

A close-up photograph of a tree trunk. The bark is light grey and textured with small, raised lenticels. A prominent knot hole is visible on the left side. To the right, the bark is peeling away, revealing a reddish-brown inner layer. The background is a soft, out-of-focus grey.

26. Sexuality

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What is sexuality?

SEX

Something we do

- It's part of our lives from the beginning to the end
- It is the way people experience and express themselves as sexual beings
-> part of personality
- It can be thoughts, fantasies, emotions and action

What is sexuality?

Social well-being



Physical well-being

Mental well-being

Developing sexuality

- Sexuality is in constant state of change
- Biological sexuality develops regardless, but how to express sexuality emotionally and socially is all up to the young person
- Sexuality develops in social interaction with others
- Society's role is to support individuals healthy growth and development by promoting openness and tolerance towards sexual diversity

Sexuality develops over time

Things that affect the development of sexuality:

Sexual development takes time and it shouldn't be tried to speed up by too early sexual encounters and experiences

Homework

- How can sexuality be an asset or a resource to you? Write down your thoughts.

