

OUR EMOTIONAL-SEXUAL LIFE

Guidelines for good sex education.



Find out about the physical, emotional, and social changes that are taking place and will affect people you trust.



Adopt a critical stance and look for information over different media about what interests you regarding your emotional-sexual life.



Develop hygiene and self-care habits for better health.



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Display empathy towards other ways of feeling, thinking, and acting.



Talk to people who esteem you about how you feel and how you can handle unpleasant emotions.



If you are worried that someone doesn't agree, always ask them.

NO!

You have the right to say “no” and to change your mind. Other people have that right, too.