



Discussion Guide

For Adults Working with Teens

Sexetc.org

answer
sex ed, honestly

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Lesson: Self-Awareness

Materials

- Pens or pencils
- Copies of “**Turned On? Sex Drives Need Careful Navigation**”
- Flipchart paper or chalkboard

Procedure

1. Ask students: *What is self-awareness? Why is self-awareness important in preventing disease or unintended pregnancy?*

2. Have students read “**Turned On? Sex Drives Need Careful Navigation.**”

Use the following questions to guide discussion:

- What is a “sex drive”?
- Do you think a person’s natural sex drive can be increased or decreased by cultural messages? Explain your answer.
- If a person is interested in sex but can’t acknowledge it because of cultural messages, do you think that might affect how he or she behaves when it comes to sex? How?
- Dr. Pepper Schwartz says that just because you’re turned on doesn’t mean you have to act on it. Do you agree? Or do you think that people sometimes can’t control their sexual urges? Explain your answer.
- “Drive your sex drive or it will drive you.” What do you think that saying means?

3. As a homework assignment, have students write an essay on the topic, “How being aware of one’s natural sex drive can help one avoid unintended pregnancy and sexually transmitted disease.”

This Discussion Guide lesson was written by Nora Gelperin, M.Ed. For additional lessons, go to http://answer.rutgers.edu/page/lesson_plans.

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