

Mapping sexual and relational wellness

Maps help orient us. In this resource, you will make maps to explore your own sexual and relational wellness.

As trans, Two-Spirit and non-binary people, we may not have been encouraged to develop an authentic awareness of what we want and don't want sexually. We might not have been shown many positive examples of the kind of relationships we could hope to have. The things we want or have access to may change over time, whether from impacts of gender-affirming surgery, hormone therapy, relationship shifts, age, or other life changes.

Mapping our desires, difficulties, and experiences of sexuality and relationships can help us clarify, explore and investigate what sexual and relational wellness means to us.



Your choice: We can share our maps, or the process of map-making, with friends, partners or providers, if we want to. We can also keep our maps as private guides to help us get where we want to go.

Go at your own pace: There is no pressure to complete all activities or answer every question. Choose what feels right for you.

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The views expressed herein do not necessarily reflect those of Health Canada.

Mapping sexual wellness



A mind map is a graphic that uses words and images to represent ideas and associations that radiate from a central question, image or thought.

How to make your map

- Draw a circle in the centre of your page.
- Draw five or more lines radiating from the central circle.
- Allow words, symbols, colours and images to begin populating your mind maps.
- **Alternative:** You can make lists, write in paragraphs, or organize your thoughts however works best for you.

To get started, you might think about the questions below, or look at the sample maps that follow.

Prompts for exploration

Values and purpose

- What do I care about?
- What is my purpose?
- What do I want to represent in the world?

Boundaries and healing

- What do I want to let go of?
- What does not fit?
- What hurts?

Curiosity and growth

- What am I curious about?
- What inspires and ignites me?
- What do I care about most?

Relationships

- What qualities and experiences do I want in my relationships?
- What and who is important to me?

Pleasure and joy

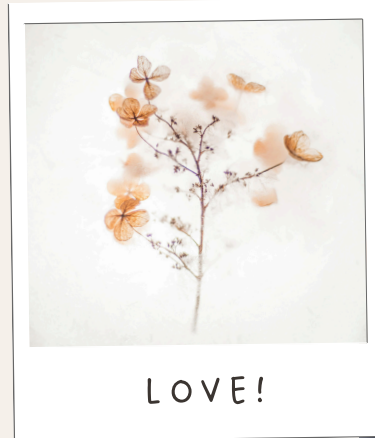
- What brings arousal?
- What brings joy?

Exploration and growth

- How can I create more space to explore and express my sexual wellness?
- Where can I explore and express my sexual wellness?
- How am I accountable to my vision of sexual wellness?

Remember: You do not need to answer all of these questions. Choose the ones that feel relevant and comfortable for you right now.

My body is mine
My desire is mine
Trust my instincts
I'm choosing to have fun
I choose when it starts + stops



SAFETY

SEE ME
FOR WHO
I AM

I AM NOT A
FETISH

I AM NOT
EXOTIC I AM
EXHAUSTED



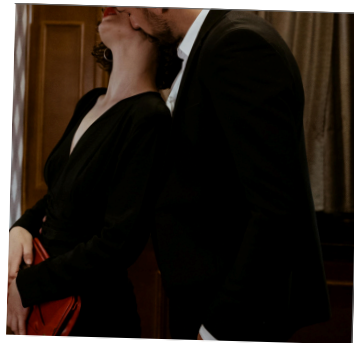
I DECIDE

MY SEXUAL WELLNESS

FLIRTING
BUILD-UP
TEASING
ANTICIPATION...!

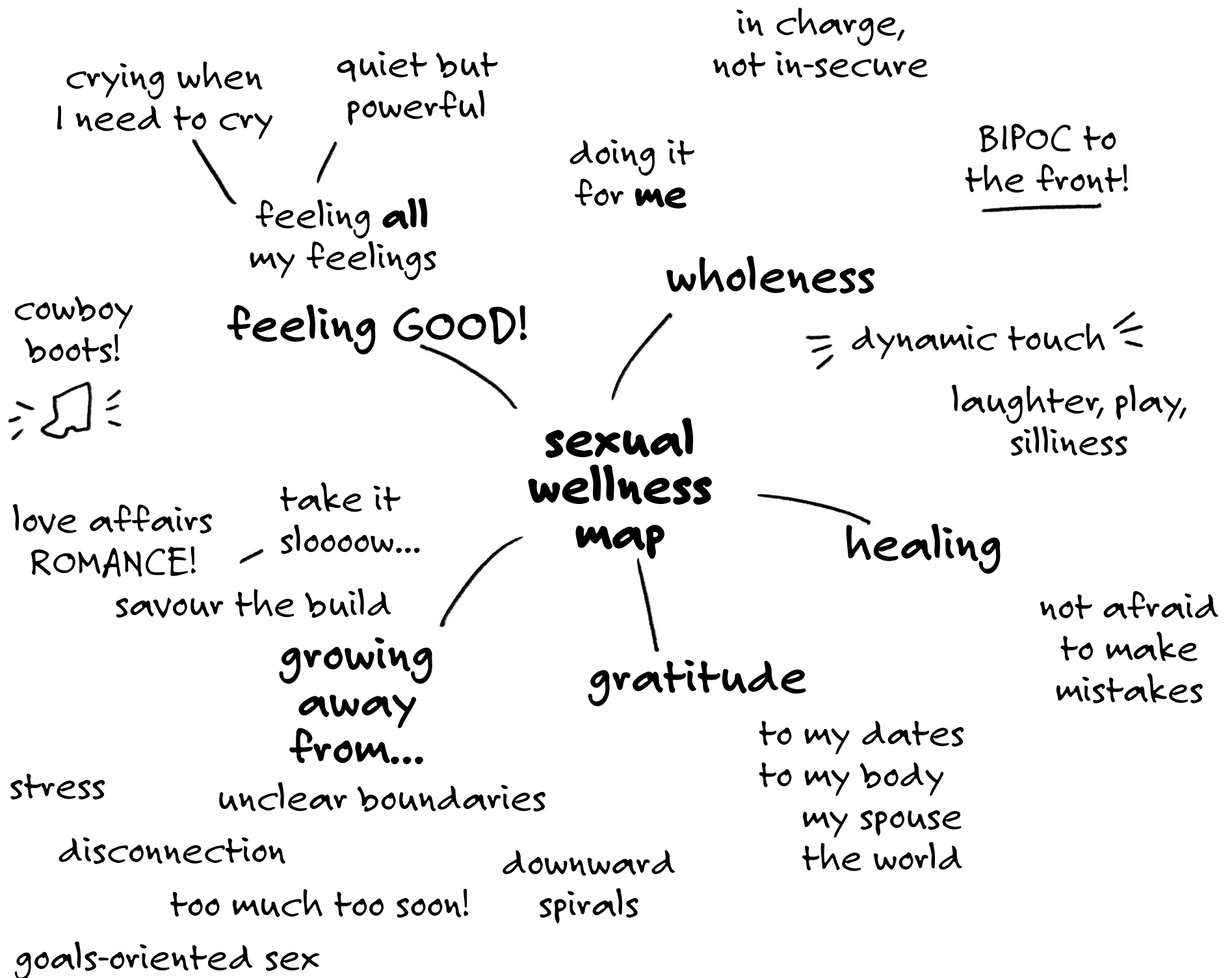
STORY

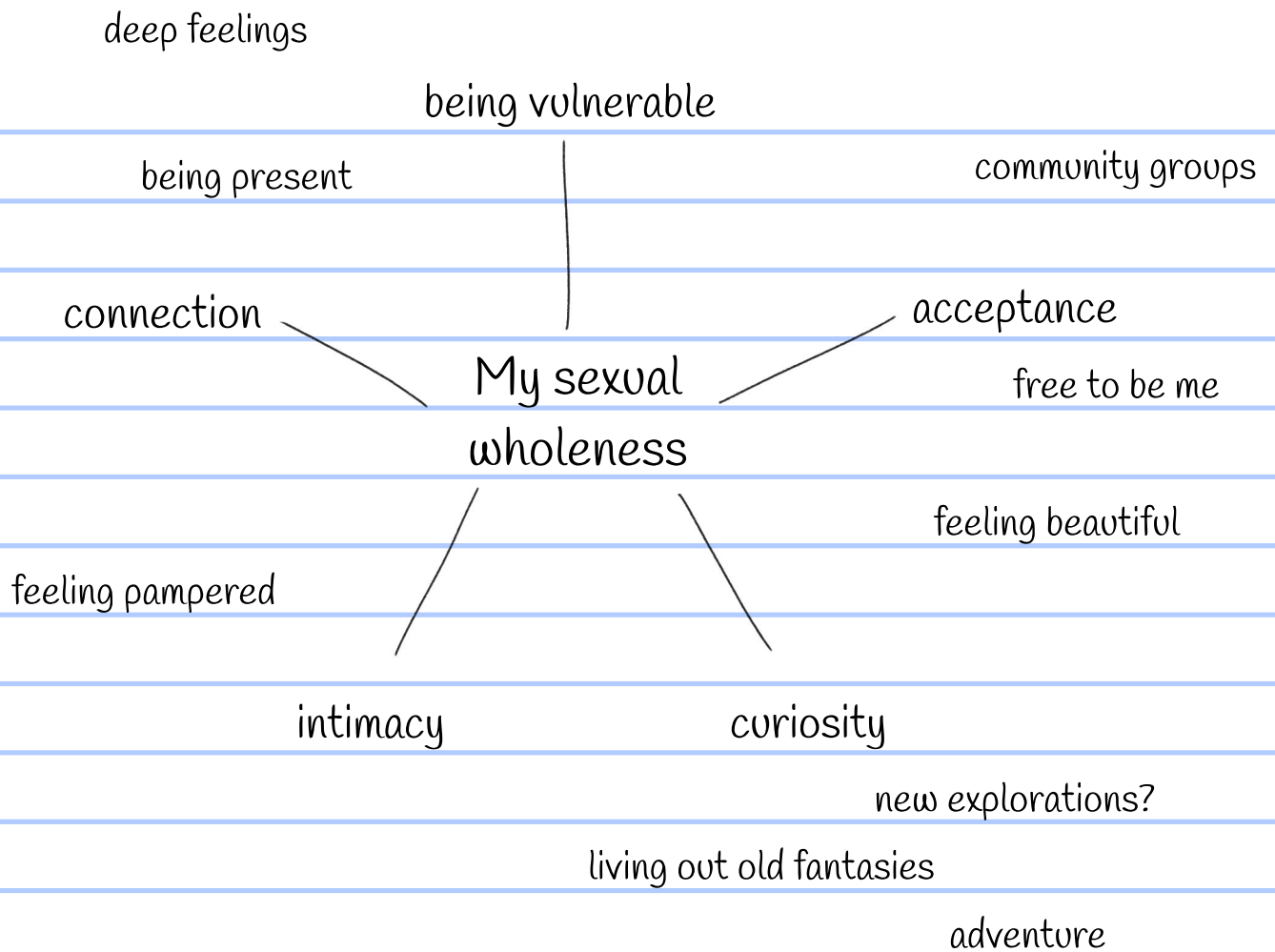
1 JUICY
SEXY HOT
SPICY
MIND-MELTING
FUN



I AM SEXY!







Letting go of...

shame

disappointing my partner

fear of never having sex again

not being able to perform

inability to climax

not being good enough

Mapping relationships

An important part of sexual wellness is finding where, and with who, we feel safe-enough and brave-enough to thrive.

This might include partners, dates, friends, family, communities, companion animals, music, books, art, nature, or places.

As trans and gender-diverse people, we may have lived significant parts of our lives without experiencing loving acceptance where those around us see us for who we really are. We might still be finding this community, or we might have deep and loving ties that keep us safe.

For this map: Put yourself in the center of this map, and see who, and what, comes to mind.

Prompts for relationship mapping

Connection and belonging

- What relationships or communities make you feel welcomed? Cherished?
- Are there relationships where you feel partially seen, or imperfectly loved—but still, seen and loved?
- Are there places or experiences where you feel a sense of belonging?

Media and inspiration

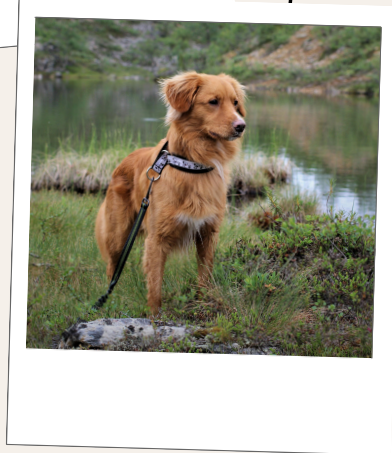
- What music, art, books, or films have helped you explore your sexual wellness? Feel seen? Safe? Challenged in a good way?

Remember: You do not need to answer all of these questions. Choose the ones that feel relevant and comfortable for you right now.

EMILY
NAGOSKI

RUPI
KAUR

DANCE



JENNIFER +
NEGIN

ALYX

MY
SUPPORTS

THERAPY!!!

BLUE 🐾🐾

HIKING,
NATURE



have each other's back
no matter what

best friend
husband
Michael

new connections

Jodi

Sid

feeling sexy
in new ways!

Jack

self-esteem boost

**queer running
group**

connect to my body

friends
Sheila
Tom
honest, open,
no judgement!
real with me

Connie

nurse practitioner
supportive, safe

Relationships that support me

Jennifer

Facebook, forums

Sally, Joe, Roxanne

Beacon Hill park

Community events – Pride

Music: K.D. Lang, Joni Mitchell

Your resources

You might continue to add to and change these maps, especially as your own vision of sexual wellness changes, and as your relationships and safe-enough places change over time.

Looking at the maps now, consider:

Inner resources: Think of all that is within you. You are resourced by your own willingness, kindness, health, courage and creativity. You have personal history and desire to guide you. Perhaps you have learnings you embody, practices you have established, credentials you have earned, or skills you have identified.

Honouring your journey: Notice ways you feel wounded, and choose gratitude for how these wounds guide you on your journey with sexuality. Notice your gender journey, as it has emerged and/or evolved through your life so far. How does your gender journey resource you, in reaching for the sexual wholeness you want to embody?

External resources: Think of all that is around you. Are there relationships or places that sustain you? Perhaps you have food on the table, money in the bank, or underwear that helps you feel sexy. Perhaps there is a sex toy that works, a private place to meditate or masturbate. Perhaps this resource is helpful for you.

Emerging resources: This refers to things you can identify as potentially important resources. Are there practices you want to make into habits? Are there relationship possibilities that might be joyful? Is there an underwear store near you, or online, where you might find something that helps you feel confident? Is there a workshop you could sign up for, or a book or teaching you want to explore?

Body awareness: Notice how thinking about each resource feels in your body.

Final reminder: This is your exploration. There are no right or wrong answers, and you can always revisit and change your maps as you grow and learn more about yourself.