# Table of Contents

## Introduction
- Who Are We?
- Why Did We Write This Book?
- Who Is This Book For?
- How Do You Use This Book?

## Chapter 1: What Does Islam Have To Do With It?
- The Nuanced Nature of Fiqh
- Moving Towards a Values-Aligned, Healthy Sexual Relationships Framework
- Self Determination During the Time of the Prophet (PBUH)
- The RIDHA Framework
- Chapter 1 Resources

## Chapter 2: Sex Ed 101
- What is Sex?
- Anatomy
- Types of Sex
- Mechanics of Penetrative Sex
- Reproductive and Pregnancy
- Menstruation Cycle and Ovulation
- Contraception
  - Types of Contraception
  - Fertility Awareness
- Sexually Transmitted Infections
- Types of Sexually Transmitted Infections
- Chapter 2 Resources

## Chapter 3: What To Expect?
- Abstinence
- Understanding Your Values and Boundaries: Beginning with the Self
- The Impact of Sexual Activity on Your Spiritual Health
- The First Time: Expectation vs. Reality
- Consent
- Preparing for Sex
  - Communication
    - Ask Your Partner About Their Sexual History
    - Shop For Helpful Products
- Sex as an Act of Worship
- Sex with Disabilities
- Asexuality
- Roadblocks to Sex and Intimacy
  - Sexual Dysfunction
  - Struggling with Sexual Orientation
  - Health Concerns
  - Life's Stressors
  - Sex After Life Changes
- Chapter 3 Resources
# Table of Contents

## Chapter 4: Keeping Up With Your Sexual Health

- Preventative Care
  - Types of Healthcare Providers
  - Considerations for People Who Don’t Have Insurance
- The First Visit
- Sexually Transmitted Infection Testing
- Preparing for the Exam
- Sex: What Happens Next? Immediate and Long Term
- Hygiene
- Unexpected Outcomes
  - Broken Condom
  - Unplanned Pregnancy
  - Contracting a Sexually Transmitted Infection
- Starting A Family
  - Pregnancy
  - Preconception
  - Maternal Nutrition
  - During Your Pregnancy
  - Labor and Childbirth
  - Your Body After Birth
- Pregnancy and Loss
  - Ectopic Pregnancy
  - Abortion and Pregnancy Termination
- Infertility
- Chapter 4 Resources

## Chapter 5: Relationships - The Good, the Bad, and the In-Between

- Applying the RIDHA Framework to Build and Maintain Healthy, Intimate Relationships
  - R(ahma): Rooted in Compassion and Mutual Pleasure
    - Green Flags
    - Try It Out: Get to Know Sexual Pleasure
    - Red Flags
    - Pornography and Sex Addiction
  - I(lm): Informed by Communication and Knowledge
    - Green Flags
    - Try It Out: Healthy Communications Tactic
    - Understanding Consent
      - Marital Rape
    - Red Flags
  - a(D)alah: Driven by Equity and Fairness
    - Green Flags
    - Try It Out
    - Contentious and Abusive Relationships
    - Red Flags
    - Power and Control
    - Weaponizing Sex

(continues on next page)
# Chapter 5: Relationships - The Good, the Bad, and the In-Between

**H(urma): Housed in Safety and Security**
- A Deeper Dive into Qu’ranic Verse 4:34
- Green Flags
- Try It Out
- Relationships and Violence
  - Red Flags
  - Types of Violence
  - Sexual Violence
  - I Think I Experienced Violence
- Safety Planning Guide

**A(qd): Affirmed in Commitment and Fidelity**
- Green Flags
- Try It Out
- Islamic Marriage Contract
  - Mahr
  - Temporary Marriage
  - Polygyny
- Secret Relationships
  - Deception
  - Harm of Deceptive Relationships
  - Infidelity
- Divorce

## Chapter 5 Resources

Glossary

Work Cited