

The background features a black vertical bar on the left. The right side is filled with a complex pattern of overlapping, semi-transparent geometric shapes in shades of yellow, teal, light green, and red. Overlaid on these shapes are numerous thin, vertical lines in various colors, including purple, blue, green, and pink, creating a digital or glitch-like aesthetic.

The  
**Sex**  
Ed Workbook

An Incomplete Guide To Exploring Sex

# Table of Contents

Introduction	1
Chapter 1: The History of the Book	15
Chapter 2: The Structure of the Book	35
Chapter 3: The Language of the Book	55
Chapter 4: The Style of the Book	75
Chapter 5: The Art of the Book	95
Chapter 6: The Science of the Book	115
Chapter 7: The Philosophy of the Book	135
Chapter 8: The Psychology of the Book	155
Chapter 9: The Sociology of the Book	175
Chapter 10: The Economics of the Book	195
Chapter 11: The Law of the Book	215
Chapter 12: The Future of the Book	235

# A Note to Readers



# What Is Sex?





# What Have I Been Told About Sex?



**Be sure to reflect on the act of sex, as well as the morality and values attached to those activities.**

1. The first part of the text discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that proper record-keeping is essential for transparency and accountability, particularly in financial reporting and auditing. The text also highlights the need for regular audits to ensure the integrity of the data and to identify any potential discrepancies or errors.

2. The second part of the text focuses on the role of technology in modern record-keeping. It discusses how digital tools and software can streamline the process, reduce the risk of human error, and provide real-time access to data. The text also touches upon the importance of data security and the need for robust backup and recovery procedures to protect sensitive information.

3. The third part of the text addresses the challenges associated with record-keeping, such as data silos, inconsistent formats, and the sheer volume of information generated. It suggests that implementing standardized protocols and using integrated systems can help overcome these challenges. The text also mentions the importance of training staff to ensure they are proficient in using the record-keeping tools and processes.



# What Is Sex For?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Circle.



# What Body Parts are Part of Sex?







# How Can I Navigate Body Image?

“I have a lot of friends who are really into body image. They talk about how they feel about their bodies all the time. It's kind of weird to me because I don't really think about it that much.”

- ◆ “I've noticed that when I see a lot of photos of people who look like I do, I feel better about myself. It's like, ‘Oh, I'm not alone!’”

“I've always been a bit of a perfectionist. I used to be really hard on myself about my body. But now I try to be more forgiving. I know that everyone has their own struggles.”

“I've been thinking about how I feel about my body a lot lately. It's not always easy to be happy with the way I look, but I'm trying to focus on the things I like about myself.”

“I've been thinking about how I feel about my body a lot lately. It's not always easy to be happy with the way I look, but I'm trying to focus on the things I like about myself.”

“I've been thinking about how I feel about my body a lot lately. It's not always easy to be happy with the way I look, but I'm trying to focus on the things I like about myself.”

“I've been thinking about how I feel about my body a lot lately. It's not always easy to be happy with the way I look, but I'm trying to focus on the things I like about myself.”

“I've been thinking about how I feel about my body a lot lately. It's not always easy to be happy with the way I look, but I'm trying to focus on the things I like about myself.”

“I've been thinking about how I feel about my body a lot lately. It's not always easy to be happy with the way I look, but I'm trying to focus on the things I like about myself.”

“I've been thinking about how I feel about my body a lot lately. It's not always easy to be happy with the way I look, but I'm trying to focus on the things I like about myself.”

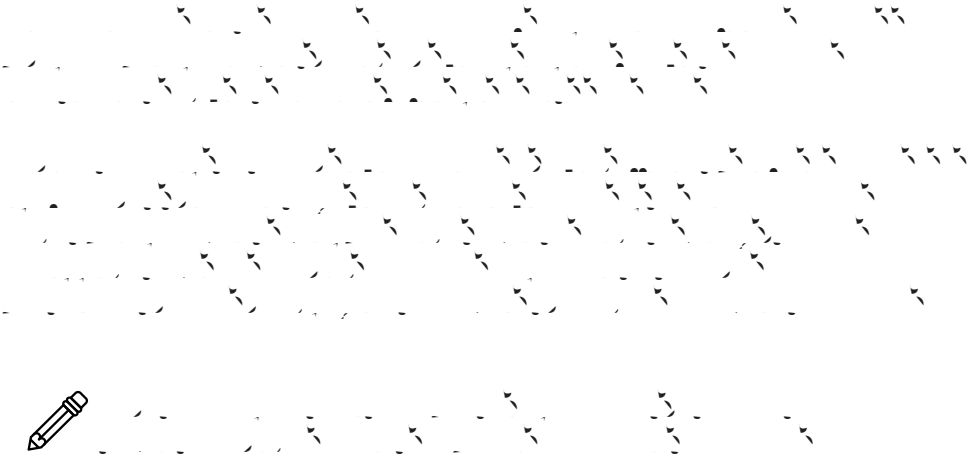
“I've been thinking about how I feel about my body a lot lately. It's not always easy to be happy with the way I look, but I'm trying to focus on the things I like about myself.”

“I've been thinking about how I feel about my body a lot lately. It's not always easy to be happy with the way I look, but I'm trying to focus on the things I like about myself.”

“I've been thinking about how I feel about my body a lot lately. It's not always easy to be happy with the way I look, but I'm trying to focus on the things I like about myself.”

“I've been thinking about how I feel about my body a lot lately. It's not always easy to be happy with the way I look, but I'm trying to focus on the things I like about myself.”

# What Type of Touch Do I Want?





Visit these resources to learn more about specific sexual activities that you may want to explore!





# How Do I Feel About Having Non-Sober Sex?



Handwritten text in a cursive script, appearing to be a list or notes.

Handwritten text in a cursive script, appearing to be a list or notes.

Handwritten text in a cursive script, appearing to be a list or notes.



Handwritten text in a cursive script, appearing to be a list or notes.





# What Other Aspects of My Health Impact Sex?



What other aspects of my health impact sex? How do my mental health, physical health, and overall well-being affect my sexual health and experiences? This section explores the connection between various health factors and sexual health.









# What are my Boundaries?





*having sex.*

*while*

# How Do We Navigate Boundaries?



\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_



# How Do I Help My Friends?

Circle the strategies for helping a friend that I feel comfortable doing:



# Campus Support

Office of Victim Assistance (OVA)

Counseling & Psychiatric Services (CAPS)

Office of Institutional Equity and Compliance (OIEC)

Pride Office

Health Promotion

Medical Services at Wardenburg

