

Module 2 Unit 6

Self Awareness

Sexuality



What do they mean?

Sex

Sexuality

Gender



SEX

Biological differences in the body
– male and female

SEXUALITY

Experiences and expression of
ourselves as sexual beings:

- Passion
- Desires
- Fantasies
- Fetishes

GENDER

Psychological, social and cultural
differences between male/ female:

- Nurture
- Name
- Clothes
- Toys
- Encouraged behaviour - socialisation
- Culture – Circumcision / Bar mitzvah / Abaya / Painting body



(Definitions from Giddens 1997 pp.90 – 91)

Sexual Messages

What messages about sex, sexuality and gender did you receive in:

- childhood
- adolescence
- adulthood?

How do these messages affect your feelings and attitudes now?



Sources of sexual messages may include:

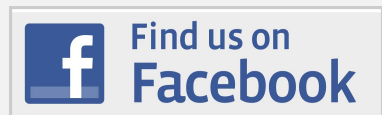
- | | |
|-----------|----------|
| Parents | Media |
| Teachers | Siblings |
| Workplace | Friends |
| Teachers | Religion |

Messages may relate to:

- | | |
|-------------------|------------------|
| Sexual attraction | Responsibilities |
| Sexual identity | Behaviour |
| Expectations | Relationships |
| Attitudes | |



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