

Understanding human sexuality

I can talk about aspects of human sexuality in relation to myself as an individual.

I recognise what makes me special and unique.

UNIQUE: This means one of a kind. Every human being is special and different, we are all unique. You are unique!



Every human being has what we call sexuality. Sexuality is something we feel, something we do, that exists within ourselves. Sexuality is not the same as 'having sex', it is a much bigger idea.

We are going to imagine that our human sexuality is like a flower with many petals and each petal will represent a bit of what we call our sexuality.



Activity:
The sexuality
flower...



Sexuality Flower source: Jo Adams and Carol Painter