







Sexual anatomy

 <p>TIME</p>	30- 40 minutes (depends on the size of the group)
 <p>No.</p>	10- 15 people or more Age group: 14+ – it is possible to teach pleasure anatomy to younger kids as well - you only have to adjust your vocabulary to the age group
 <p>MATERIALS</p>	PPT pleasure anatomy / Sexual anatomy pictures, theoretical preparation (see literature)
 <p>OBJECTIVES</p>	<ul style="list-style-type: none">● Raise the attention of the sexual / sensual body – sex is not only about the reproductive system (especially not before you plan to have a family)● Raise the awareness of the importance of knowing some anatomy in human pleasure and sexual relationships● Raise the awareness on the idea that sexual pleasure is also something we can learn (it is not taken for granted)● De-medicalize the sexual body – empower young people to get access to their own bodies – through education and getting rid of shame and judgement
 <p>INSTRUCTIONS STEP BY STEP</p>	Show the pictures or the PPT and discuss it with the students
 <p>DISCUSSIONS</p>	You might want to discuss social norms and expectations; gender, age, sexual preferences, beauty standards, etc. – how they appear in sexual pleasure.



HINTS

It is recommended that facilitators get more aware of their own attitude, feelings, their own level of shame of the topic before going to give a lecture to a group. A certain level of knowledge, confidence, plus honesty is needed to facilitate this activity.



THIS ACTIVITY ONLINE

This activity can be done online. You might want to organize a KAHOOT quiz before you share the PPT.



THEORY

Paul Joannides: The Guide to Getting it on
Good Vibrations Guide to Sex: The Most Complete Sex Manual
Hilda Hutcherson: What Your Mother Never Told You About Sex

