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## Session 8

# BECOMING A SEXUAL BEING

*the pursuit of proximity  
in another dimension*

### ***Topics covered in Session Eight***

- how to protect adolescents from getting hurt
- the myths of sexual experimentation & exploration
- the impact of peer orientation on adolescent sexuality
- what determines the nature of adolescent sexuality
- the bully dynamic in sexual relating
- the roots of sensitive and considerate sexual interaction
- what is required for sex to be safe psychologically
- the roots of today's brazen sexuality
- why restrictions regarding sexual interaction usually don't work

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## ***Three keys to understanding adolescent sexuality***

1. Relationship between ATTACHMENT and sexuality
2. Relationship between VULNERABILITY and sexuality
3. Relationship between MATURITY and sexuality

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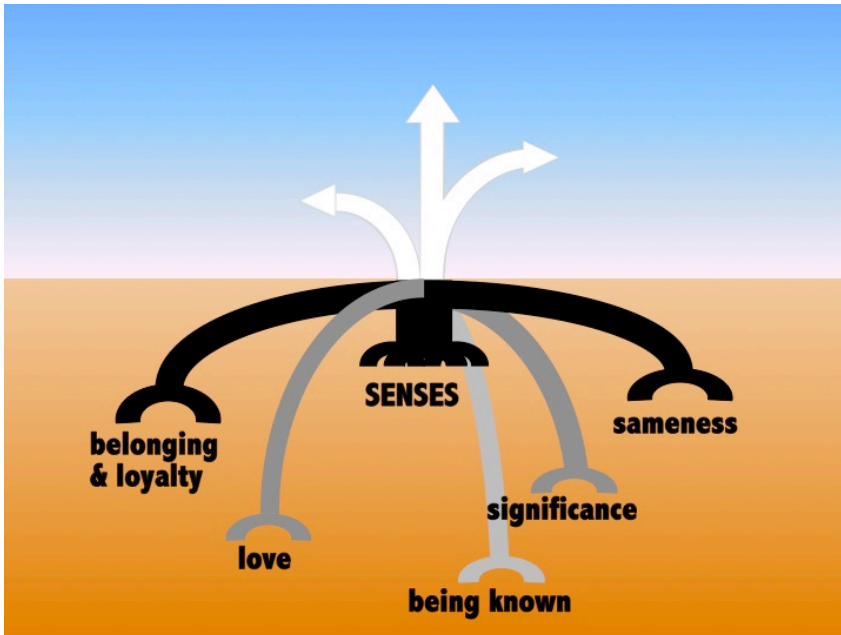
## ***ATTACHMENT & SEXUALITY***

- 1) ***One's sexuality is only as developed as one's capacity for relationship***

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## ***ATTACHMENT & SEXUALITY***

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- 1) One's sexuality is only as developed as one's capacity for relationship***
- 2) Sexual interaction was designed to marry us***
- 3) Peer orientation sexualizes attachment hunger***
- 4) Strong adult orientation is necessary to transmit parental values***

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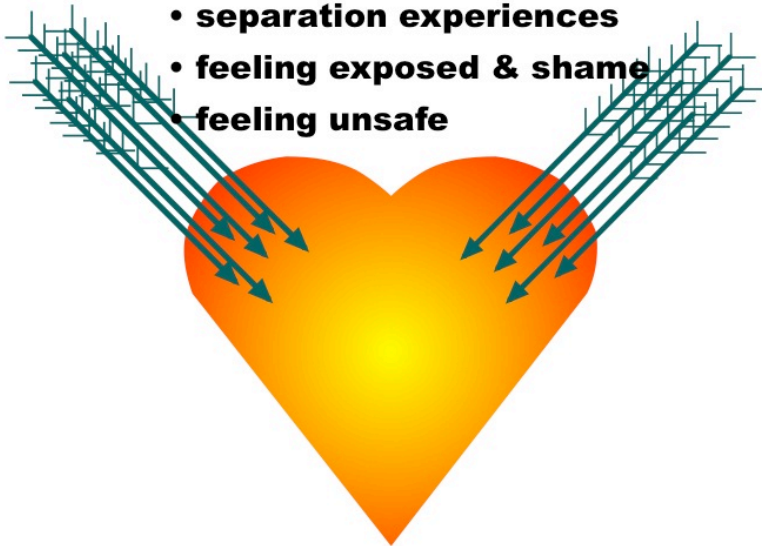
## ATTACHMENT & VULNERABILITY

**1) Sexual interaction sets the adolescent up for being wounded**

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**sexual interaction is a major source of wounding**

- **separation experiences**
- **feeling exposed & shame**
- **feeling unsafe**



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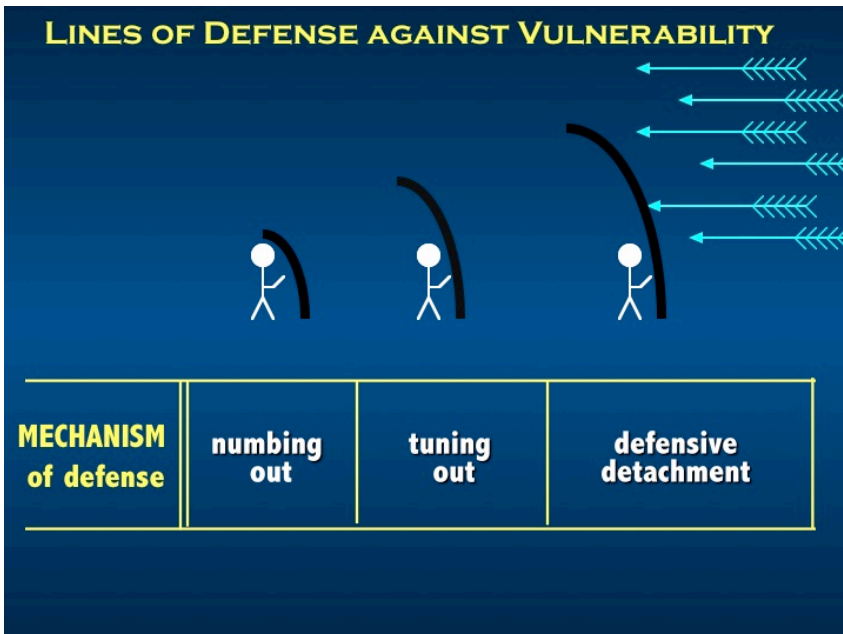
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## ATTACHMENT & VULNERABILITY

- 1) *Sexual interaction sets the adolescent up for being wounded*
- 2) *Sexual violation can evoke strong defenses against vulnerability*
- 3) *The flight from vulnerability leads to a sexuality that is brazen*

### LINES OF DEFENSE AGAINST VULNERABILITY

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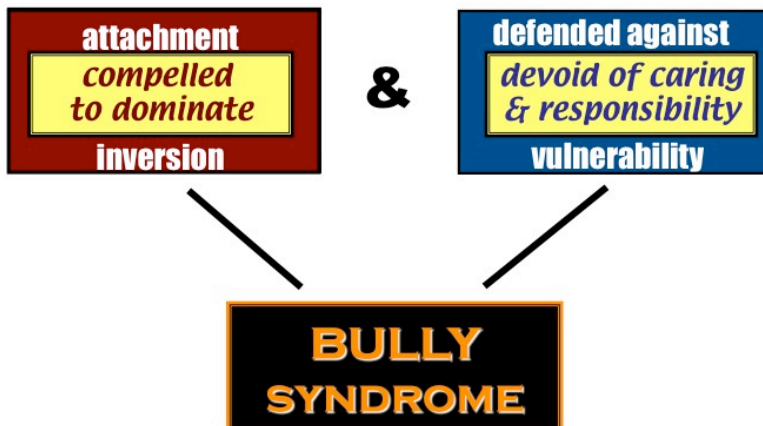
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## ATTACHMENT & VULNERABILITY

- 1) *Sexual interaction sets the adolescent up for being wounded*
- 2) *Sexual violation can evoke strong defenses against vulnerability*
- 3) *The flight from vulnerability leads to a sexuality that is brazen*
- 4) *The bully dynamic leads to sexual exploitation*

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## **MODUS OPERANDI OF THE BULLY**

***assert dominance  
by  
exploiting vulnerability***

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## **ATTACHMENT & VULNERABILITY**

- 1) Sexual interaction sets the adolescent up for being wounded***
- 2) Sexual violation can evoke strong defenses against vulnerability***
- 3) The flight from vulnerability leads to a sexuality that is brazen***
- 4) The bully dynamic leads to sexual exploitation***
- 5) Sexual interaction needs to be SAFE to prevent emotional desensitization***

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## ATTACHMENT & MATURATION

**1) only maturity enables an adolescent to take what is needed into consideration**

**2) only maturity can lead to the ability to experience togetherness without a loss of separateness**

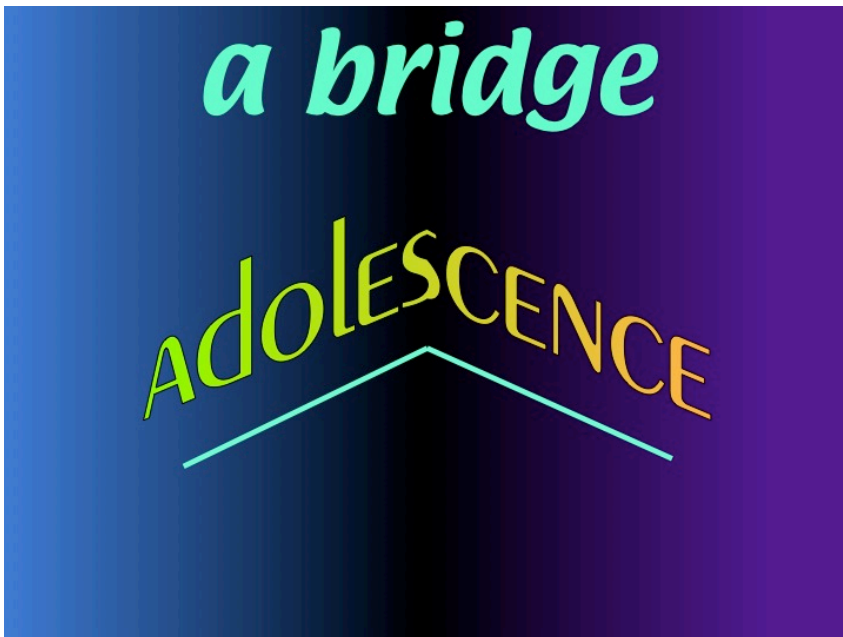
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# MAKING SENSE OF ADOLESCENCE

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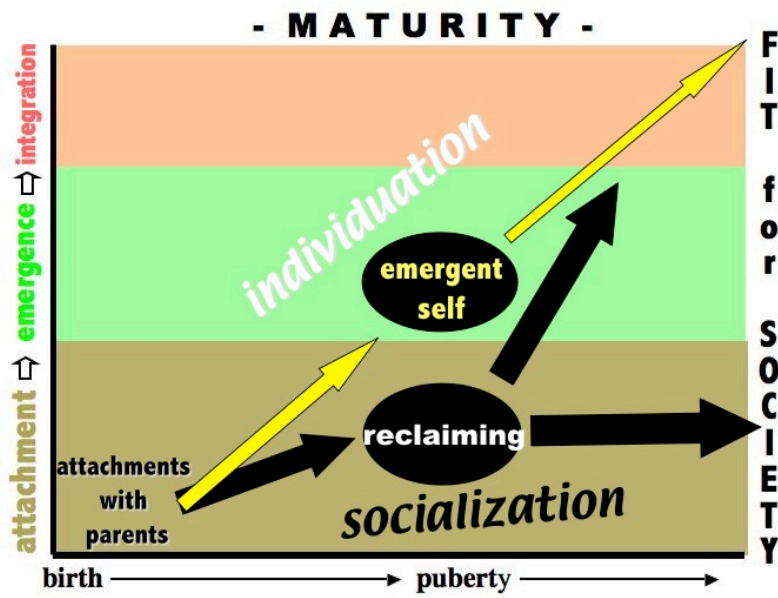


WHAT AN ADOLESCENT NEEDS  
MOST TO CROSS THE BRIDGE:

- *right relationships with caring adults*
- *soft hearts*

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*Hold on 'til maturity do them part*

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# Insights

*Questions to prime personal processing*

## HIGHLIGHTS OF THE APPROACH

*Quotes & highlights from course material*

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## HOW THIS NEW KNOWLEDGE MIGHT CHANGE WHAT I DO

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## INSIGHTS INTO MYSELF

*Observations from own childhood & relationships*

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## INSIGHTS INTO CHILD/CHILDREN:

*What do I see differently now?*

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## CHANGES OBSERVED IN CHILD/CHILDREN

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## **PRIMERS: Questions to prime review and integration**

1. How can we protect adolescents from getting hurt?

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2. What are the misleading myths about sexuality and how does this influence our perception today?

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3. What are the consequences of peer orientation on the development of sexual habits and experiences?

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4. How does the flight from vulnerability impact sexuality?

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5. How does the bully dynamic affect sexual relating?

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6. What is the source of a sensitive and caring sexuality?

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7. Questions arising out of this session.

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## GROUP DISCUSSION NOTES

1. General discussion – review of INSIGHTS and PRIMERS.

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2. How does this perspective fit or conflict with your own experiences, understanding and values?

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3. What are some changes you have made to your practice that you would be willing to share?

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4. Additional questions and concerns arising out of the group discussion.

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