



WORKSHEET

RECLAIMING SEXUALITY QUOTES

Activity 1

1. *“Self-determination, consent, safety, privacy, confidence and the ability to communicate and negotiate sexual relations are key enabling factors for sexual pleasure”* The Global Advisory Board for Sexual Health and Wellbeing
2. *“We are still living in a world where young girls are pledging away their sexual agency to their fathers, women to their partners, where a woman’s sexuality and desires are still judged and shamed. Early marriage, forced marriage, forced pregnancy, non-consensual sexual acts, denial of the use of contraception, sexual abuse are all manifestations of that”* Pamela Madsen, Psychology Today
3. *“To have agency is to have the capacity to believe in your power and have the ability to act on behalf of your own sexual needs, desires, and wishes. Women can say “yes” or “no,” and define their sexuality by the choices that they make by themselves for themselves”.* Pamela Madsen, Psychology Today
4. *“Social conditions often devalue the potency of sexual agency. However, an individual’s power alone is not enough to fend off sexual vulnerability forged by social injustice. In the absence of sexual agency and social justice, people are often forced to exercise their sexuality through sexual compliance, compromise, and concession”.* Laina Y. Bay-Cheng, University at Buffalo.
5. *“The experiences of human sexual pleasure are diverse and sexual rights ensure that pleasure is a positive experience for all concerned and not obtained by violating other people’s human rights and wellbeing”.* The Global Advisory Board for Sexual Health and Wellbeing
6. *“It is important to link sexual pleasure with people’s agency. Enabling people to discuss sexual pleasure can empower them to discuss other sexual issues. For instance, if a young person is able to tell their partner what they like or dislike, and to negotiate the quality of sexual relationships, it is more likely that they will be able to discuss other issues, such as consent, safety, boundaries and unhealthy behaviours in their relationship”.* The Global Advisory Board for Sexual Health and Wellbeing
7. *“The elements of a sex positive approach are sexual confidence, sexual literacy, empowerment, competence and solidarity. Confidence and competence do not just mean feeling ready and able to have sex, but having self-esteem and communication skills and feeling empowered to make informed choices, about sex but also wider sexual health and rights issues”.* IPPF, Putting Sexuality Back Into Comprehensive Sexuality Education
8. *“Sex-positive approaches strive to achieve ideal experiences, rather than solely working to prevent negative experiences. At the same time, sex-positive approaches acknowledge*

and tackle the various concerns and risks associated with sexuality without reinforcing fear, shame or taboo of young people's sexuality and gender inequality". IPPF, Putting Sexuality Back Into Comprehensive Sexuality Education

9. *"The sex-positive movement encompasses all individuals who believe in sex positivity. The sex-positive movement focuses on emphasizing safe and consensual sexual activities, regardless of what the activity is. Each person's preferences are regarded as their own personal choice, without judgment."* Kate Shkodzik, Obstetrician
10. *"Being sex positive does not equate to being careless or putting yourself at risk sexually. While the sex positive movement does encourage sexual freedom, it also centres around being safe while doing so. Overall, the sex positive movement views sexuality - in all its many facets - as a positive part of being human, rather than something to be ashamed of".* Kate Shkodzik, Obstetrician

11. *"Sexual agency puts emphasis on the control of the individual over their own body. It also means having the right and ability to define and control your own sexuality, free from coercion and exploitation. It also involves the processes where young people become sexually active and the strategies, actions and negotiations involved in maintaining relationships and navigating broader social expectations.",* Marianne Cense, Rutgers, the Netherlands.
12. *"I think consent is, by definition, a positive thing. Irrespective of whether it is feeling able to say 'yes' or being heard when you say 'no', consent has to be the baseline from which all sex extends. We need to reframe consent as something that leads to pleasure rather than simply something that staves off rape. "* Richa Kaul Padte, Author