Sexuality encompasses nearly every aspect of our being, from attitudes and values to feelings and experiences. It is influenced by the individual, family, culture, religion/spirituality, laws, professions, institutions, science and politics.

**Sensuality** involves our level of awareness, acceptance and enjoyment of our own or others’ bodies.

**Intimacy** is the degree to which we express and have a need for closeness with another person. Its components are caring, sharing, loving/liking, trust, vulnerability, self-disclosure and emotional risk taking.

**Sexualization** involves how we use our sexuality and may include manipulating or controlling others. Its components are media images/messages, flirting, seduction, withholding sex, sexual harassment, incest and rape.

**Sexual Health & Reproduction** relates to attitudes and behaviors toward our health and the consequences of sexual activity. Its components are behavior, anatomy and physiology, sexual/reproductive systems, contraception-abortion, sexually transmitted infections.

**Sexual Identity** is how we perceive ourselves as a sexual being. Its components are biological gender, gender identity, gender role and sexual orientation.