

Sexuality That is Good for You...

Sexuality is a very complex and personal issue that involves almost all aspects of a person's life (see handout *Sexuality, Just What Are We Talking About?*). Our understanding of our own sexuality is shaped by the messages we receive from our family, religion, friends, the media, etc., as well as our personal experiences. We can express our sexuality through both positive and negative attitudes and behaviours.

Dealing with sexual addiction/dependence means moving toward sexual health. Living with sexual health means that your sexuality is a positive part of your life. You feel good about this part of your life and have respect for both yourself and your sexual partners. Sexual health includes making decisions that help you avoid negative outcomes, like an unintended pregnancy or a sexually transmitted infection. It also means being involved in sexual relationships that are satisfying to both partners.

Some aspects of sexuality that are good for you

- ❑ You are able to make your own decisions about becoming sexually active in a relationship and have those decisions accepted.
- ❑ Each partner in the relationship listens to and respects the feelings and beliefs of the other person.
- ❑ You are able to make your own choices and don't feel pressured into participating in sexual activities that cause guilty or uncomfortable feelings.
- ❑ Sexual experiences are not used to manipulate, threaten, or punish the other person.
- ❑ You have accurate information about your body and how it works. You know where to go for sexual and reproductive health information and services.
- ❑ You and your partner share in the decisions and actions regarding birth control and safer sex.
- ❑ You are able to enjoy and feel in control of your sexuality.