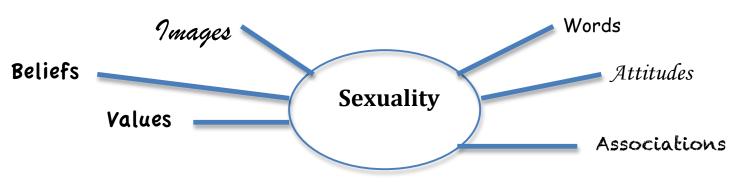
Reflections on Sexuality and Your Sexual Self. . .

STEP 1: BRAINSTORM IN ARTFORM



STEP 2: QUESTIONS TO CONSIDER

- 1. How would you define your sexuality?
- 2. What are ways that you would describe yourself as a sexual person?
- 3. What positive/neutral or challenging past experiences have shaped your definition of yourself as a sexual person?
- 4. What are examples of kind steps you have taken to support your healthy sexuality?
- 5. What future steps can you take to enhance your sense of self as a sexual person?
- 6. What is the one thing your parents/guardians could have told you and didn't that could have changed how you saw yourself as a sexual person?
- 7. Write five positive and kind affirmations to yourself.
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