



### **Episode 13: Sex: A Sociologist's Perspective**

Start talking! Bring up these conversations with your friends, with your family, with people you don't know! Talk about it on social media?? Tag @disarmingdisability. Happy thinking, and thank you for creating a more inclusive society.

1. What does sexuality and intimacy mean to you?
2. What is your own comfort level with your ability to communicate your own thoughts and feelings around sexuality & intimacy with your intimate partners?
3. How can you help facilitate more effective communication? What resources do you need? How can you get them?
4. Do you feel supported by your healthcare providers to discuss and address information related to your own health and sexuality & intimacy?
5. In an ideal world what would the freedom of your sexuality & intimacy expression look like?
6. In an ideal world what would communication about your own sexuality & intimacy and hearing the needs of those close to you look like?
7. What action steps need to be taken to be a few steps closer to these ideal worlds?