

SIMILARITIES

1



Sexuality 

SIMILARITIES

Mind

Body

Heart

Soul

“Never sleep with someone whose troubles are worse than your own.”

Nelson Algren

Reflection

Do you think sexual relationships should be between people who are relatively equal? How does the relationship change if they aren't?

Action

List some things that matter to you in choosing a sexual partner. Then, arrange them in order of importance.

SIMILARITIES

2



SIMILARITIES

Mind

Body

Heart

Soul

“My sexuality is a part of me that I really like. But it’s not the totality of me.”

Portia de Rossi

Reflection

Why do you think people would have to say that sexuality is not the totality of who they are? How much a part of people is sexuality—a little—a lot?

Action

Find an image or take a photo of someone who looks as if sexuality is a very important part of who they are. Now do the same for someone who conveys that sexuality is of little importance in their self-image. In some way, indicate how much of the person is about sexuality and how much is about other aspects of the self—such as intelligence, spirituality, or emotions.

SIMILARITIES

3



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“Sex is always about emotions. Good sex is about free emotions; bad sex is about blocked emotions.”

Deepak Chopra

Reflection

Is good sex more about feelings than about physical sensations or actions? How would blocking feelings lead to bad sex?

Action

Find or create images of people who look either connected to or cut off from their feelings. Do you think people would be more interested in having a sexual relationship with a person from one group or the other? What about a romantic relationship?

SIMILARITIES

4



SIMILARITIES

Mind

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Heart

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“I realize that homosexuality is a serious problem for anyone who is — but then, of course, heterosexuality is a serious problem for anyone who is, too. And being a man is a serious problem and being a woman is, too. Lots of things are problems.”

Edward Gorey

Reflection

What are your thoughts about the reasons that people continue to confuse sex and gender?

Action

Divide a piece of paper into two columns. Write “Sexual Orientation” at the top of one column and “Gender Expression” at the top of the other. In two minutes, write words that come to mind about these topics and put them in one column or the other. Did the words divide easily?

DIFFERENCES

5



Sexuality



DIFFERENCES

Mind

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Heart

Soul

“No’ is a complete sentence.”

Anne Lamott

Reflection

Does anyone need to justify or explain saying “no?”
Why or why not?

Action

Find a partner and role-play a conversation in which one person wants to have sex and the other doesn't. Practice saying “no.” Now switch roles. Have a conversation about how it felt to be in each role.

DIFFERENCES

6



Sexuality



DIFFERENCES

Mind

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“I’m not a very good lover. I’m so nervous about my sexuality.”

Anna Faris

Reflection

Being nervous about one’s sexuality can make it hard to be a good lover and/or to enjoy sex. Can you think of things that might make people nervous about sex?

Action

Write a short script for someone who is trying to explain feeling nervous about having sex. How did you feel writing it? Would you want to share it with someone?

DIFFERENCES

7



Sexuality



DIFFERENCES

Mind

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Heart

Soul

“I would encourage anybody struggling with their sexuality to go with their heart. If it’s not an appropriate time, there will be one later. Never, ever try to rush into anything — do it in your own time.”

Danny Pintauro

Reflection

Some people seem to be comfortable with their sexuality while others need time to feel settled. The choice — to have sex or to not have sex — is important whether it’s your first time or your 101st time. How do you know when having sex is a good idea?

Action

Find a partner and debate the statement: “You should never have sex until you’re ready.” Take turns arguing for and against. Discuss with your partner which position felt the most comfortable to each of you.

DIFFERENCES

8



Sexuality



DIFFERENCES

Mind

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“It’s hard being bisexual, omnisexual, multisexual, whatever you want to call it, when people have their agenda and expect you to just represent their agenda.”

Meshell Ndegeocello

Reflection

Have you ever felt that you were part of another person’s or a group’s agenda? Was that because of a stereotype about certain people or groups of people? Do stereotypes serve a purpose—helpful, harmful, or both?

Action

Create an image—using words, drawings, or pictures—to show a particular type of sexual orientation. Show it to a few people and ask their impressions. Did people see what you wanted them to see?

BELONGING

9

Sexuality



BELONGING

Mind

Body

Heart

Soul

“If you can control yourself sexually, you can control yourself. Period.”

A.C. Green

Reflection

Do you agree with that statement? What do you think could make it hard for people to control their sexual impulses? Why would people want to control their sexual impulses?

Action

Draw a circle in the middle of a piece of paper. Imagine that it is an unwanted sexual encounter. Starting from the edge of the paper, and working to the center, write some ways of avoiding it, for example, keeping a distance or saying “no.”

BELONGING 10

Sexuality 

BELONGING

Mind

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Heart

Soul

“The first two facts which a healthy boy or girl feels about sex are these: first that it is beautiful and then that it is dangerous.”

G.K. Chesterton

Reflection

“Beautiful” and “dangerous” are only two possible words to describe sexual experiences. How have you heard people describe sex? Do you think people’s feelings or ideas about sex can change?

Action

Draw a square. Write a positive or negative feeling that people might have about sex at each of the corners. Then write something along each line that could change a person’s view of sex from one feeling to another. Do you think it would be easier to change the positive feelings to negative or the other way around?

BELONGING

11

Sexuality



BELONGING

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“We waste time looking for the perfect lover, instead of creating the perfect love.”

Tom Robbins

Reflection

Do you think that it's possible to find a perfect lover or create a perfect love?

Action

Draw a bull's eye of as many rings as you want. In the center write the thing that you think would be most important for a perfect love. In the next ring, write the two next most important things, three in the third ring, etc. When did you stop and why?

BELONGING 12

Sexuality 

BELONGING

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“It’s easier to share your body than your soul.”

A teenager

Reflection

Do you think that people sometimes keep important parts of themselves hidden from their sexual or romantic partners? Do you think that sharing your soul leads to wanting to share your body? Does it work the other way around?

Action

Find a container. Decorate the outside with things that you don’t mind people knowing about you. What would you put on the inside where people can’t easily see?

ACCEPTANCE 13



ACCEPTANCE

Mind

Body

Heart

Soul

“I’m imagining sitting down with my parents and actually saying, “I’m gay.” And you know what? It makes me a little mad. I mean, straight guys don’t have to sit their parents down and tell them they like girls.”

Michael Thomas Ford

Reflection

Have you been in a situation where you told someone about an important part of yourself that was new to them? What was their reaction? Did you have to be patient while they got used to the idea?

Action

Role-play, with a friend, different responses to a conversation in which you tell your parents or someone you care about that you are not exactly who or what they thought.

ACCEPTANCE 14



Sexuality 

ACCEPTANCE

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“I am inspired by human sexuality. The act itself is mechanical and holds little interest to me.”

Jerzy Kosinski

Reflection

How do you understand sexuality that doesn't involve sex? Can there be sex without sexuality? Can there be sexuality without sex?

Action

Find an image or take a photo of someone whose sexuality is interesting to you, but isn't attractive to you as a sexual partner. Try to describe your feelings.

ACCEPTANCE 15



Sexuality 

ACCEPTANCE

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Soul

“There is not enough celebration of companionship. Relationships aren’t just about eroticism and sexuality.”

Francesca Annis

Reflection

Do you think that the companionship in a friendship is the same or different from the companionship in a romantic or sexual relationship? Could there be some similarities and some differences?

Action

With a partner, create a collage to celebrate companionship. Were there particular colors, words or images that stood out? What about those that you wanted to avoid?

ACCEPTANCE 16



Sexuality 

ACCEPTANCE

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Soul

“I think sexuality is a window into someone’s soul.”

Alan Ball

Reflection

What is it about sexuality that could give you a look into someone’s soul?

Action

Find or create an image of a person. On one side show the person’s sexuality. On the other side write or show one or more things about that person’s soul.