

# Sexual Health

*Cynthia Peters*

## Pre-reading:

1. Before you begin, think about what some of the challenges might be to discussing sex and sexuality in the classroom. Brainstorm ways to deal with those challenges. Get agreement on ground rules.
2. Is sexuality part of health? What do you think?
3. Vocabulary: coercion, transmitted, sexuality, reproduction, wellbeing, dysfunction, infirmity

## Reading:

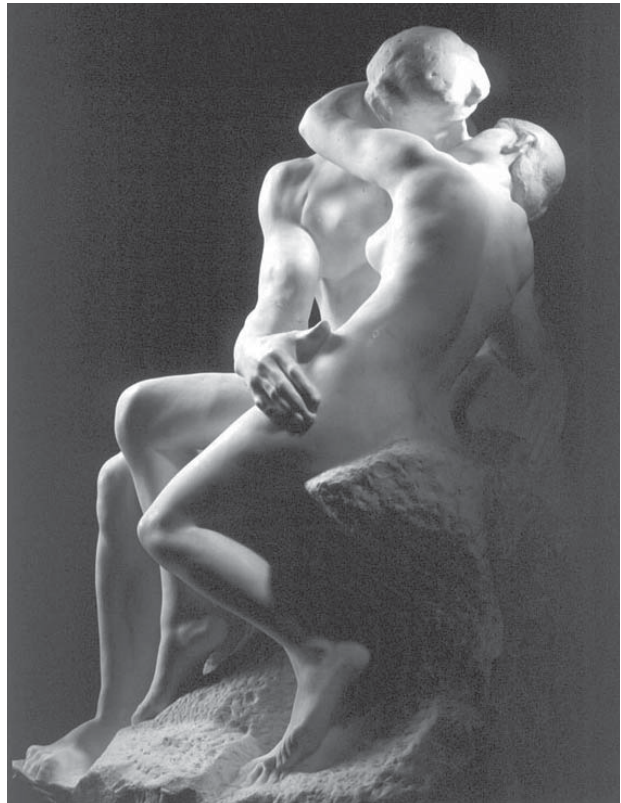
Read and discuss the World Health Organization's definition of sexual health.

## Activities/Projects:

1. Read "Top Ten Ingredients for Healthy Sexuality" on the next page. Add your own "ingredients" to the list. Which items are most important to you? Re-write the list in order of priority.
2. Which items on the list do you agree or disagree with? Why?
3. Which items do you have control over? Which ones does society control?
4. Find out how sex is good for your health. Not only does it burn calories, reduce stress, and boost your immune system, it even reduces your risk of prostate cancer. Learn more at <[www.cbs.com](http://www.cbs.com)> (search for top 10 reasons to have sex).
5. Look up the lyrics of "Sexual Healing" by Marvin Gaye. Listen to the song in class. What do you think about the idea of sexual healing?

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*Cynthia Peters is the editor of The Change Agent.*



*The Kiss is an 1889 marble sculpture by the French sculptor Auguste Rodin.*

## **The World Health Organization's Definition of Sexual Health**

Sexual health is a state of physical, emotional, mental and social wellbeing in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.