The Sex Talk Book: A Muslim's Guide to Healthy Sex & Relationships

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 His

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



The Sex Talk Book: A Muslim's Guide to Healthy Sex & Relationships

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 Condon 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 Pregnacny** 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 Taction

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)



The Sex Talk Book: A Muslim's Guide to Healthy Sex & Relationships

Table of Contents

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

