

# LET'S TALK ABOUT SEX

## GOAL FOR THIS SESSION

To increase couples' knowledge of and comfort with their own sexual bodies and to encourage open communication about sexuality.

## OBJECTIVES

By the end of this session, participants will be able to:

1. Identify the strengths and gaps in their couple communication about sexuality.
2. Communicate with comfort about their own genitals, sexual response, and conception.
3. Separate facts from myths about sexual anatomy, physiology, conception, and male/female sexual relationships.
4. Identify what their partner wants more and less of in their sexual relationship.

## SESSION-AT-A-GLANCE

Activities & Sequence	Objectives <i>Couples taking part in the activity should be able to...</i>	Time	Materials <i>FR = Facilitator Resource H = Handout</i>
<b>Newlywed Game</b>	Identify the strengths and gaps in their couple communication about sexuality	25 min.	<ul style="list-style-type: none"> <li>• Newlywed Game Questions (FR)</li> <li>• Answers Ready to Copy (FR)</li> <li>• Prize for Winning Couple</li> </ul>
<b>Woman/Man Talk about Sex</b>	Increase participants' knowledge of and comfort with female and male sexual anatomy, physiology & sexual response	35 min.	<ul style="list-style-type: none"> <li>• Woman to Woman Outline (FR)</li> <li>• Man to Man Outline (FR)</li> <li>• Female &amp; Male Sexual/Reproductive Systems (FR)</li> <li>• Female External Genitals (H)</li> <li>• Journey of the Sperm and Egg (H)</li> </ul>
<b>Myth-Information Game</b>	Distinguish between facts and myths about male and female sexuality and conception	30 min.	<ul style="list-style-type: none"> <li>• Sexuality—Myth or Fact (FR)</li> </ul>
<b>Partner Conversations</b>	Identify what their partner wants more and less of in their sexual relationship	30 min.	<ul style="list-style-type: none"> <li>• Our Relationship (H)</li> </ul>