

Exploration Challenge

Past as Power

1. "Historical and generational traumas—slavery, Jim Crow, racial discrimination, and eugenics—continue to shape Black sexuality today." Reflect: How does understanding this history help you honor the power of resilience in yourself or your community?
2. Historic taboos have contributed to hypersexualization, secrecy ("down-low" culture), sexual abuse, and reduced pleasure in Black communities. Reflect: Note one example discussed. How does recognizing this history empower you to reframe narratives about Black sexuality?
3. Perceived access to self-esteem varies depending on connection to systems of power. Reflect: Note one example discussed. How can awareness of these systems help you create a more empowering sexual environment for yourself or your community?
4. "Parents play a major role in the sexual socialization of Black female adolescents, shaping beliefs about safety, pleasure, boundaries, and identity." Reflect: Write one example of how parental guidance can either reinforce or liberate sexual knowledge and pleasure.



Exploration Challenge

Pleasure as Praxis

1. **Comprehensive sexuality education can help dismantle long-standing sexual taboos in Black communities. Reflect: What is one strategy recommended, and how can you actively use it to cultivate pleasure, agency, or wellness for yourself or those you serve?**
2. **What is one thing you're noticing about your internalized beliefs around self-esteem, and how will this insight guide how you show up in sex education, therapy, or advocacy?**
3. **Self-esteem is not self-taught. Reflect: Identify one strategy the speaker offered for cultivating self-esteem and pleasure in your body, mind, or work.**
4. **"Self-esteem shapes sexual self-identity", especially for Black individuals navigating cultural expectations and historical narratives. Reflect: What is one example the speaker shared, and how can it help you approach your own or others' sexual self-expression?**

Exploration Challenge

Future as Freedom

1. **Consider your own journey:** List one way you can open dialogue, personally or professionally, to support a freer, happier, and healthier sexual life.
2. **Identify three factors shaping Black female adolescents' expectations of sexual pleasure.** Reflect: How could addressing these factors promote a future where pleasure and agency are normalized?
3. **Black fathers must be intentionally included in sexual health programs.** Reflect: Note one reason given and how their inclusion can support a future of healthier sexual relationships and freedom from stigma.
4. **Race can both uplift and challenge sexiness development.** Reflect: Note one life-affirming example. How can this awareness guide you in creating freer, more empowering sexual experiences for yourself or your community?