



The
Sex
Ed Workbook

An Incomplete Guide To Exploring Sex

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Key to images in the workbook:



A note from campus staff to help guide you



Key ideas to think about



Conversations to have with a friend or mentor



Activity to fill out/complete!

A Note to Readers

Hey there!

We are so glad to have you join us at CU Boulder.

College can provide an opportunity to learn more about yourself, your academic interests, your friendships, and your hobbies. You may also have the opportunity to explore more things about sex.

Choosing to have sex or not should be your decision. You may feel pressure from others (your partner, peers, family, etc.) that can make it challenging to advocate for your choices. You may also struggle at times to know what it is that you actually want. This book is designed to help you reflect on your own thoughts and feelings towards sex in order to make the best decisions for yourself and your body.

As you make your way through this workbook, take some time to think about your own values, preferences, and boundaries you want to set when it comes to sex. In this book, you will find coloring pages, activities, word puzzles, and more. We've also included some reflection questions and additional information to help you stay healthy. All of the QR codes will take you to useful websites where you can get more information.

If you want to learn more, please reach out to our offices. There are lots of educational opportunities available to classes, student groups, and residence halls.

Best,

The Office of Institutional Equity and Compliance,
Health Promotion, and all of our wonderful campus partners.



Anonymously provide feedback to help improve content for future editions of this workbook!



What Is Sex?

Match the word to its definition:

libido	Pictures of a sexual nature, often sent via text or DM
fantasy	Physical contact where one person's tongue, lips, or mouth are used to stimulate another's genitalia or anus. Can be referred to as head, fellatio, and cunnilingus.
lube	Zones on body that are sensitive to sensual touch
genitalia	Ongoing agreement between all parties to engage in sexual or non-sexual activity
consent	Limits we set for ourselves and our own behavior
naked	Imagined sexual activity, that you may or may not want to do in real life
oral sex	General term for all external reproductive organs
vaginal sex	A biological response to sexual inputs that may include increased heart rate, lubrication, erection.
anal sex	Water, silicone, or oil based. Used for reducing friction during any sort of penetration.
condom	A non-clinical term that describes the general level or intensity of sexual desire that someone feels
erogenous	On a vulva, these are also called the labia.
boundaries	A barrier method that can reduce both the risk of pregnancy and STI transmission.
arousal	Physical contact where a person's anus is penetrated by something (for example: a penis, fingers, or toy)
nudes	Without clothes; nude
contraception	Otherwise known as birth control, this is the use of medicines, behaviors, or other methods to prevent pregnancy. Examples include condoms, IUDs, and the birth control pill.
STI	Physical contact where a person's vagina is penetrated by something (for example: a penis, fingers, or toy)

The word “sex” has many different meanings. Some people use it to describe only penis-in-vagina intercourse. Some people use this term to talk about any touching that involves naked genitalia. Sometimes it is used to talk about any activity that gets a person aroused. It is up to you to decide what counts as sex for you.



My definition of the word “sex” is:



In this workbook and on our campus, consent is an important part of our definition of sex.

Circle and define. To me, sex includes:

Masturbation (yes/no/sometimes)



Watching Porn (yes/no/sometimes)

Reading Erotica, Smut, or Porn (yes/no/sometimes)

Sexting (yes/no/sometimes)

Mutual Masturbation (yes/no/sometimes)

Dry Humping or Heavy Petting (yes/no/sometimes)

Giving Oral Sex (yes/no/sometimes)

Receiving Oral Sex (yes/no/sometimes)

Anal Sex (yes/no/sometimes)

Vaginal Sex (yes/no/sometimes)

Love (yes/no/sometimes)



Have you noticed any miscommunication between you and other people—parents, your friends, your partner—because you all define sex differently?

What Have I Been Told About Sex?

Sex is highly influenced by our society and culture. Our friends, a wide range of media, religious institutions, schools, and our family can all influence what we know and think about sex.



What have I been told about having sex?

What have I been told about not having sex?



Circle the messages I agree with.

Cross out the messages I disagree with.

Be sure to reflect on the act of sex, as well as the morality and values attached to those activities.

Some of the messages we receive about sex can help us to feel knowledgeable and able to advocate for our interests. Other messages can promote shame, secrecy, and violence. We each get to take the messages that we have been told and choose how to incorporate their meaning into our sex life.

When we have sex, we are engaging more than just our physical bodies. Most of the time, we are bringing all of the expectations, judgments, and beliefs that we have been taught about our sexuality.



What beliefs and expectations might I bring to my sexual experiences?



Do I feel like I need to behave or perform my sexuality in a certain way in order to match people's expectations? (ex. to be man enough, to act queer enough, to be the right amount of promiscuous, etc.)

How might I engage in sex differently if I didn't feel like I had to perform to society's, people's, and pornography's expectations?

What Is Sex For?

What are the reasons I've heard of for why people have sex?

Feel desired.

Show off sexual prowess.

De-stress.

Gain experience.

To not let the other person down.

Boredom.

Create a pregnancy.

Demonstrate love to the other person.

Felt too awkward to stop.

Experience pleasure.



Add your own ideas!



Circle the main reasons or motivations that I have for engaging in sexual activity.

Do the motivations I have around having sex match my values, my morals, and the expectations that I hold for myself? If there is misalignment, is that okay or does something need to change?

How do my motivations for sex influence the way I pursue sex, treat myself during and after sex, and treat my partner?

What Body Parts are Part of Sex?

Sex is a multisensory experience. Our brains are our largest sex organ. Erogenous zones are places on your body that feel sexy and sensitive, and may include nipples, ears, lower back, butt, and mouth. Genitalia and the region around them often have a lot of nerve endings that can feel good to be touched. Everyone has different preferences for where they like to be touched and what they like to touch on other people's bodies.



You might not know what feels good yet! If that is the case, you can use the next page to color in places you'd like to explore or perhaps places that you fantasize being touched.



Prosthetics, wheelchairs, and other assistive technology can also be used or touched as a part of sexual activity. If this applies to you, be sure to write or draw it in!





Color the places on your body that generally:

Feel amazing when touched

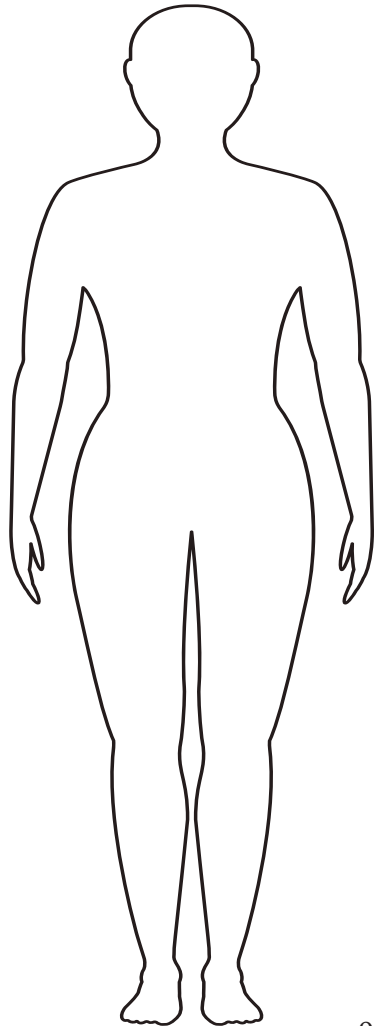
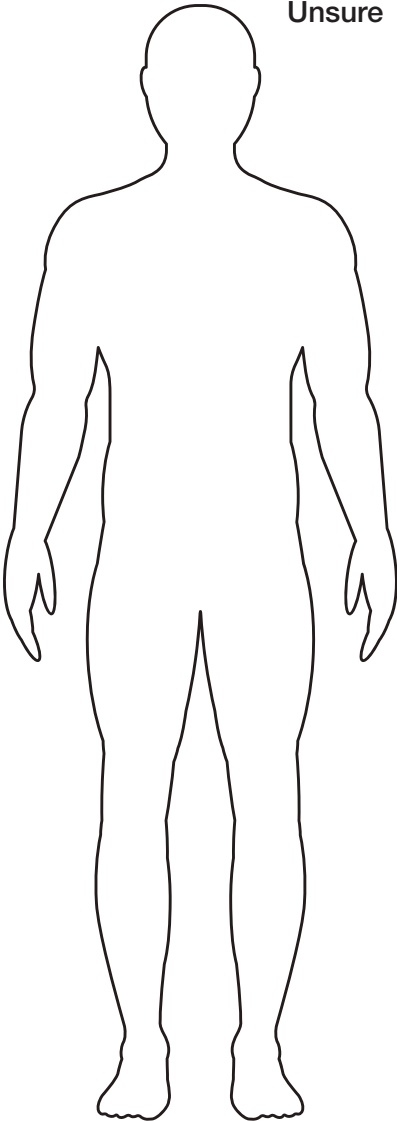
Feel good when touched

Feel neutral when touched

Feel uncomfortable when touched

Feel ticklish when touched

Unsure



Our chest, genitalia, perineum, anus, and buttocks can be called many different things. What are words that I like to use in reference to these parts?



For my own body:

In reference to other people's body:



Are there certain words for my body that I don't want my partner to use?



There is no one "normal" way for genitalia to look! Erectile tissue like what is often found on the shaft of the clitoris and penis can vary in length and girth. The skin in this area can also have different texture, color, and size. Additionally, not all bodies have the same configuration of reproductive organs.



If you do not already have the language or awareness to describe your genitalia to a doctor or to a partner, we suggest that you visit this educational website to learn more about vaginal, penile, and intersex anatomy.

This glossary from InterACT Advocates defines many variations in sex characteristics including those based on hormones, chromosomes, and genitalia.

How Can I Navigate Body Image?

Regardless of how self-conscious we may or may not feel about our bodies, we all deserve care and kindness.



What expectations have I heard from society, peers, and pornography about how genitalia and naked bodies ought to look?

In what ways do those expectations not align with my values and beliefs?

How can I show care to a partner, if they are insecure about the look of their genitalia or their body?

How can I show care to myself when I am feeling insecure about the look of my genitalia and/or my body?

What Type of Touch Do I Want?

Sexual enjoyment can come in many forms. We can feel physical pleasure; be thrilled; have a sense of novelty, excitement, adventure, relief; feel sexy; etc.

When it comes to touch, everyone will have different preferences for what they like to give and receive. For instance, you may find it pleasurable to be spanked, to be tickled, to be lightly caressed, to be firmly held. You may also like to touch your partner with your hands, genitalia, breath, and/or an object.



What can I say to let my partner(s) know that I want to be touched in a certain place or in a certain way?



What might I say to ask my partner(s) how they want to be touched?



Visit these resources to learn more about specific sexual activities that you may want to explore!

Bish is a sex education blog covering many topics including porn literacy and sexting.

Pornography



Healthline is medically reviewed journalism that publishes articles like this one on sex toy hygiene.

Sex Toys



Go Ask Alice is a Q & A styled health information written by staff at Columbia University, including information about orgasm and ejaculation.

Orgasms



Smart Sex Resource is a public health website that gives more specific instructions for things like fisting, anal play, and oral sex.

Anal, Oral, & Fisting



SextEd is an educational resource that helps navigate sexual decision making, like understanding virginity.

Virginity



Autostraddle is a queer media publication that publishes content like this sex activity inventory.

Activity Inventory



Lots of people experience pleasure when they fantasize about being touched in places or in ways that they don't actually want to be touched in real life. This is totally normal!



I will know that engaging in a sexual activity feels healthy to me when:

How Do I Feel About Having Non-Sober Sex?

If one or more people have consumed alcohol or another drug before having sex, it is incredibly important to pay extra attention to consent cues and look out for signs of incapacitation. This is because it can become more difficult to maintain your boundaries and interpret your partner's communication when substances are on board. When in doubt, hold off on engaging in any type of sexual touch.



Incapacitation is a legal threshold for non-consent because it is the point where people become disoriented, show impaired motor control, experience short-term memory loss, or are unconscious. If your partner is incapacitated - even if they are indicating "yes" - they cannot consent.



Having sex while I am under the influence does/does not align with my values when:

Having sex while my partner is under the influence does/does not align with my values when:



What might I notice in my own body or thoughts that help me know that I am not sober enough to consent to sex?

What might I notice in my partner's behavior that will help me know that they are not sober enough for any sort of sexual contact?

What strategies am I likely to use to turn down someone who wants to have sex with me, when I am worried about their incapacitation?



CU Boulder's Health Promotion team can help you gain more skills to party smart when alcohol and drugs are involved!

Am I Concerned About Unplanned Pregnancy, Future Fertility, or Becoming a Parent?

You might find it useful to think about your interest in being a parent. Becoming a parent can happen in many different ways - including using assisted reproductive technology (i.e., IVF, IUI, etc.) regulated legal processes (guardianship, foster care, adoption, surrogacy, etc.), and penis-in-vagina sex. Not all pregnancies lead to the involved parties choosing to be parents. Some people may know right now that they want to become parents or remain child-free. Some people need lots more time to figure this out.

It is important to think about your decisions about contraception, if there is a chance that you will engage in sex that could create a pregnancy. Additionally, certain medical decisions (like gender affirming hormone treatment) can influence your fertility.



We encourage you to think about your attitudes towards contraception, parenting, abortion, and if you want your body involved in creating a fetus. What values, beliefs, and circumstances influence your decisions around these topics?



Will I share my decisions about parenting with my partner? With my parents? With my friends? If so, how will I have that discussion?



What might keep me from engaging in safer sex practices?

What can I do to make it easier to choose behaviors that reduce the risk of infection transmission?



Condoms are both a contraceptive and STI prevention barrier! Get some delivered for free, in non-identifiable packaging, to your on-campus residence.



Get free, at-home STI testing kits in the mail from the Colorado Department of Public Health.



Use the interactive guides on Bedsider to learn about the contraception options available to you, your partner, and/or your friends!

What Other Aspects of My Health Impact Sex?



Visit these resources to begin exploring some of these additional topics!





CU Boulder Health & Wellness can help you navigate the different terminology of U.S.-based health insurance. Scroll to the end of this webpage to get more specific information about the student health insurance plan (SHIP).

Using Health Insurance



Andrew Gurza is a disabled sex educator whose podcast explores the overlap of disability, queerness, sex, and kink.

Disability



You can search the digital library on FOLX Health for specific information about gender affirming hormone therapy, transition, fertility, and more.

Transition & GAHT



The National Council on Independent Living co-created sex ed videos specifically for adults with intellectual and developmental disabilities (I/DD).

Sex & I/DD



CU Boulder Health Promotion provides education and skills around stress management.

Stress



Scarleteen is a message board and sex education website. This QR code will bring you to a few resources about SSRI's, sex, and pregnancy.

Antidepressants

What Questions Might I Ask a Medical Provider?

Overall Sexual Health

- Based on my risk factors, which STIs do you suggest I get tested for?
- How often should I do other routine testing like a pap smear or prostate exam?
- Am I taking any medications for my general health that might impact my libido or other aspects of having sex?
- Are there any short- or long-term side effects I should be aware of for any of the treatment plans we've discussed today?

Antiviral Medications (specifically for HSV and HIV)

- How will I know if the antivirals are working?
- Can the virus still be transmitted while I am on this medication?
- Does this medication impact my/my partner's ability to get pregnant?
- What physical changes to my body might I notice when I take hormone medication?
- How might this medication influence my libido, erection, lubrication, and my ability to orgasm?
- What is my best option to stop menstrual bleeding? How safe is that for my body?

Contraception

- Which birth control option would you recommend for me and my partner? Why?
- How soon after starting birth control are my partner and I protected against creating a pregnancy?
- How soon after stopping birth control can my partner and I create a pregnancy?
- Are there any medications that could make this birth control less effective?
- What are my birth control options as someone with a penis and testicles?
- How do the risks of being pregnant compare to the risks associated with different kinds of birth control?
- How painful is the procedure for an IUD or implant? What do you do to help mitigate that pain?



Add your own ideas!

What are my Boundaries?

We develop our boundaries from social cues, our own values, and previous experiences. Boundaries are the rules and limits we set for ourselves and our own behavior. It's about how we will act or respond based on certain criteria.



Examples of boundaries I may have:

I will not kiss someone if I am uncertain of how much they have had to drink.

I am open to having penetrative sex if there is a condom.

I want to have sex only within an ongoing relationship.

Highlight, color, or mark the boundaries that:



I most consistently maintain

Are flexible, in a way that I am comfortable with

I experience a lot of peer pressure around

I am open to changing or re-establishing

Add your own ideas!



Visit this webpage from Planned Parenthood for help on how to figure out your boundaries for sexual activity!



Draw, list, or collage the thoughts you have and feelings you experience when you feel safe within your boundaries.

A large, empty rounded rectangular box with a thick black border, intended for drawing, listing, or collaging thoughts and feelings.



It can be hard to know our limits in situations we have never experienced before. Because the people, activities, and situations involved in sex can change, it is not uncommon to be learning our limits *while having sex*.



How do my feelings and thoughts help me to know when I am uncomfortable or unsafe?

What are reasons that I might not pay attention to those feelings of discomfort?

Are there ways to make it easier for me to respond to my feelings and thoughts when I think they are telling me something useful?



We can practice listening to our intuition outside of sexual situations by noticing when our body needs something—like to eat, to sleep, or to take a break—and then doing our best to meet that need.



CU Change has a collection of mindfulness exercises available for download. Give it a listen!

How Do We Navigate Boundaries?



How will I communicate about the activities and/or type of touch that I am or am not willing to engage in?

How will I find out what the activities and/or type of touch are that my partner is willing or not willing to engage in?



When I choose to have sex or engage in a particular sexual activity, how will I communicate my willingness while also holding space for the reality that I may not like it and want to stop or change what is going on?

How will I make sure that my partner knows it is okay for them to change their mind?

How will I process my feelings of rejection or disappointment should that happen?




Scarleteen has information on how to prioritize consent and handle rejection.

Sometimes our wants conflict with our own boundaries. Sometimes our wants conflict with our partner's boundaries. And sometimes our partner's wants conflict with our boundaries.

Help this couple navigate their wants and boundaries:



Add your own ideas!




Wanna have sex?

Okay! But let's use a condom.



Oh, I don't have any here.



Options:
"Let's just make out for now"



What might I do if my partner is inhibiting my choices around safer sex?

How Do I Help My Friends?

Our friends may experience confusion about their sexual experiences, conflicts about their sexuality or gender identity, or harms like sexual assault, harassment, discrimination, or abuse in a relationship. One of the best ways to help your friend is by listening to what they need. **Circle the strategies for helping a friend that I feel comfortable doing:**

- | | |
|---|--|
| Listen to their experience | Give them space to process |
| Let them take the lead on what happens next | Summarize what you hear |
| Share campus resources with them | Ask what would feel supportive to them |
| Validate their feelings | Thank your friend for sharing with you |
| Check on their safety | Check in later |
| Respect their privacy | Stay grounded & present |



Confidential advocate counselors on campus are available for free consultations and support. You don't have to know what to make of an experience - whether it officially meets policy definitions for sexual assault or not - in order to get support. Contact the Office of Victim Assistance (OVA) at 303-492-8855 or online.



The Office of Institutional Equity and Compliance (OIEC) is the private but non-confidential campus department that provides resolution options in response to sexual assault reports. Separate from a resolution process, students who have been assaulted can receive assistance from OIEC's support and safety measures. Learn more about CU's official reporting process online.

Campus Support

Office of Victim Assistance (OVA)

Free and confidential consultation, advocacy, and/or short-term trauma-focused counseling for undergrads, grad students, staff, and faculty in the aftermath of a recent or past traumatic, disturbing, or disruptive life event.

303-492-8855 | colorado.edu/ova | assist@colorado.edu

Counseling & Psychiatric Services (CAPS)

Offers a range of mental health supports for undergrad and grad students including drop in services, brief therapy, group therapy, workshops and crisis supports

303-492-2277 | colorado.edu/counseling

Office of Institutional Equity and Compliance (OIEC)

Facilitates sexual violence prevention and healthy relationship workshops for students, staff, and faculty. Addresses protected-class discrimination and harassment, sexual misconduct, abuse in a relationship, and stalking through resolution options and support and safety measures.

303-492-2127 | colorado.edu/oiec

Pride Office

Provides education, support and advocacy for the LGBTQ+ population at CU Boulder.

303-492-0272 | colorado.edu/cisc/pride-office

Health Promotion

Provides education, outreach, skill-building workshops, and health resources for students around a variety of health topics. Helps students make informed decisions about their health and well-being.

303-492-2937 | colorado.edu/health/promotion

Medical Services at Wardenburg

Offers a wide range of healthcare and wellness resources, including comprehensive and affirming primary care, to CU Boulder students.

303-492-5101 | colorado.edu/HealthCenter



To learn about additional support services at CU, visit Colorado.Edu/DontIgnoreIt