

KEY NOTES ABOUT SEXUALITY

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5 A's for Making Good Choices

- Be **AWARE** – What is happening around you? What do you feel?
- **ASSESSMENT** – THINK about the situation. Do you need more information or time to consider your choices? Are you being pressured in any way?
- **ACTIONS** – Make them clear. How will this choice affect your life in the long term? How do you feel about your choices?
- **ADJUSTMENT** – Changing negative or harmful behaviour will greatly affect your future. Do it even if it is hard!
- **ACCESS** to health care – This is your right by law! Your privacy is respected (confidential!)

PERSONAL POWER – Learning to love yourself

Own and respect yourself (*How do you talk to yourself about yourself?*)

Make time to grow your mental, emotional & spiritual personhood by writing down your experiences and feelings in a diary or journal. Read them and honour your self-growth. Write down your beliefs about sex, relationships and create boundaries.

Accept that sexual developments is a life process – develop at your own pace.

TALKING WITH OTHERS

Be open and honest about your beliefs and moral values.

Choose your friends carefully – people of good character will build each other up. Go out in groups to places that are teen safe.

Grow and learn about yourself and others – hold on to positive relationships and end ones that are negative, disrespectful or abusive.

'TOUCH'ING CONVERSATIONS

1. **The 'No Rule'**- whoever says 'no' rules! Your body is private and **any** unwanted touch, **from anybody** is a violation of personal sexual rights. Be clear and assertive in how you communicate about touch.
2. **Affectionate Touch** – we show affection in many different ways and appropriate outer body touch gives us a sense of being cared for and belonging. Be clear about what kinds of affectionate touch are OK for you. We show affection to friends, family and partners.
3. **Romantic Touch** – Outer body touch (excluding the genital / private parts) can be sexy and pleasurable. Communication is very important. This kind of touch does not cause pregnancy or sexually transmitted infections. Keep the boundaries clear, as sexy situations can get 'hot' very quickly.
4. **Sexual Touch** (*In the 'private' or genital area*) **Before** any partner genital activity, both partners need to clearly discuss their beliefs about sex, their relationships, legal implications, consistently preventing pregnancy and disease. When a dating relationship includes sex, it can be more difficult to move on if the relationship ends. If you are uncomfortable discussing any of these issues say, "I need more time to think about this important activity." Do not give in to sex if what you really need is to feel loved and accepted by a person or group.

Help: Many people have difficult life situations and problems. It is a sign of personal strength when you get help from a trusted adult or helping organisation. Always have the telephone number of someone you can call in an emergency.