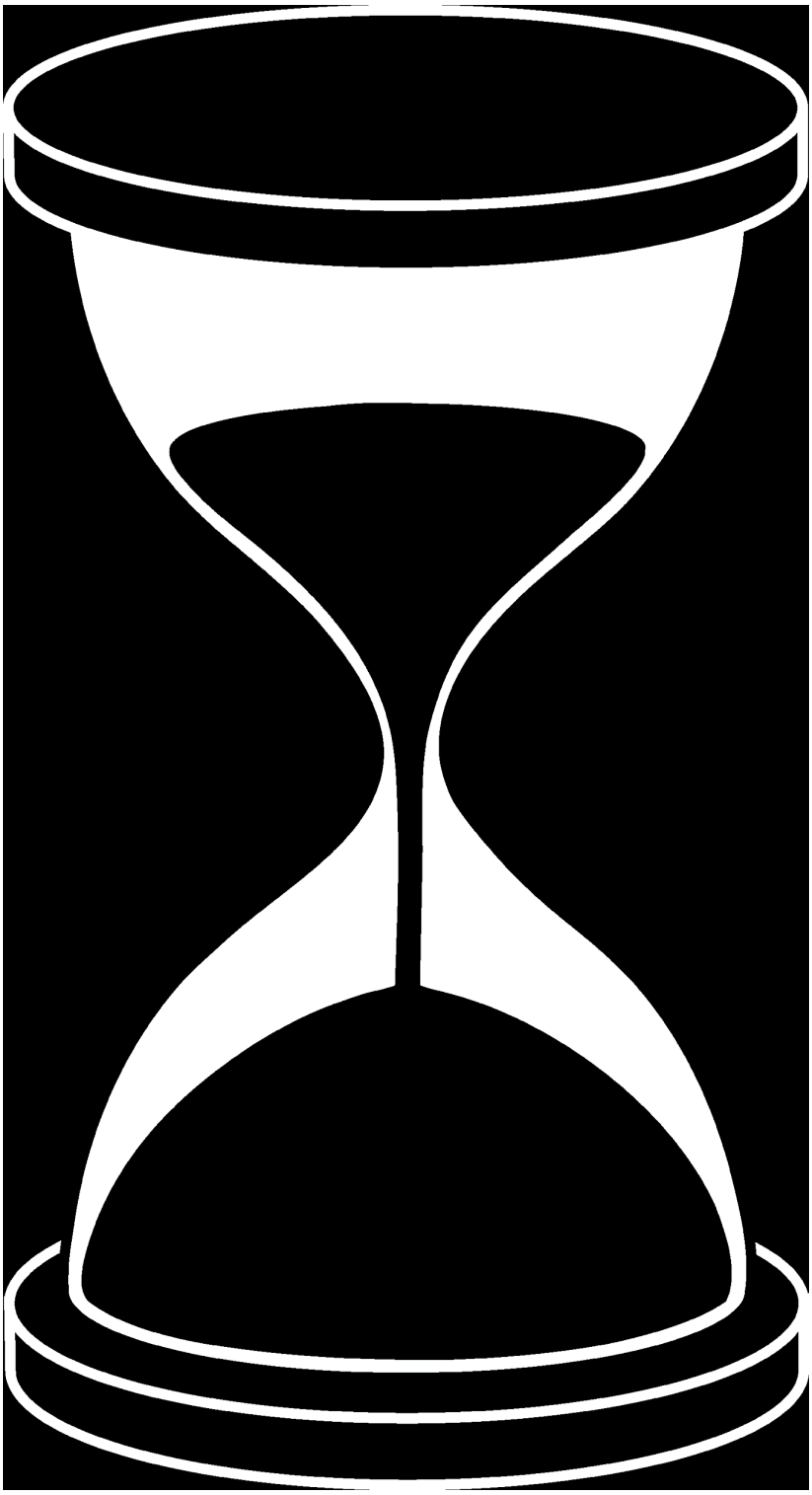
# Intimacy

# Handouts for Activity 8

## Childhood Memories

# Handouts for Activity 9

## The Hourglass



# Handouts for Activity 10

## Find Someone Who

**Find someone who…**

Directions: Find one person to initial each item below. Each person's name can only be used once.

1. ____Did you grow up assuming all boys' penises were circumcised?
2. ____Have you had open conversations with any adults about your own sexuality or sexual relationships?
3. ____Have you experienced sexual assault or rape or know someone who has?
4. ____Have you received most of your information about sex from your friends?
5. ____Are you particularly interested in the ways that religion and spirituality affect people's decisions about sexuality.
6. ____Do you know someone who was sexually active in middle school?
7. ____Have you ever been part of a group of LGBTQ youth or high school GSA?
8. ____Have you ever had an abortion or know someone who has?
9. ____Have you ever been interested in BDSM or know someone who is?
10. ____Do you know that women's orgasms are caused primarily by clitoral stimulation?
11. ____Did you learn about sex through pornography?
12. ____Have you ever signed petitions, written letters to elected officials, or taken other political action related to sexuality issues.
13. ____Have you ever felt a sexual attraction to someone of the same sex or gender?
14. ____Did you play sex games with other kids as a child?
15. ____Have you ever been on an online dating service or know someone who has?
16. ____Have you ever been in a polyamorous or other type of non-monogamous relationship or know someone who has?
17. ____Have you ever described yourself as having a non-conforming gender identity?
18. ____Have you ever had open conversations with friends about sex or sexuality issues.
19. ____Have you ever been in a same-sex relationship or knows someone who has?
20. ____Have you ever had negative thoughts about your body?

# Handouts for Activity 11

## Giving and Receiving Pleasure

(insert Scarleteen's checklist)

# Handouts for Activity 12

## How To Talk

(insert any handouts that Emma creates)