

“Appreciate your body, your physical and sexual self. Keep your body in shape, with exercise, healthy food choices. Use your sexuality in ways that enhance your life, and the lives of others. In other words, do not engage in frivolous sexual interactions. Respect the sexuality and boundaries of others. If you have one sexual partner, be respectful, ask for what you want. Work to create harmony and mutual sharing in your sexual interaction with your partner. Watch the quality of your sexual language and thoughts. Don’t make sexual jokes. Don’t put anyone down. Be respectful of all men and women, boys and girls. Accept people from a variety of sexual orientations without judging them. Use your personal power for good, not to dominate or harass anyone else.”

Dr. Michael Obsatz – Oh Grow Up

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Tell a story about your body or your physical and sexual self.**
- 2. Share one thing you have learned which helps you be in healthy relationships with other people.**
- 3. Share a story about how you had interacted with a person who thinks and acts differently than you.**

Check out and download “Oh Grow Up” by Dr. Michael Obsatz at <https://lifesjourney.us/oh-grow-up/>

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