

# 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.*