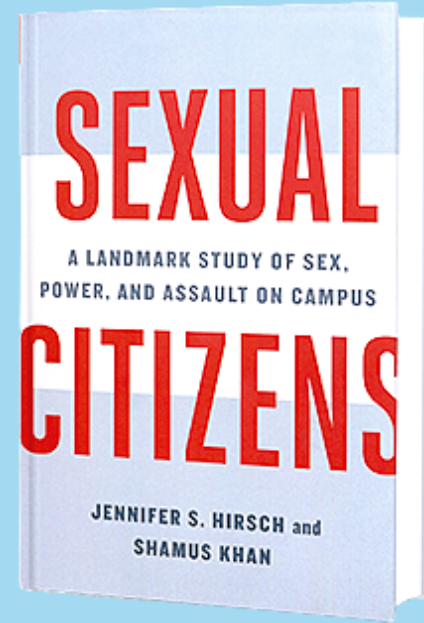
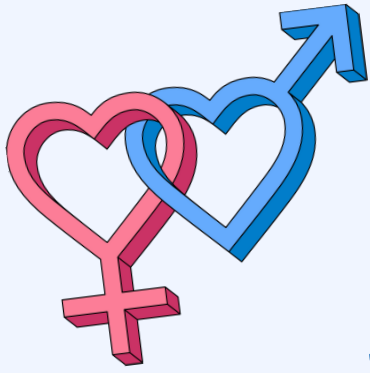


WINTER 2022

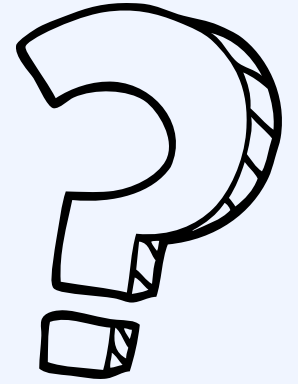
#TalkAboutItTUESDAY



**WHAT IS
A SEXUAL
PROJECT?**



**In simple terms, a
Sexual Project is our
individual answer to
what sex is for.**

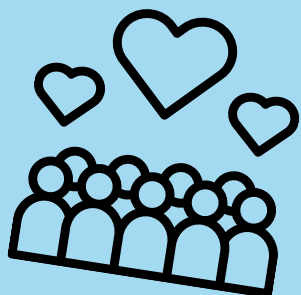


Everyone has a different reason for wanting to or not wanting to engage in sexual activities. These reasons change as we develop and grow as people in the world and are greatly impacted by a variety of factors including **upbringing, culture, religion, and race**. Each person's sexual project is valid and deserving of respect.

The term Sexual Projects comes from 'Sexual Citizens' written by Jennifer S. Hirsch and Shamus Khan

In their book, they identify 5 categories that our sexual projects fall under.

1. Accruing sexual experience
2. Seeking pleasure
3. Connecting with another person emotionally
4. Defining oneself
5. Impressing others



Some things to consider when identifying your Sexual Project:

1. What are some of the reasons that sex or sexual contact interests/doesn't interest me?
2. Do I want to share details about my sex life with others?
3. When I think about having sex what things excite me? What things turn me off?
4. What expectations, if any, do I have for my sex life?
5. Is my sex life or sexual experience a defining feature for me?
6. How was sex talked about with family and/or peers growing up?
7. What am I hoping to gain from engaging or not engaging in sex?

Note: Your sexual project may consist of not having sex. That's more than okay!