SEXUALITY - SELF IMAGE

February 1987

10.30   Round

10.45   Process

11.00   Feedback of evaluation

11.05   - Outline of session
        - Aim of session- to individually assess comfort with
          discussing sexuality and related subjects so we have
          an idea how we may handle realted issues while
          working at the H.C.
        - Introduction
            reason for discussion

11.15   Round
        say what we were taught as children and how that
        has shaped our sexually. Also (option) how our self
        esteem and body image effects our sexuality. Do not
        want to restrict discussion to "sexuality" if women
        are wanting to bring in related subjects.
        - bring in readings if appropriate
        - problem with this type of discussion is that may
          disclose information and it may not get dealt with
          adequately - can extend session or stay after
        - challenge selves if want to, disclose if comfortable

        Discussion

1.00   Round - say how feeling
                - has discussion made you think of future change
                - say if any issue, feeling left hanging for
                  you.

1.15   Written evaluation

        Appreciations to the women on your right, anyone else

Reasons why discus sexuality

- how we feel about our sexuality, effects how we care for
  ourselves - it is therefore a health issue. Also political
- issues on sexuality are involved in gynecological, birth
  control, abortion. If counselling, need to be comfortable.
- ease we feel about our own sexuality will reflect
  directly on ease with which we speak with others.
- this does not mean we have to have every aspect of sex-
  ualiy worked out personally - we need to be comfortable
- no pressure on any member to talk with a women on any
  subject that is not comfortable.
- as part of self determination, we support all women to
  have free and responsible expression of their sexuality
  and the way in which they want to express it. (lesbian
  celebate, bisexual, heterosexual, +)
- make no assumptions - sexually active by self or with
  others, heterosexual etc
- an aim of the H.C. is to help women experience their
  sexuality as a source of pride, strength and joy.

  1