



**teaching
sexual
health.ca**

CALM
Learning Activity

Sexual Expression

Scenarios

Learning Outcomes

General Outcome 1: Personal Choices

Students will apply an understanding of the emotional/psychological, intellectual, social, spiritual and physical dimensions of health— and the dynamic interplay of these factors—in managing personal well-being.

Specific Outcome P12:

Examine aspects of healthy sexuality and responsible sexual behaviour.

Sexual Expression Scenarios

CALM



Teaching Sexual Health

Part A: True or False

Read each statement and circle if it's true or false.

Sexual expression is only about having sex.	True	False
What feels sexual or intimate can be different for each person.	True	False
Sexual expression includes things like flirting, fantasies, clothing, and communication.	True	False
It's normal for sexual expression to change over time.	True	False
Sexual expression always needs to be shared with someone else.	True	False

Part B: Sexual Expression Scenarios Group Discussion

Scenario: Taylor and their partner like to cuddle, hold hands and kiss. They haven't talked much about sex and don't feel ready to go further right now. They're both happy just spending time together and feeling close.

Discuss these questions with your group:

- How are Taylor and their partner expressing intimacy or affection?
- Why might this pace feel right for some people and not others?
- What kinds of pressure might teens feel about moving faster in a relationship and how can they handle that?



Scenario: Dev loves wearing clothes that show off their body. Some classmates whisper that Dev “dresses for attention.” For Dev, these clothes are about confidence and personal style. They aren’t about impressing or attracting anyone.

Discuss these questions with your group:

- How can clothing choices be a form of sexual expression?
- What are the social or emotional risks someone like Dev might face because of how they dress?
- Why do people judge others based on how they dress and what are the problems with these assumptions?

Scenario: Jules and their partner sometimes text flirty or sexy messages to each other. They trust one another and have talked about keeping it private. Jules feels comfortable with their choice but also wonders what could happen if the messages were shared without their permission.

Discuss these questions with your group:

- How is sexting a form of sexual expression?
- What are the potential risks and responsibilities when it comes to sexting?
- How can we respect privacy, boundaries and laws when it comes to sexting?

Sexual Expression Scenarios

CALM



Teaching Sexual Health

Scenario: Lori has decided to wait until marriage to have sex. It's a personal choice based on their values.

Discuss these questions with your group:

- What does it mean to wait until marriage?
- How can someone communicate that choice in a relationship?
- Why is it important to respect all values around sex?

Scenario: Zuri enjoys reading romantic fiction. It helps them explore what kinds of relationships and experiences they're curious about. Sometimes they wonder if this is "normal."

Discuss these questions with your group:

- Why might someone enjoy reading romantic stories?
- What is the difference between fantasy and reality when it comes to relationships and sex?
- Why is it important to be accepting of the different ways people like to explore their sexuality?

Sexual Expression Scenarios

CALM



Teaching Sexual Health

Scenario: Juri has been texting with someone they like. They talk about their favourite shows and make each other laugh. Juri isn't sure if it's a romantic thing or just a good friendship.

Discuss these questions with your group:

- How might talking and connecting emotionally be a form of sexual or romantic expression?
- Why might it be okay not to define a relationship right away?
- What are some social expectations about dating or relationships that Juri might feel pressure about?

Scenario: River likes posting selfies and outfit pictures on social media. They don't see it as sexual but sometimes people comment things like "You're so hot!" River feels confident about how they look but isn't sure how to respond to those comments.

Discuss these questions with your group:

- Why might someone assume posting photos online is sexual instead of just self expression?
- What are some risks or challenges that come with posting pictures publicly?
- How do social norms affect the way people's photos are judged?

Sexual Expression Scenarios

CALM



Teaching Sexual Health

Scenario: Noor and their partner have been talking more openly about their fantasies. Noor is curious about trying dirty talk but isn't sure what feels comfortable yet. They want to explore but also want to make sure they both feel respected.

Discuss these questions with your group:

- How might sharing fantasies be a form of sexual expression?
- What are ways Noor and their partner can set boundaries and check in with each other?
- Why might society treat open sexual communication as taboo?

Sexual Expression Scenarios

CALM



Teaching Sexual Health

Part A: True or False ANSWER KEY

Correct answers are **bold & underlined**.

Sexual expression is only about having sex	True	<u>False</u>
What feels sexual or intimate can be different for each person.	<u>True</u>	False
Sexual expression includes things like flirting, fantasies, clothing, and communication.	<u>True</u>	False
It's normal for sexual expression to change over time.	<u>True</u>	False
Sexual expression always needs to be shared with someone else.	True	<u>False</u>

Sexual Expression Scenarios

CALM



Teaching Sexual Health

© 2025, Primary Care Alberta, Student and Adult Health Promotion and Oral Health



This work is licensed under a Creative Commons Attribution-Non-Commercial-Share Alike 4.0 International license. To view a copy of this license, see

<https://creativecommons.org/licenses/by-nc-sa/4.0/>. You are free to copy, distribute and adapt the work for non-commercial purposes, as long as you attribute the work to Primary Care Alberta and abide by the other license terms. If you alter, transform, or build upon this work, you may distribute the resulting work only under the same, similar, or compatible license. The license does not apply to Primary Care Alberta trademarks, logos or content for which Primary Care Alberta is not the copyright owner.

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Primary Care Alberta does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Primary Care Alberta expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.