

LESSON: The Gift Of Sexuality

Overview

After viewing a video clip that discusses sexuality as a gift, participants discuss the concept of sexuality, its complexities, and how expressions of sexuality change over time.

Objectives:

- To practice communicating one's feelings in a difficult situation
- To explore alternative ways of communicating messages to peers

Level: Middle / High School

Time: 1 class period

Preparation and Materials:

- White Board
- Video Clip: Gift of Sexuality
- Slide: *Properties of Sexuality*
- Handout: *Gift of Sexuality*

Procedures

1. To begin a guided discussion, view the Gift of Sexuality video clip. Write "Gift of Sexuality" on a white board, and remind the group of Dennis' words about the wonderful gift of sexuality.

2. Ask the group to comment on what they think Dennis meant when he talked about the "wonderful gift which is sexuality." Points to consider include:

- A gift brings pleasure
- A special gift is to be treasured

Be sure to record student responses on the flip chart.

3. On the white board, draw a box around the letters s-e-x, and state that sexuality is much more than just these three letters. Ask the group to define what they think sexuality means. Points to consider include:

- Sex refers to whether or not we are male or female (determined by your genitals). Also, sex has become the common abbreviation for sexual intercourse.
- Sexuality is more than just having sex. It describes how we think, act and feel about being a male or female.
- Sexuality has to do with how we act in a relationship, how we show love and affection, how we feel about our bodies and whom we are attracted to.

Show the *Properties of Sexuality* slide.

4. Ask group to brainstorm how sexuality would change for a child as they matured from the time they were a baby, then a toddler, a preschooler, in elementary school, in middle school and in high school and finally as a young adult (high school graduate +). Consider the following:

- How does a baby act in a relationship?
- How does a baby show love and affection?
- How does a baby feel about their bodies?
- Who is a baby attracted to?

Activity

Have your students break into pairs. Students should work with a partner to write and present to the class a short skit illustrating a situation where they are required to clearly communicate their feelings and are able to do this without hurting the other person. Emphasize that prior to developing their script it is important to decide the audience who will be viewing their skit. You may wish to review the handout, Skit Outline.