



# Human Sexuality

*Sexuality Flower* source: Jo Adams and Carol Painter

## 1. Our 5 senses:

sight, hearing, taste, smell and touch.

For example, you can smell your favourite food being cooked, listen to music that you love, hold hands with someone, feel the sunshine on your face. What do you like to see, hear, taste, smell or touch?

## 2. Our feelings:

For example, feelings that are positive like happiness, love, pleasure, trust. And also, feelings that can be upsetting or feel negative like jealousy, anger or sadness.

What have you been feeling today?

### 3. Spirituality:

Some people say that your spirituality is about the human spirit or human soul.

Spirituality is about love and respect for all living things, it is how you connect with nature. For some people this means believing in a God and being part of a religion. How can we, as humans, love and respect our world and look after it?

## 4. Our identity:

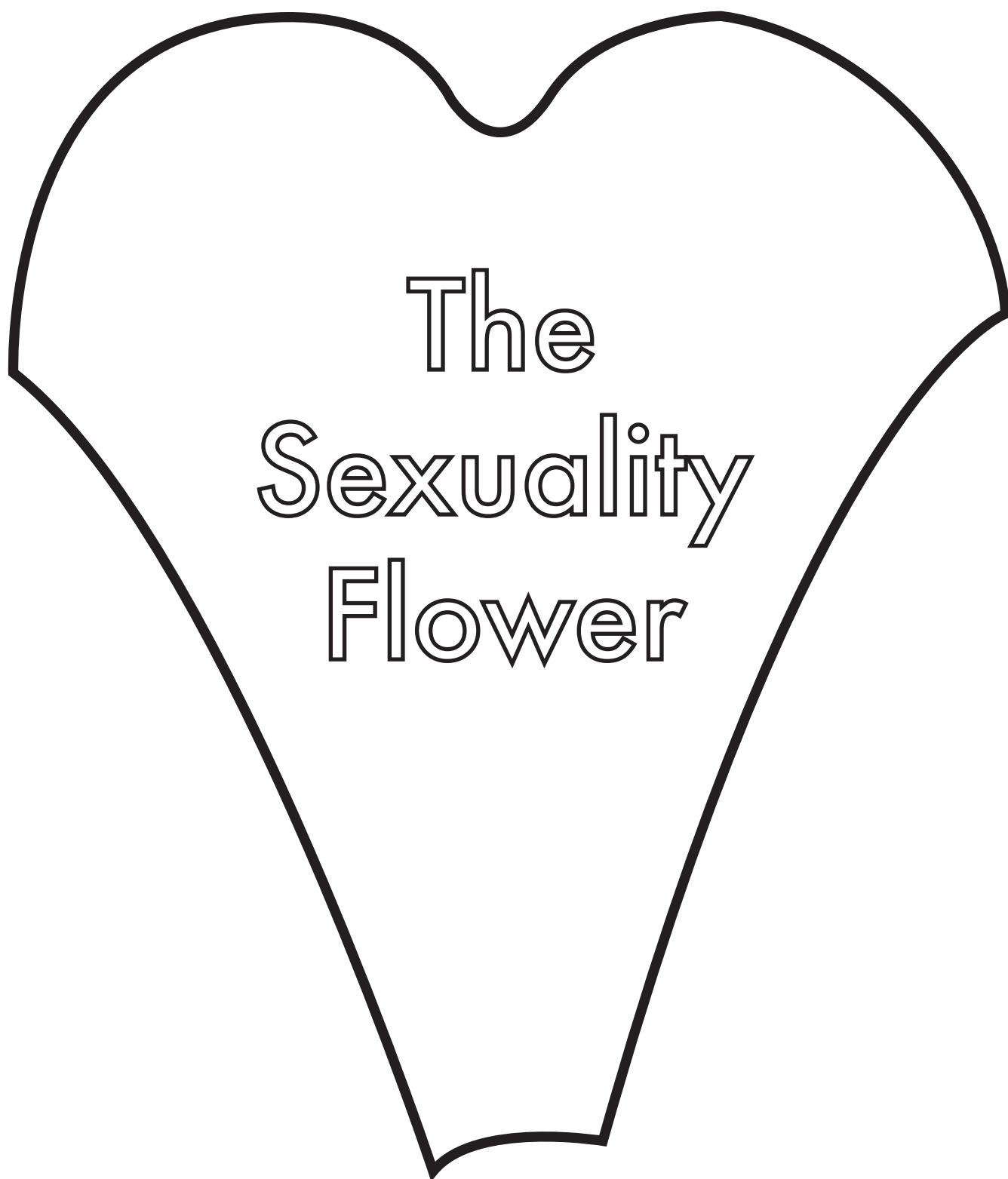
Identity is about how we describe ourselves. Imagine you were meeting a person for the first time, what things would you want to tell them about you? How would you describe yourself?

## 5. How we feel about how we look:

This is called self-image. When we think about self-image, we think about what size we are, what shape we are, how we feel about our bodies. We should try to have a good picture of ourselves and our bodies, this is called a positive self-image. What do you love about how you look and your body?

**6. Our relationships with other people:**

You can have all sorts of human relationships. You can be part of a family, part of your class at school, part of a friendship group. Adults can live independently, with housemates, with a partner or in a marriage. Who are the important people in your life?



*Sexuality Flower* source: Jo Adams and Carol Painter