

Sex Ed Book Club
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Sex Ed Book Club Discussion Questions

Come As You Are by Emily Nagoski

Wk2: Part 2 sex in context (p111-190)

- Q1. What does your personal stress response tend to look like? Fight/Flight/Freeze? What do you do to complete your stress cycle?
- Q2. What are some of the social messages you've had to unlearn about sex and/or your body?
- Q3. What is a way that you can exercise self-compassion in terms of your sexuality?
- Q4. What is your big take-away from part 2? What information would you share with others?