

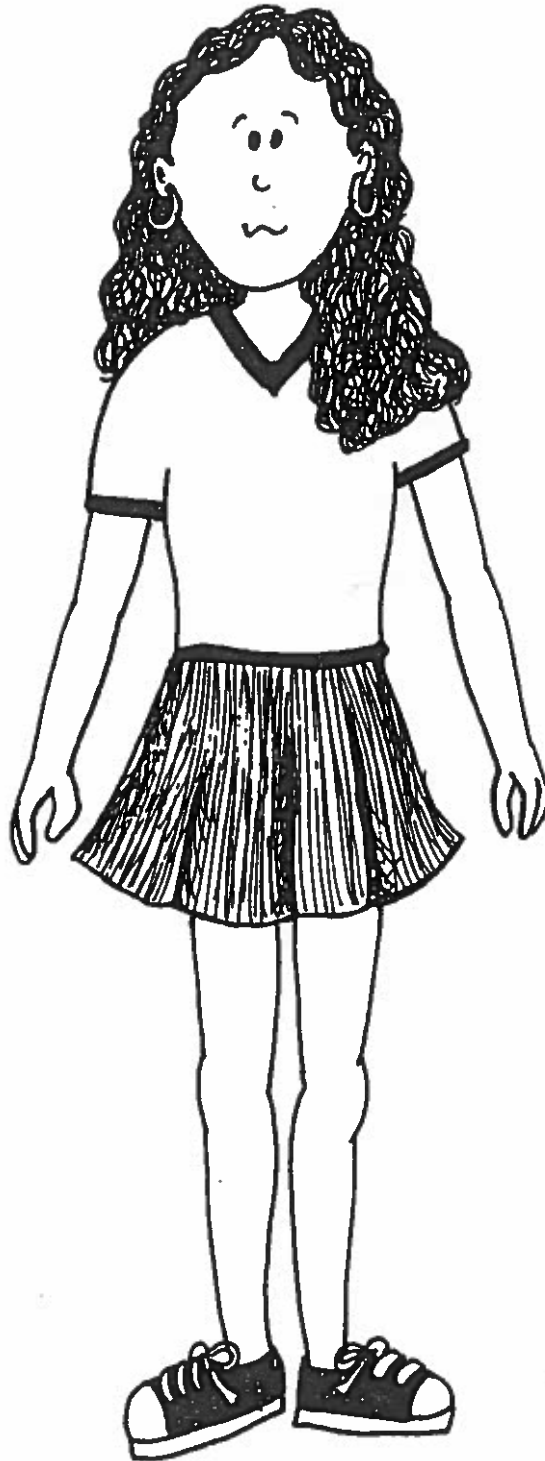
# List emotions

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Where on your body do you feel the emotions?

a.joe

a.joe

## What is Okay, Not Okay and Why? (B)

When you think a behaviour is okay - write okay

When you think a behaviour is not okay - write not okay

1. \_\_\_\_\_ touching arm
2. \_\_\_\_\_ touching bums
3. \_\_\_\_\_ smiling at someone
4. \_\_\_\_\_ staring at someone
5. \_\_\_\_\_ standing too close to someone.
6. \_\_\_\_\_ following someone.
7. \_\_\_\_\_ touching breasts.
8. \_\_\_\_\_ masturbating in front of someone.
9. \_\_\_\_\_ making someone touch your private parts.
10. \_\_\_\_\_ pulling down someone's pants.
11. \_\_\_\_\_ keep asking someone out when they say no.
12. \_\_\_\_\_ calling someone rude names.
13. \_\_\_\_\_ making kissing sounds.
14. \_\_\_\_\_ rating someone 1-10
15. \_\_\_\_\_ watching TV
16. \_\_\_\_\_ whistling
17. \_\_\_\_\_ making kissing sounds
18. \_\_\_\_\_ making faces at someone.
19. \_\_\_\_\_ sending cards/flowers to someone.
20. \_\_\_\_\_ looking at rude pictures on the computer.
21. \_\_\_\_\_ showing someone else rude pictures.
22. \_\_\_\_\_ calling someone rude names.
23. \_\_\_\_\_ talking about sexy things to a stranger.

NOT AT ALL

VERY MUCH

WHY?

SAD

ALONE

GUILTY

RESENTFUL

ANGRY

HELPLESS

AFRAID

UNLOVED

HAPPY

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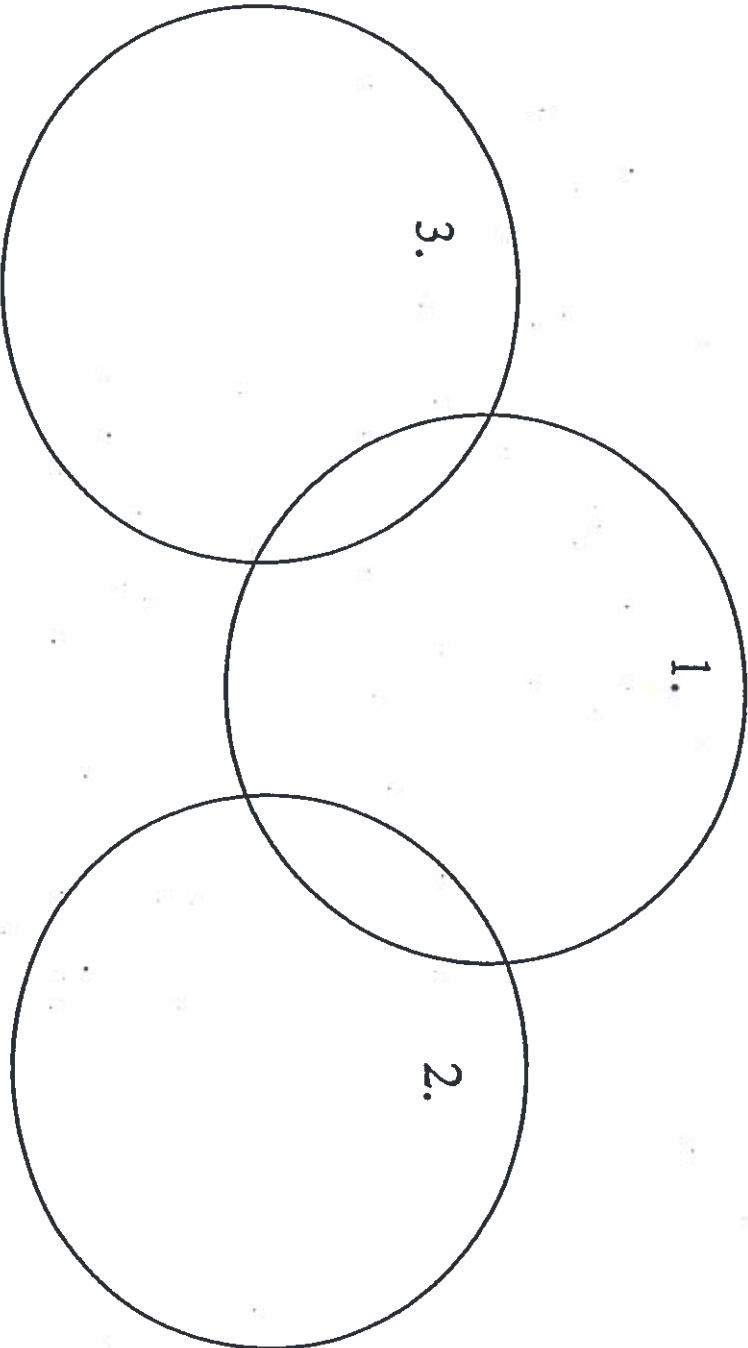
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*3 things I'm good at...*



# INTRODUCTION

## You and Your Self-Esteem

You are unique. There has never been and never will be anyone on earth who is just like you. You are a special, worthy and lovable person – but sometimes you may find this hard to believe.

Because we are human we are always in the process of learning about ourselves and our world and so we are inevitably facing new challenges all the time. Our biggest challenge will always be *to remember that we are special, worthy and lovable*, however difficult our life may seem to be sometimes. Our self-esteem is a sensitive commodity; our feelings about ourselves can change dramatically from day to day, indeed from moment to moment. Look at the checklist below.

### Initial Self-Esteem Checklist

	yes	no
I am optimistic.	___	___
I trust my intuition.	___	___
I believe in myself.	___	___
The world is a beautiful place.	___	___
I express my feelings easily.	___	___
It's OK to be angry.	___	___
I can allow myself to feel sad.	___	___
I am good at making decisions.	___	___
I can say 'no' when I want to.	___	___
It's OK for me to make mistakes.	___	___
I deserve the best that life has to offer.	___	___

How did you answer these questions? Are you feeling powerful, confident, decisive and at one with your world or are you feeling threatened, out of control and insecure? In other words, are you feeling high or low in self-esteem?

# What is Okay, Not Okay and Why? (B)

When you think a behavior is okay, write O.K.  
When you think a behavior is not okay, write N.O.K.

1. touching arm
2. verbal comments about parts of the body, what type of sex the victim would be "good at," clothing, looks, etc.)
3. spreading sexual rumors
4. touching buttocks
5. graffiti
6. "spiking" (pulling down someone's pants)
7. conversations that are personal with someone you don't know.
8. "rating" an individual on a scale from 1 to 10
9. pornography
10. touching breast
11. calling someone "honey," "sweetie," or "bitch."
12. Staring
13. "snuggles" (pulling underwear up at the waist so it goes in between the buttocks)
14. massaging the neck, massaging the shoulders.
15. touching one's genitals in front of others
16. sexual or "dirty" jokes
17. cartoon s, pictures
18. whispering sexual comments during class.
19. "making out" in the hallway
20. facial expressions (winking, kissing, etc.)
21. throwing kisses.
22. showing related movies during class
23. playing sexually offensive computer games
24. whispering
25. repeatedly asking someone out when he or she isn't interested.
26. gestures with the hands
27. gestures with the body
28. pressure for sexual activity
29. making kissing sounds
30. licking the lips suggestively
31. howling, catcalls
32. cornering, blocking
33. t-shirts, hats, pins with sexual characterizations
34. Staring also
35. smiling at someone
36. following someone
37. sending candy, flowers
38. using the computer to leave sexual messages or graffiti

YOUR ABILITIES TO PROTECT CHILDREN

What you thought when you heard that children had been sexually abused

Immediately after disclosure:

Didn't believe it										Completely believed it
0	1	2	3	4	5	6	7	8	9	10

Now:

Don't believe it										Completely believe it
0	1	2	3	4	5	6	7	8	9	10

## What Is Sexy?

Which of these people are sexy people?

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> all grown-ups                       | <input type="checkbox"/> boys and men |
| <input type="checkbox"/> married people                      | <input type="checkbox"/> movie stars  |
| <input type="checkbox"/> teenagers                           | <input type="checkbox"/> kids my age  |
| <input type="checkbox"/> old people                          | <input type="checkbox"/> rock stars   |
| <input type="checkbox"/> babies                              | <input type="checkbox"/> people on TV |
| <input type="checkbox"/> girls and women                     | <input type="checkbox"/> everybody    |
| <input type="checkbox"/> other people. What kinds of people? |                                       |





# What is Okay, Not Okay and Why? (B)

When you think a behaviour is okay - write okay

When you think a behaviour is not okay - write not okay

1. \_\_\_\_\_ touching arm
2. \_\_\_\_\_ touching bums
3. \_\_\_\_\_ smiling at someone
4. \_\_\_\_\_ pulling down someone's pants.
5. \_\_\_\_\_ looking at sexy pictures e.g. on the internet
6. \_\_\_\_\_ making kissing sounds.
7. \_\_\_\_\_ rating someone 1-10
8. \_\_\_\_\_ grabbing someone's balls
9. \_\_\_\_\_ telling dirty jokes.
10. \_\_\_\_\_ calling someone names like 'tart' - 'puff'
11. \_\_\_\_\_ winking or making faces at someone.
12. \_\_\_\_\_ following someone
13. \_\_\_\_\_ sending cards/flowers to someone
14. \_\_\_\_\_ <sup>masturbating</sup> wanking off in front of someone.
15. \_\_\_\_\_ staring at someone
16. \_\_\_\_\_ watching cartoons/videos.
17. \_\_\_\_\_ having sex in the hallway.
18. \_\_\_\_\_ whistling
19. \_\_\_\_\_ touching breasts
20. \_\_\_\_\_ making someone have sex if they don't want to.

21. <sup>very</sup> \_\_\_\_\_ standing close  
to someone.
22. \_\_\_\_\_ showing sexy  
movies in school.
23. \_\_\_\_\_ talking about  
sex to a stranger
24. \_\_\_\_\_ keep asking  
someone out when they say  
NO.

What is a sexy person? A sexy person is someone who:

- enjoys touching people and being touched by them.
- has sexual intercourse a lot.
- wears sexy clothes.
- plays with her/himself a lot.
- says a lot of "sexy" words.
- goes around naked a lot.
- smiles and laughs a lot.
- really likes her/himself and shows it.
- likes her/his own body and wants other people to like it.



Do you know someone you think is really sexy?

yes

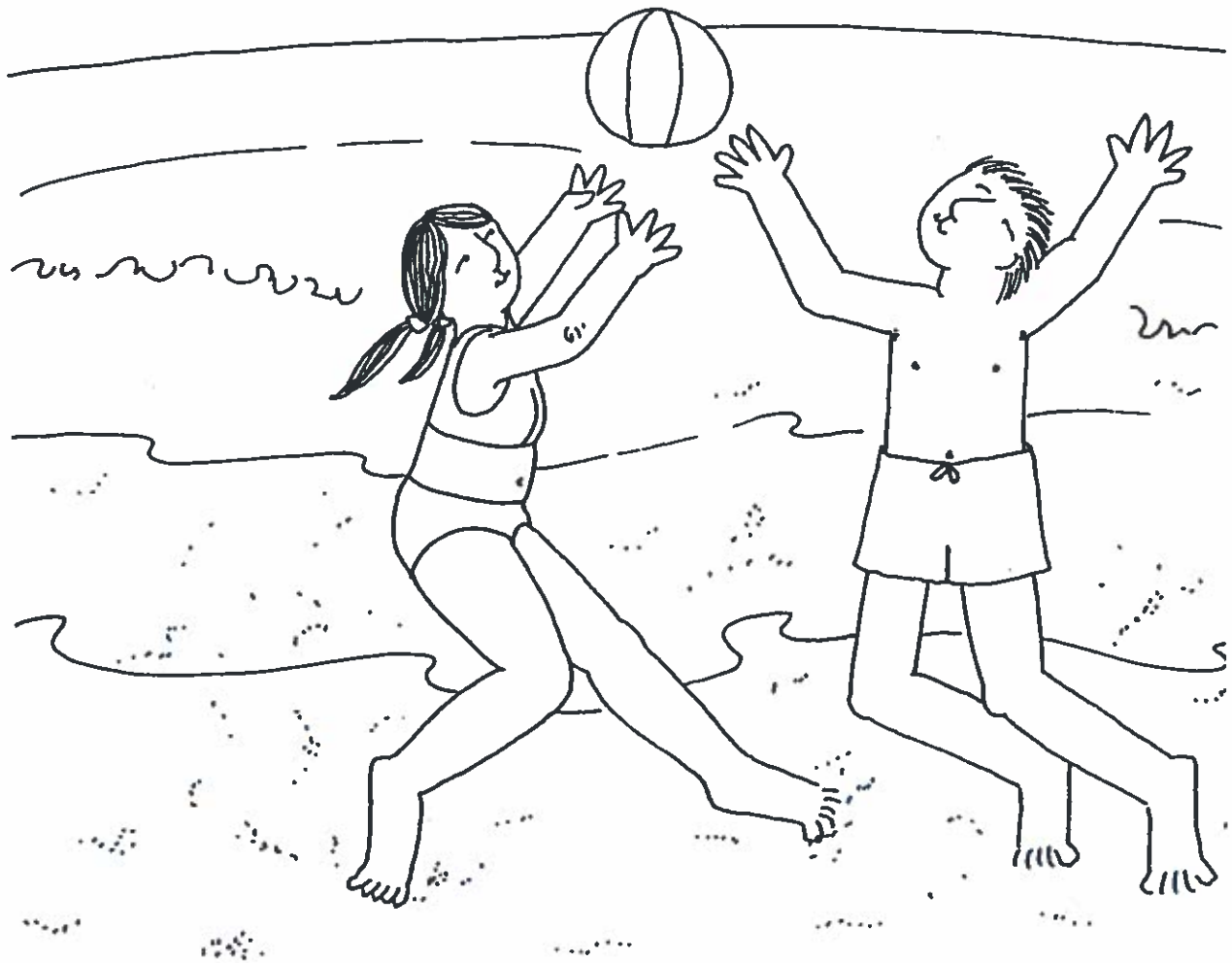
no

What is it about that person that makes you think he or she sexy? \_\_\_\_\_

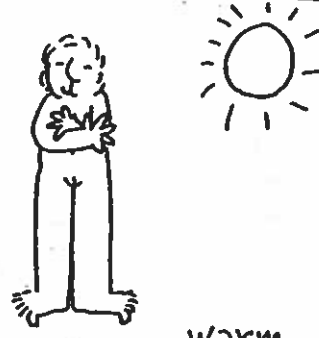




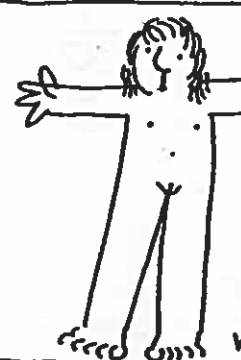


Who is a person you know that is not very sexy? \_\_\_\_\_

What about that person makes him/her not very sexy? \_\_\_\_\_

I don't care who is or isn't sexy



How does a sexy feeling feel to you?

<input type="checkbox"/>  warm	<input type="checkbox"/>  tickly	<input type="checkbox"/>  e
<input type="checkbox"/>  happy	<input type="checkbox"/>  giggly	<input type="checkbox"/>  v
<input type="checkbox"/>  just different	<input type="checkbox"/>	<input type="checkbox"/>  I do

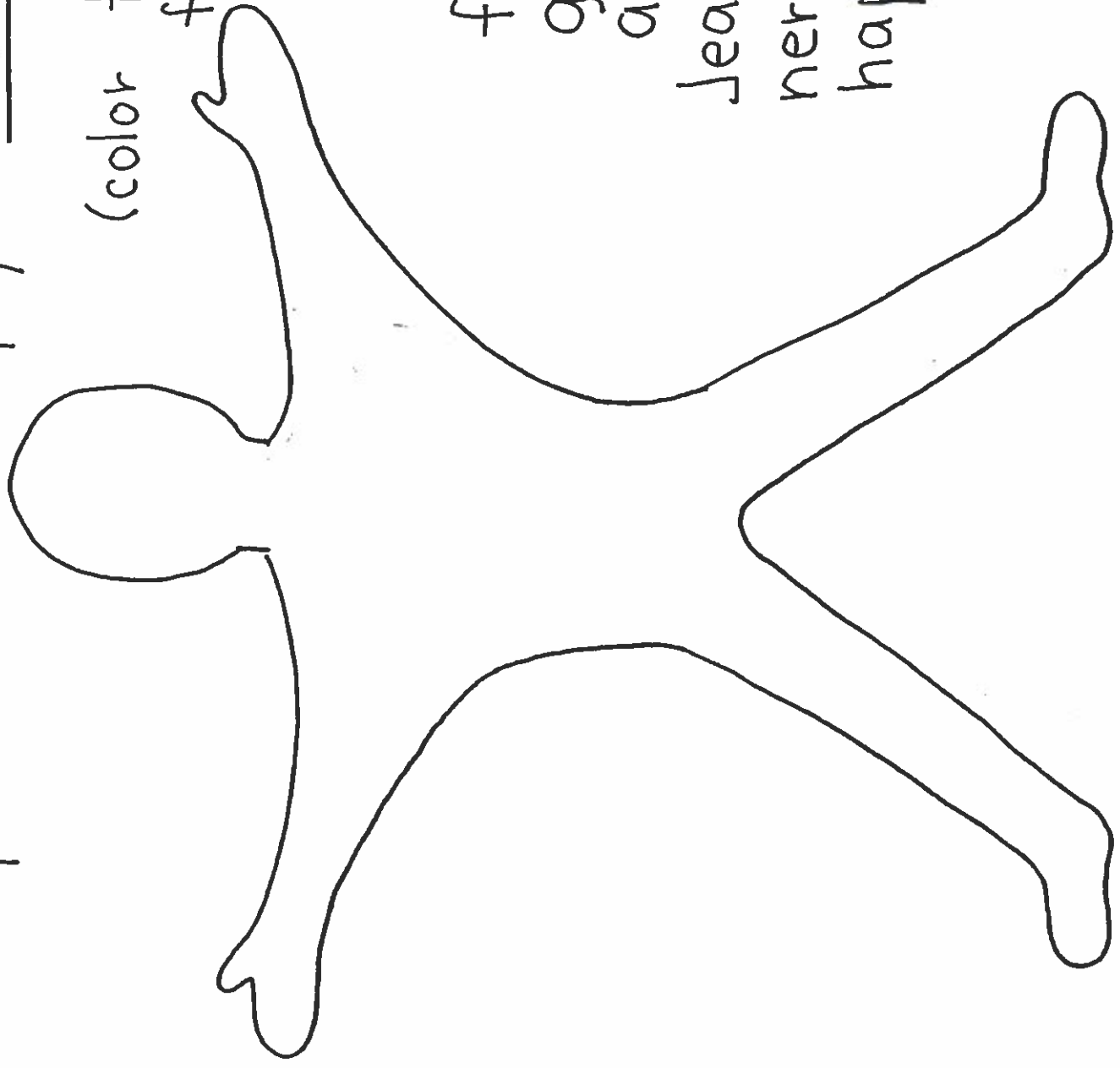
If you aren't sure what a sexy feeling feels like, check here. [

If you do have feelings that are sexy, where in your body do you feel them most? \_\_\_\_\_

all over

Feelings are something you feel in your body

(color the places you feel these feelings)



sad - blue

fear - black

guilt - brown

anger - red

jealous - green

nervous - orange

happy - yellow



## Sexual Experience Questionnaire

Have you experienced any of the following?  
If so, what age were you when you first experienced it?

plan189



1. Saw a girl with no clothes on.
2. Saw a woman with no clothes on.
3. Saw a boy with no clothes on.
4. Saw a man with no clothes on.
5. Read a pornographic magazine.
6. Saw a pornographic film.
7. Kissed a girl.
8. Touched a girl or woman's breasts over her clothes.
9. Touched a girl or woman's breasts under her clothes.
10. Touched a girl or woman's vagina over her clothes.
11. Touched a girl or woman's vagina under her clothes.
12. Had a girl or woman touch your penis over your clothes.
13. Had a girl or woman touch your penis under your clothes.
14. Saw two people having sex.
15. Had an erection.
16. Masturbated to orgasm.
17. Had sexual intercourse
18. Had anal intercourse.
19. Touched a boy or man's penis over his clothes.
20. Touched a boy or man's penis under his clothes.
21. Had a boy or man touch your penis.
22. Had oral sex with a girl or woman.
23. Had oral sex with a boy or man.
24. What's the most exciting sexual experience you've ever had?
25. What was your most frightening or worrying sexual experience?

We obtained information about sexual experience that teenage boys would find it difficult and embarrassing to report. We felt that this coded method allowed the information to be obtained relatively easily. We also found that the boys were able to brag and be quite boastful about their sexual experiences. Perhaps because they assumed a degree of confidentiality that did not happen when the worker was female.

