

CHAPTER I:

Understanding Sexual Behavior

Expected Outcomes

Participants will have an understanding of their sexual behavior.

Participants will be able to distinguish between healthy and unhealthy sexual behavior.

Images Of Sex

*Objectives* To enable participants to share their understanding of sexual behavior.

To learn to distinguish between healthy and unhealthy sexual behavior.

*Materials* Flash cards or notebook sheets, markers/crayons, flip charts, scissors, old magazines or leaflets with pictures, gum, sticky tape.

*Time* 1 hour and 30 minutes.

*Process* Ask the participants to divide into groups of 4 to 6.

Give each group some flash cards/notebook sheets, markers/crayons, scissors, gum, old magazines/leaflets.

Explain that you would like them to draw, create (from the magazines/leaflets) or write something related to sexuality/sex. The final product does not have to look professional. The point is to express their ideas.

Their creations can be funny, sad, ugly, happy, or curious, as long as they are able to relate it to sexuality/sex. Allow the groups 30 minutes to do this exercise.

While the small groups are busy, take four sheets of chart paper and place them on the floor. Join the 4 pieces of paper with tape or staples, and make sure that there is enough space for all the participants to gather.

Ask the participants to stay in their groups, and gather around the charts on the floor. Ask them to choose one end of the four sheets as the “good end” and the other end as the “bad end”.

Once everyone has agreed on which end is good and which end is bad, ask the groups to look at their

creations and place them at the appropriate end, depending on what the creations represent and how they feel about them.

Once all of the drawings/creations have been placed on the sheets on the floor, the participants should move along the four sheets together, starting at the good end. The group that created the piece of work should explain the meaning of their creation as you move from one to the other.

To learn about the issues raised, participants should be encouraged to discuss the subject of each drawing.

Explain that you would like to keep a record of their concerns on the flipchart. Ask a volunteer to help you with this process, if necessary. Once the exercise has been completed you can ask the participants to put their drawings on the four sheets.

#### **Notes for the Facilitator**

This can be a valuable opportunity for the participants and facilitator to learn what the group knows about sexuality/sex. If the participants prefer not to talk about themselves, you can encourage them to talk about issues that they might have heard or read about. In this case, people are able to talk about themselves without feeling embarrassed or threatened.

Record the terms that come up (pregnancy, sexually transmitted infections/diseases, HIV/AIDS, rape, sex worker, homosexual, lesbian) during discussion and build future sessions on the emerging issues.

#### **HELPLINE for the peer educator**

This material can also be used to make handouts and posters

### **Guiding Principles**

#### **For Working on Issues of Sexuality**

**Affirmative Approach to Sexuality:** Sexuality is part of everyone's life. Sexuality is complex. It can be pleasurable, satisfying and an enriching part of life. An affirmative approach improves sexual well-being.

**Diversity:** Different women and men have different needs, identities, choices and life circumstances. Therefore, not all women and men have similar sexual concerns.

**Autonomy and Self Determination:** Women and men have the right to make their own free and informed choices about all aspects of their lives, including their sexual lives.

**Gender Equity:** Programs that are based on gender equity recognize and provide equitable access (by all) to information, services and

education that promote sexual well-being.

***Responsiveness to Changing Needs:*** women and men's needs for information and services on sexuality change over time and throughout the life cycle.

***Prevent Violence, Exploitation and Abuse:*** Violence, exploitation and abuse are often the conditions under which people, especially women, experience their sexuality or are initiation into sexual activity.

***Comprehensive Understanding of Sexuality:*** Programmes and services must address and integrate emotional, psychosocial and cultural factors in planning and service delivery.

***Non -Judgmental Services and Programmes:*** People with different value systems make different choices about sexuality. Providers must respect these values and refrain from judging others or imposing their own values on them.

***Confidentiality and Privacy:*** Sexuality touches upon intimate aspects of people's lives. Individuals have a right to privacy and confidentiality.

***Cultural Sensitivity:*** Cultural perceptions about issues of sexuality differ among different groups and communities.

***Accessible Programmes and Services:*** Accessibility entails more than availability of services. It includes quality, confidentiality, staffing and being able to cater to a range of needs.

### **Core Values**

The basic values of choice, dignity, diversity, equality and respect underlie the concept of Human Rights. These affirm the worth of all people. In the context of sexuality, these words have the following meaning:

**Choice:** Making choices about one's sexuality freely, without coercion, and with access to comprehensive information and services, while respecting the rights of others.

**Dignity:** All individuals have worth regardless of their age, caste, class, gender, orientation, preference, religion and other determinants of status.

**Diversity:** Acceptance of the fact that women and men express their sexuality in diverse ways and that there is a range of sexual behaviors, identities and relationships.

**Equality:** All women and men are equally deserving of respect and dignity and should have access to information, services and support to attain sexual well-being.

**Respect:** All women and men are entitled to respect and consideration, despite their sexual choices and identities.

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