



Do You Know The Difference?

Port-related Sex

Sex is using someone
Sex is "doing to" someone
Sex is a performance for others
Sex is compulsive
Sex is a public commodity
Sex is watching others
Sex is separate from love
Sex can be hurtful
Sex is emotionally distant
Sex can happen anytime
Sex is unsafe
Sex can be degrading
Sex can be irresponsible
Sex is devoid of morality
Sex lacks healthy communication
Sex involves deception
Sex is based on visual imagery
Sex has no ethical limits
Sex requires a double life
Sex compromises your values
Sex feels shameful
Sex is impulse gratification

Healthy Sex

Sex is caring for someone
Sex is sharing with a partner
Sex is a private experience
Sex is a natural drive
Sex is a personal treasure
Sex is about genuine connection
Sex is an expression of love
Sex is nurturing
Sex is emotionally close
Sex requires certain conditions
Sex is safe
Sex is always respectful
Sex is approached responsibly
Sex requires morals and values
Sex requires healthy communication
Sex requires honesty
Sex involves all the senses
Sex has ethical boundaries
Sex enhances who you really are
Sex reflects your values
Sex enhances self-esteem
Sex is lasting satisfaction