

GROUP ACTIVITY EXPLORING DIFFERENCES IN ONE'S SEXUAL DEVELOPMENT

PURPOSE OF THE EXERCISE:

Participants know the dimensions of sexual development and the role of sexual development in the psychosocial development of young people, in such a way, that they can describe key issues at the different dimensions.

TIMING:

20 minutes

NEEDED MATERIAL:

- A room with some open space in the middle, depending on number of participants (they must be able to walk about);
- A chalk crayon or paper tape

HOW TO CONDUCT THE EXERCISE:

Draw a long line (with chalk or use a paper tape) on the floor - mark at fixed intervals numbers 1 – 20 (these indicate ages).

Explain the assignment: tutor reads questions, and participants go stand by the line at the age point that refers to their individual answer – if the answer is 'not applicable' or the participant doesn't want to show, the participant steps aside.

Offer the opportunity to discuss diversity.

(Alternative in case of no space: use a flip over paper in landscape orientation, draw a line, and let participants point with finger or mark with pencil, work in subgroups)

QUESTIONS:

1. Body image: At what age were you most insecure about your own body?
2. Gender identity: At what age did you want to be of the opposite sex?
3. Gender –role At what age did you discuss gender expectations with your parents?
4. Romantic relationships: At what age were you in lover for the first time?
5. Sexual orientation: At what age were you insecure about your sexual orientation?
6. Sexual interest and desires: At what age did you first see/watch sexually explicit images?
7. Attitudes, beliefs and emotions: At what age did you develop your present ideas about sexual relationships?
8. Reproductive health: At what age did you learn about the menstruation?
9. Sexual function: At what age did you feel physical arousal for the first time?

THEORETICAL BACKGROUND:

Frans, Franck, Janssens & Storm (2017). Normatieve Lijst 2017. Sensoa Vlaggensysteem Buiten de Lijnen. Downloaded on feb 1st, 2018, from:

https://www.seksuelevorming.be/sites/default/files/digitaal_materiaal/uitgebreide-normatieve-lijst.pdf

Mouthaan & de Graaf (2017). Seksuele levensloop[Sexual Life course] . In: Höing, Janssens, Boer & Liebrechts (eds). Bespreekbaar maken van seksualiteit en intimiteit. Handboek voor professionals in zorg en welzijn [Discussing sexuality and intimacy. Handbook for social workers and para-medical professionals]. The Netherlands, Bussum: Coutinho

Van der Vlugt, I. (2017). Het jonge kind [The young child]. In: Höing, Janssens, Boer & Liebrechts (eds). Bespreekbaar maken van seksualiteit en intimiteit. Handboek voor professionals in zorg en welzijn [Discussing sexuality and intimacy. Handbook for social workers and para-medical professionals]. The Netherlands, Bussum: Coutinho

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