



# Values, Beliefs & Sexuality

REFLECTION



## About Love

My parents modeled/said: \_\_\_\_\_

What I believe now: \_\_\_\_\_

What I want my children to know: \_\_\_\_\_

## About Genitals

My parents said: \_\_\_\_\_

What I believe now: \_\_\_\_\_

What I want my children to know: \_\_\_\_\_

## About Sexual Intercourse

My parents said: \_\_\_\_\_

What I believe now: \_\_\_\_\_

What I want my children to know: \_\_\_\_\_

## About Healthy Relationships

My parents modeled/said: \_\_\_\_\_

What I believe now: \_\_\_\_\_

What I want my children to know: \_\_\_\_\_

## About Gender

My parents modeled/said: \_\_\_\_\_

What I believe now: \_\_\_\_\_

What I want my children to know: \_\_\_\_\_

Additional thoughts:





# Values, Beliefs & Sexuality

## REFLECTION



Instructions: Take about 5 minutes to reflect on the following questions.

What messages did you receive about sexuality as you were growing up (from friends, parents, school, media, etc.)?

What effect did these message have on your life?

What messages do you want to give the young people in your life regarding sexuality?

Which people could you talk to about sexuality and other sensitive issues growing up? Can you talk to your parents now? Other family? Friends? Siblings? Clergy?

What would you change about how you learned sexual health education?