



Sexuality and the self



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let's sign about s₃X

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Freya's materials were supplemented by the project team with easy-to-read entries and information on existing video material.



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This icon shows you that the information will be signed by the trainers in the workshop.



This icon indicates that the LSAS lexicon contains **video material in sign language**.



This icon shows you that there is an additional worksheets for the participants.

What is sexuality?



What is sexuality?

Let us explore this topic!

What is sexuality?



- Sexuality encompasses more than just sexual activity.
- It also includes topics such as love, physical touch, feelings and **hygiene**.
- Sexuality is important for everyone.
- It is considered a personal, private and **intimate** matter.
- It is present in every person's life to varying degrees.
- Everyone's sexuality is different.

hygiene
cleanliness



hygiene - boys
hygiene – girls
hygiene and menstruation

intimate, intimacy
other word for:

personal
familiar
private

What is sexuality?

Sexuality is linked to the following topics:



sexual orientation

Which gender am I attracted to?

sexual preference

What stimuli excite me?

body and diversity



sexual orientation



sexual preference



What is sexuality?



- It includes pleasure, emotional connection, the satisfaction of sexual needs and intimacy with another person.
- Everyone has the right to live out their sexuality, even if they experience limited autonomy.
- Healthy expressions of sexuality do not harm anyone. This means that we do not harm ourselves or others.

autonomy

other word for:

independence
self-determination
freedom

intimacy

other word for:

personal
familiar
private



What is sexuality?

A healthy and socially accepted approach to sexuality includes:

- **Respect**

We respect the wishes and needs of the other person and know the word “no”.



- **Consent**

Everyone agrees to the activity and can refuse it at any time.



- **Safety**

We do not harm ourselves or others.



- **Communication**

We discuss what we like and don't like, etc.



It's good to have the opportunity to talk to someone about sexuality.



What is sexuality?



- To have a **healthy** sexual life, it is good to **learn** about sexuality.
- This means knowing basic things about the body, hygiene, sex, contraception, and other topics.
- If we have questions, we should talk to someone we trust.
- For example: a family member, friend, partner,
- or a professional who helps with sexuality and relationships.

contraception



hygiene cleanliness

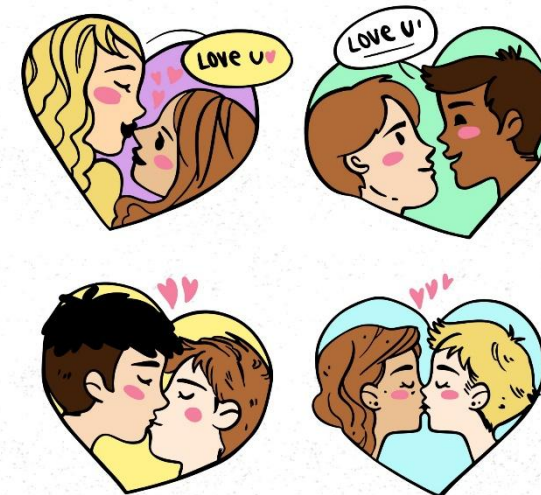


hygiene - boys
hygiene – girls
hygiene and menstruation



What is sexuality?

- **People show their sexuality in different ways.**
- For example, by hugging, kissing, holding hands, caressing or having sex.
- If a person is not satisfied with their sex life for a long time, they may feel bad.
- For example: anxious, sad or angry.



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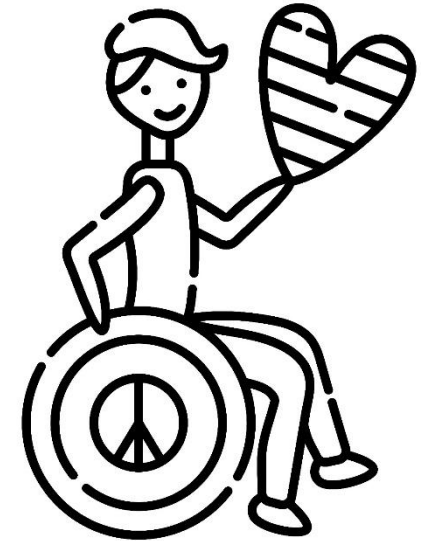


What is sexuality?

- A disability (physical, mental or psychological) does not mean that a person has no sexual needs.
- But a disability can change the way sexuality is experienced.
- For example, you may need special aids, different ways of showing sexuality, or a different **frequency**.

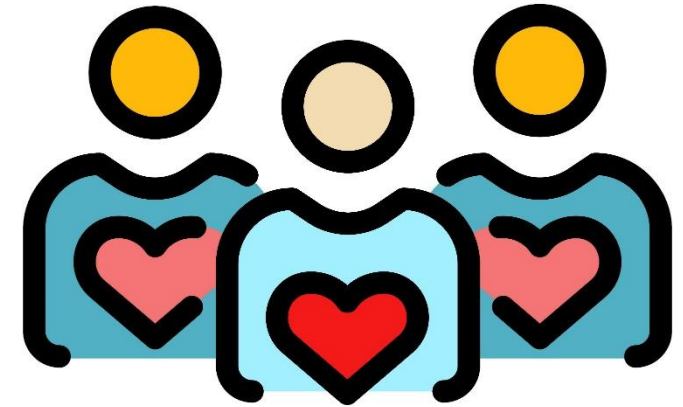


frequency
= how often



What is sexuality?

- Sexuality is not just about having children.
- It is also about pleasure, love, connection and closeness.
- Everyone has the right to express their sexuality, including people who need help in their daily lives.
- Healthy sexuality doesn't hurt anyone.
- It means we don't hurt ourselves or others.



What is sexuality?



**Is sexuality clearer to you now?
Any open questions?**



Who am I?



Questions for reflection.



Extension section - Knowledge
Who am I (worksheet)



What is sexuality?



Terms related to sexuality.

Are you familiar with them?



privacy



touch



penis
vulva
breasts
buttocks



Can you?
Can I?

lover



intimacy



romantic



friend



partner



husband
wife



What is sexuality?



Terms related to sexuality.
Are you familiar with them?

falling
in love



masturbation



safety



date



attraction



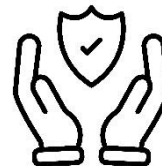
sadness
anger
happiness



sexual education
condom
pills



protection



physician



coitus
sexual activity
intercourse



What is sexuality?



Terms related to sexuality.
Are you familiar with them?

consent



pregnancy
motherhood



affection
partnership
divorce

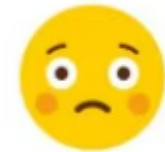
shower



identity



embarrassment



hug
soft touch



tenderness



flirting



kissing
holding hands



respect



What is sexuality?



What other terms do you know?

Creative Poster

My Identity and
Sexuality