

PRINCIPLES OF HEALTHY SEXUALITY



1. Physical acts are only a part of our sexuality.
2. Sexuality is an integral part of everyone's personality and is expressed in all that we do.
3. We all have a right to our own beliefs and convictions about sexuality.
4. Our sexual energy is always with us.
5. Our sexual energy is a kind of power we each have to influence others and make a difference in the world.
6. Our own body ownership and self-knowledge help to create healthy intimacy boundaries.
7. Every person is the sole owner of his or her body.
8. Sexual fantasies, feelings and thoughts are natural.
9. Guilt and shame are not part of a healthy sexuality.

Women's Experience of Sex and Sexuality by Karen E. Weiss
Center City, MN: Hazelden Educational Materials (zip 55012-0176)

"Progressive Sexual Ethic"

1. Our personal sexuality is to be celebrated, not deprecated.
2. Mutuality, not ownership or control, should be the major norm for sexual communication.
3. The principle of bodily integrity should govern the practice of touching another or responding to another's touch.
4. Sex-role fluidity is preferable to rigidity, which impedes mature interpersonal relations.
5. The many kinds of sexual communication between people who care for each other, consistent with the requirements of mutuality, should be recognized and honored.
6. A single sexual ethic should govern all sexual relations, whether they be heterosexual or homosexual.
7. To buttress the capacity of women to develop and live by freely chosen life plans, social policy should provide basic material support for procreative choice.

From Carol Robb's "Sexual Ethics" in *Equal Value: Thinking Ethically about Sex and Economics*,
Boston: Beacon Press, due out Nov 1995.