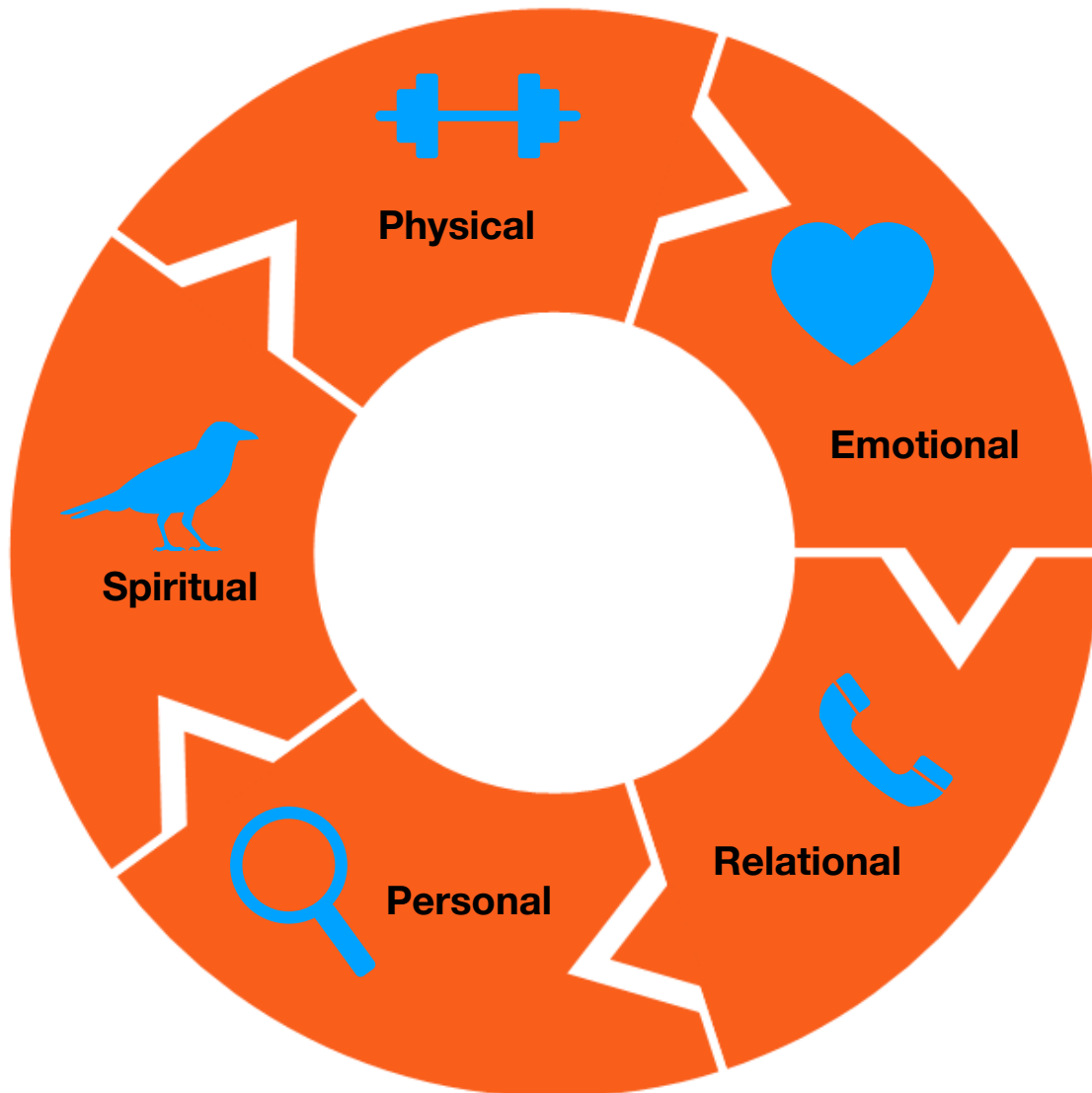


What even is Sexuality???



Physical: Sexual desire and sensual experience as a part of our biology.

Emotional: The emotional experience of physical intimacy such as close, vulnerable, open, closed, disconnected, etc.

Relational: Value/love expressed towards others in friendship and other relationship and how it impacts the sexual relationship.

Personal: An individual's self-worth, body-image, appreciation of their sex, expression of their gender, sexual beliefs, hang-ups, and wounds.

Spiritual: The involvement and meaning of God in the sexual relationship and/or activity.

Discussion One: “The Talk”

How did your family talk about sexuality? (or not)

Was this an approachable or common topic?

What was covered in “the talk(s)”?

If there was no talk, what did the silence tell you?

What kind of spoken or unspoken messages did you receive from various family members?

Discussion Two: Modeling Values

What are some attitudes or emotions you have about sex and sexuality?

Which of the five areas of sexuality do you struggle with? Why?

What areas of sex and sexuality do you struggle to talk to your kids about? Why?

What are some values that you want to be sure to impress upon your kids?

How can you both model and talk about these values?

How can you both model and talk about these values *in each of the five areas of sexuality*?