



# These Are Our Bodies

Talking Faith & Sexuality at Church & Home





## What & Why?

Discussion Questions

- What are the most important components of a sexuality education program?
- What is the definition of “sexuality”?
- What is the stance of The Episcopal Church regarding sexuality and the sacredness of our bodies?

## Sexuality: A Divine Gift

TO SAY THAT I AM  
MADE IN THE IMAGE OF  
GOD IS TO SAY THAT  
LOVE IS THE REASON  
FOR MY EXISTENCE,  
FOR GOD IS LOVE.  
LOVE IS MY TRUE  
IDENTITY.  
SELFLESSNESS IS MY  
TRUE SELF. LOVE IS MY  
TRUE CHARACTER.  
LOVE IS MY NAME.

THOMAS MERTON

- The Episcopal Church is a sacramental church. Anglicans claim a union of physical experience and inward grace both in the sacraments of the church and in our daily lives.
- The church increasingly understands that our sexuality is an important (though not only) means by which we learn to be lovers. Our awareness of each other, our acceptance or our affection for each other as God's creations, and our delight in the special gifts that each of us brings to a relationship because of our sexuality—all these are evidence of the blessings that God intends for us in our dealings with each other.



## CORE BELIEFS

- You are holy.
- Sexuality is good.
- Sexuality is powerful.
- You are not alone.
- You must take responsibility

# The complexity of sexuality

- Theological
  - Made in the image of God
  - Our Baptismal Covenant
- Ethical
  - Language
  - Responsibility
- Biological
  - Developmental stages
- Practical
  - Tools for learning





Genesis 1:26-27, 31 ~ Isaiah 62:5 ~ Psalm 139  
Luke 10:25-37 ~ Ephesians 5:21-33



## Theological

### Discussion Questions

- ➔ How was sexuality discussed in your family when you were growing up? What, if anything, do you wish had been different?
- ➔ What is the obligation of a faith community for sharing and interpreting issues of sexuality together, across generations?
- ➔ How have you been able to reflect (theologically and spiritually) about the diversity of human sexuality and gender in our society today? Where have you struggled? What questions remain for you?



## Honoring the Body and the Family

“Communities exist by shared symbols,  
language, communication, and meanings.  
And that is the essence of our sexuality.”

—James B. Nelson *Embodiment: An Approach to  
Sexuality and Christian Theology*

- The undivided self = body *and* soul
- A shared practice
- Parents are their child’s primary sex educators
- The role of the Church
- Being realistic and relevant





## Childhood

Teaching language, self-esteem, self-image, care and respect for self and others.

- Language use
- Sexuality continuum
- Radical hospitality
- Care for the body
- Body image
- Responsible behavior
- Decision making
- Consent and shame
- Beyond stereotypes

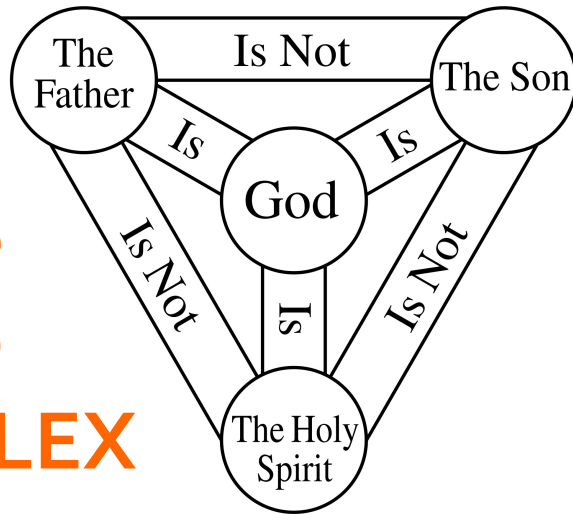
## The Ethical

“Human sexuality, however, is more than a cosmic, vital force. Sexuality is also a language of mutual recognition. What is desired is not simply the body but the life formed together, a desire for love.”

— Timothy Sedgwick  
*A Christian Moral Life*



We  
are  
COMPLEX



HELLO  
my preferred pronoun is

\_\_\_\_\_

**SEXUAL BEHAVIOR:**

- Heterosexual
- Homosexual
- Bisexual
- Celibate

**GENDER IDENTITY**

- Girl/Woman
- Boy/Man
- Transgender

**SEXUAL ORIENTATION**

- Lesbian
- Gay
- Straight
- Bi
- Asexual
- Queer

**SEX:**

- Female
- Male
- Intersex

**GENDER ROLES**

- Feminine
- Masculine

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**PINK?  
NO, NOT FOR ME.**

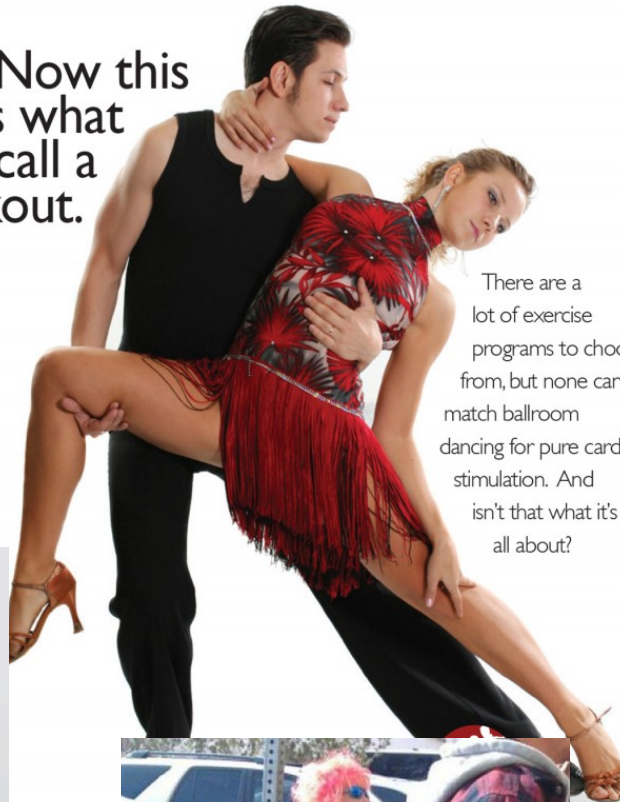
RUFFLES? NO THANKS.  
I BREAK RULES.  
I PREFER IT MODERN.  
**DARE TO DANCE** BY NIKE  
ALLOWS ME TO CUSTOM DESIGN  
MY SHOES SO I CAN DANCE  
WITH MY OWN STYLE.

**DO IT MODERN. DO IT ME.  
DO IT NIKE.**

**NIKE**  
JUST DO IT.

FOR MORE INFORMATION

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KATY PERRY

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**Self-Image  
Responsible  
Empowered**



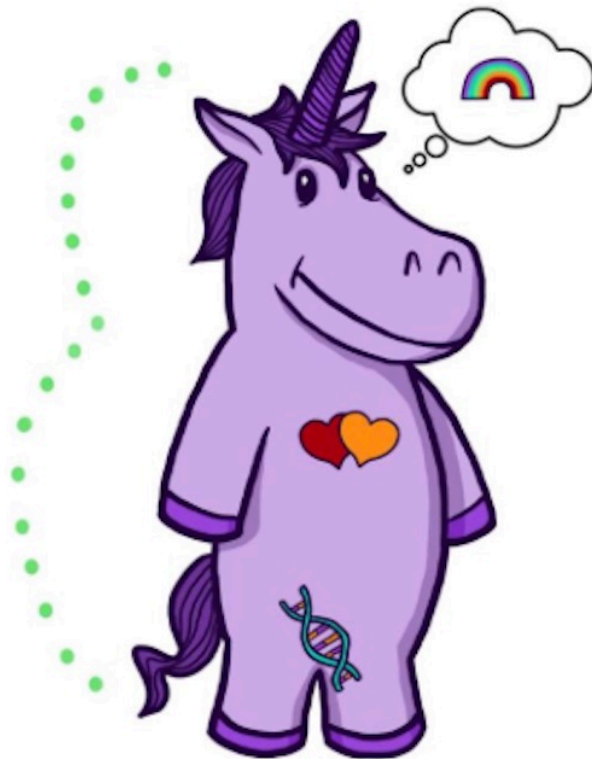
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CLEAR BLUE SKY.**

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CREATE YOUR VERY OWN SHOE UNIQUELY FOR YOU!  
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# The Gender Unicorn




Graphic by:  
**TSER**  
Trans Student Equality Resources



 Gender Identity

-  Female/Woman/Girl
-  Male/Man/Boy
-  Other Gender(s)

 Gender Expression/Presentation

-  Feminine
-  Masculine
-  Other

 Sex Assigned at Birth

Female  Male  Other/Intersex 

 Sexually Attracted To

-  Women
-  Men
-  Other Gender(s)

 Romantically/Emotionally Attracted To

-  Women
-  Men
-  Other Gender(s)

To learn more go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

Design by Landyn Pan

# The Biological & Practical



# Preschool and Elementary (Children)

## Children: We are ....

- Wonderful
- Unique
- Loved
- Changing
- Knowledgeable
- Complex
- Equipped
- Called
- Building the container
- Maturing



# Middle School

## Middle School: You are ....

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**“At your age, Tommy, a boy’s body goes through changes that are not always easy to understand.”**

- God’s Creation
- Knowledgeable
- Complex
- Connected
- Accepted
- Empowered
- Relational
- Thoughtful
- Responsible



# High School

## High School: Our ....

- Language
- Value System
- Identity
- Self-Image
- Relationship
- Health
- Dignity
- Theology



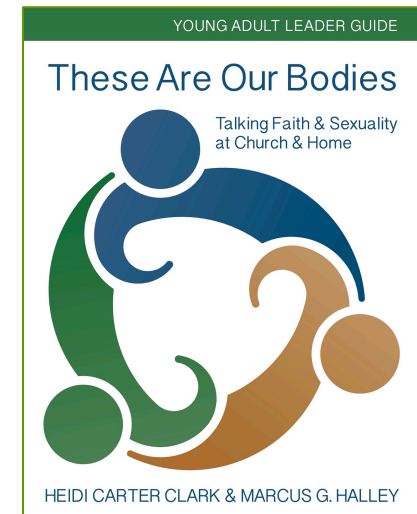
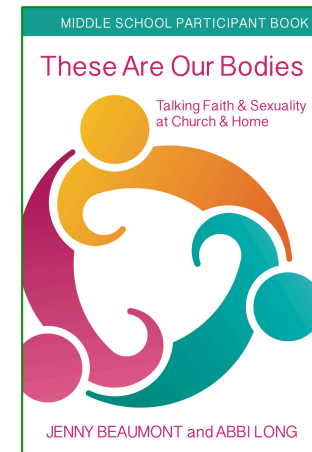
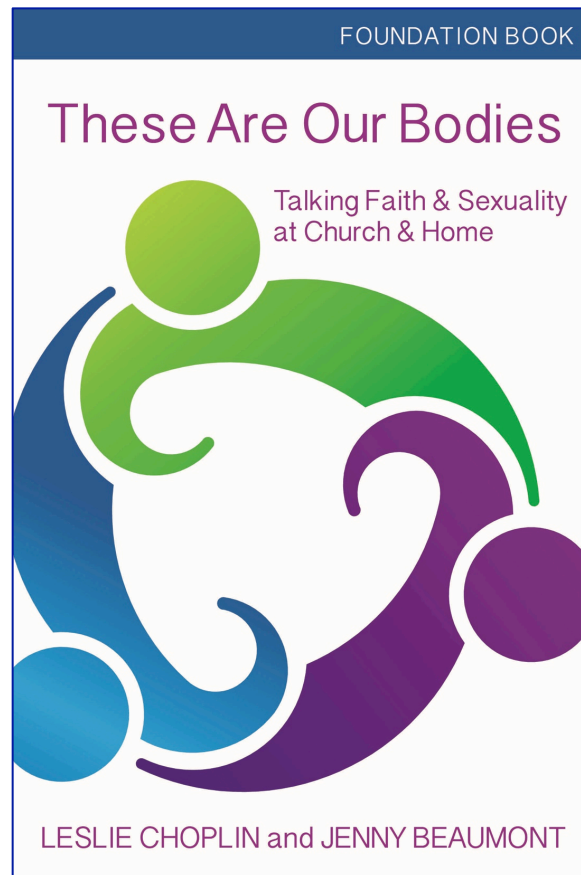
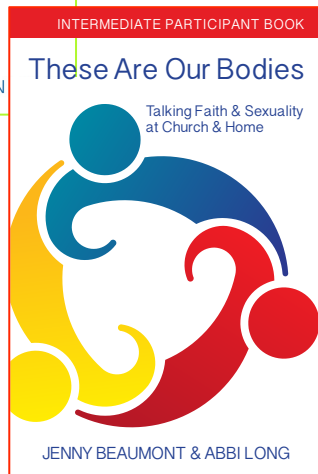
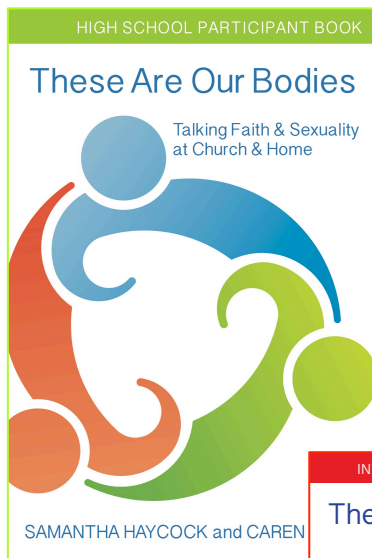
# Young Adult

**Be brave  
enough to  
start a  
conversation  
that matters.**

## The World yearns for ....

- Connection
- Love
- Covenant
- Pleasure
- Empowerment
- Wholeness
- Mystery
- Mutuality
- Respect

# Lifelong Christian Journey





# You are made in the *Imago Dei*

Go forth and celebrate how unique and loved you are!

