# The Sex Ed Workbook

**An Incomplete Guide To Exploring Sex**

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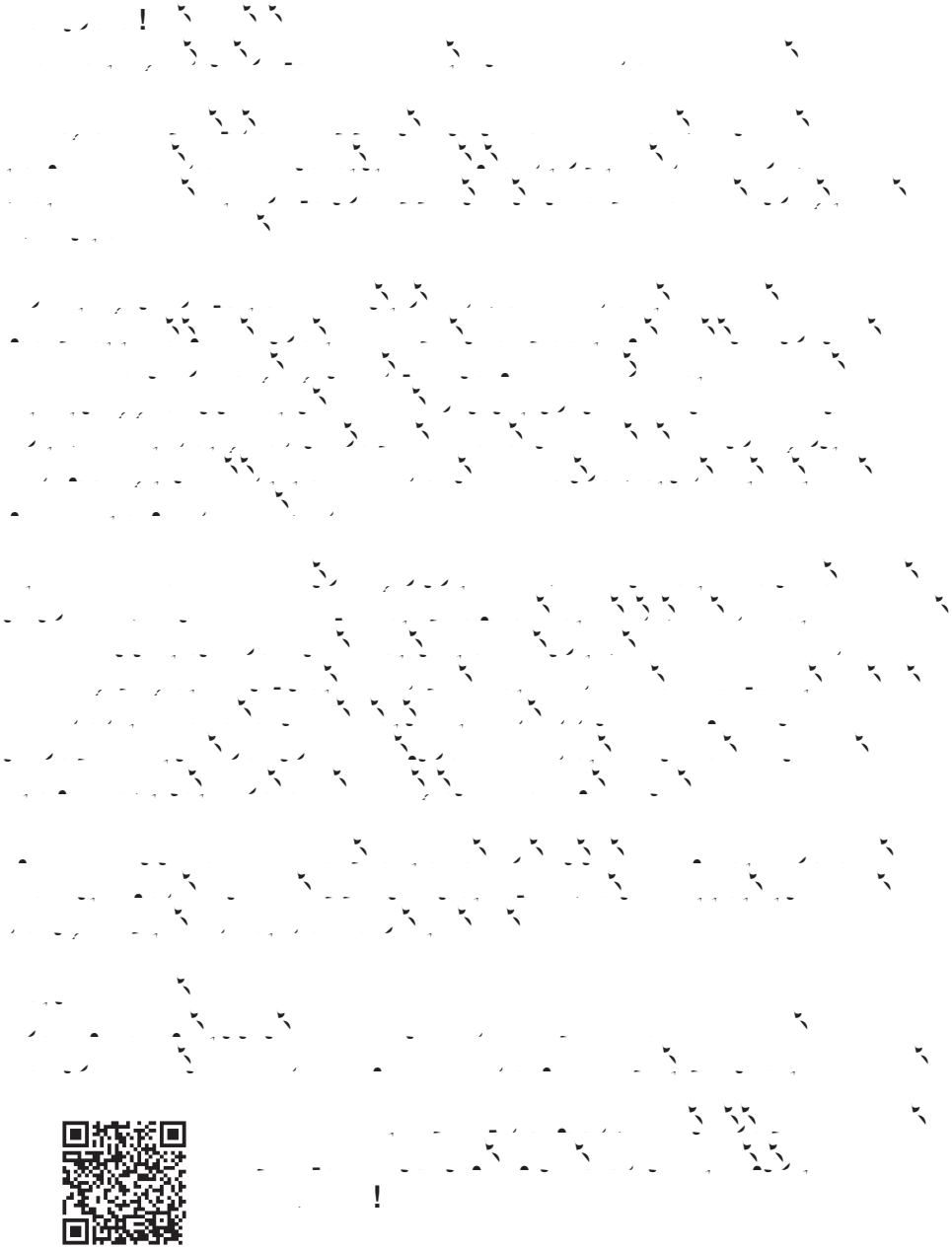
# A Note to Readers



# 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.**

# What Is Sex For?

Circle

# What Body Parts are Part of Sex?

# How Can I Navigate Body Image?

# What Type of Touch Do I Want?

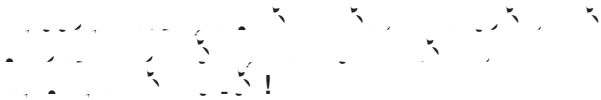
**Visit these resources to learn more about specific sexual activities that you may want to explore!**

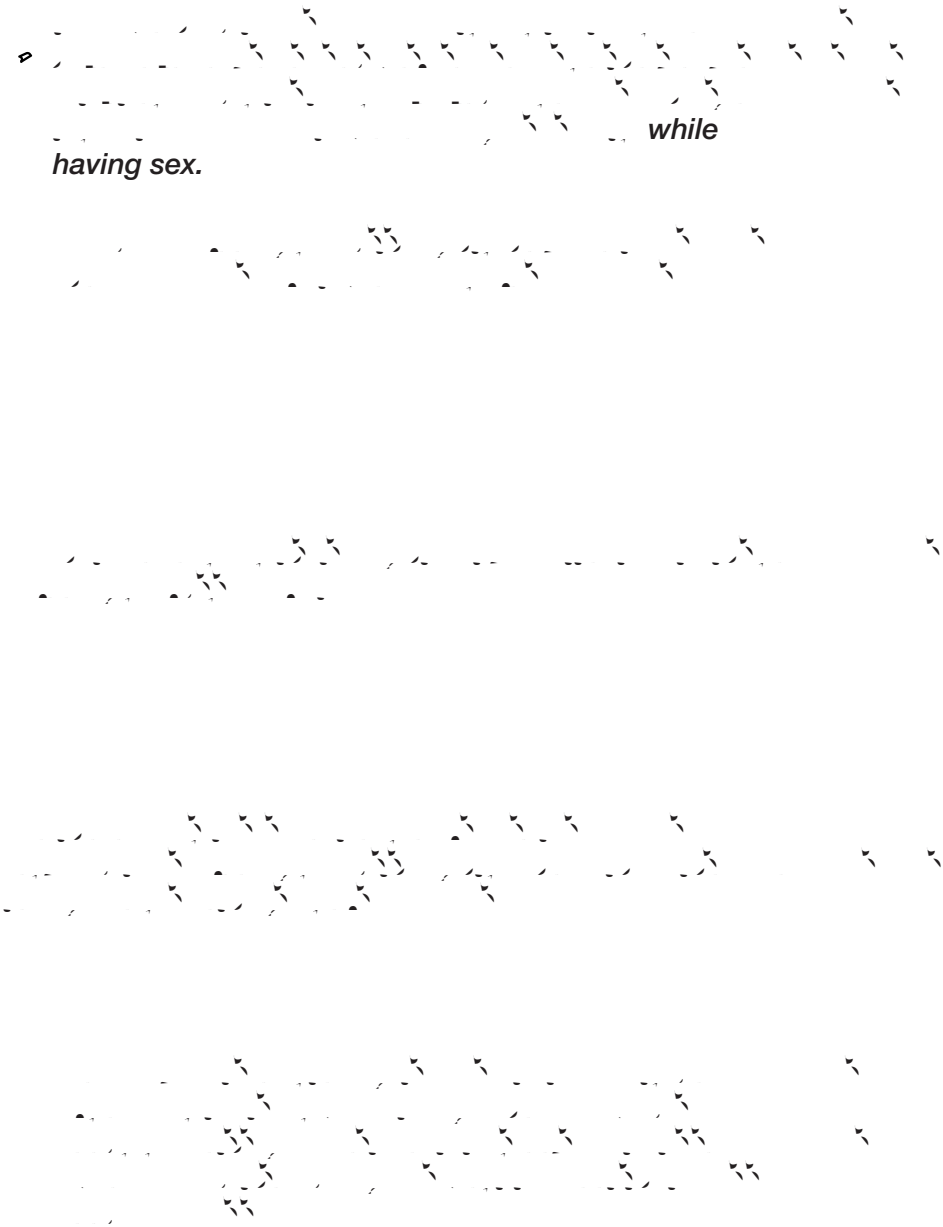
# How Do I Feel About Having Non-Sober Sex?

# What Other Aspects of My Health Impact Sex?

ⓘ [illegible]!

# What are my Boundaries?




while
having sex.

# 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**