



Human Sexuality

HUMAN SEXUALITY

- * Sexuality is a central part of being human
- * It includes physical, emotional, psychological, spiritual and social aspects
- * It is how we feel about ourselves as men and women
- * It is a natural and normal part of life



HUMAN SEXUALITY

- * We are all sexual beings born with sexual feelings, these feelings grow & change throughout our life
- * The way we express our sexuality is very personal, it makes us who we are, dressing a certain way, how we act, in a romantic relationship, our feelings, beliefs, etc.



HUMAN SEXUALITY

Human sexuality is influenced by:

- * Mind & feelings
- * Family (rel'p with parents/values)
- * Body
- * Values & beliefs
- * Relationships/intimacy
- * Gender/sexual orientation



OTHER INFLUENCES ON OUR SEXUALITY

- *Media
- *School (role models, teachers, sex-ed etc.)
- *Faith/communities
- *Cultural communities (cultural practices, values)
- *Environment (social env't, socio-economic)
- *Society (laws, norms, social values)
- *Peers



Anatomy – similarities

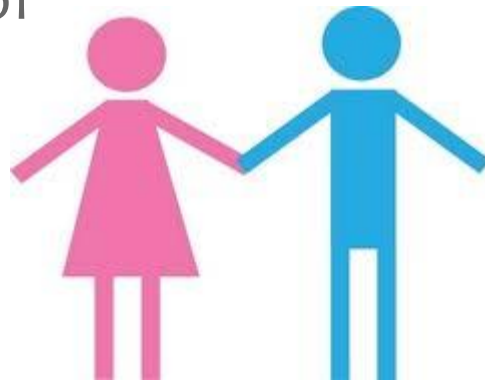
Function – VERY different!

* Female

- * Very Complicated!
- * One egg
- * Once a month
- * Careful coordination of hormones & body
- * Timing perfect!

* Male

- * Uncomplicated
- * Produce sperm
- * 2-4 MILLION every day



Female Reproductive System

Ovum – is a female sex cell or gamete, mature reproduction cell (ova)

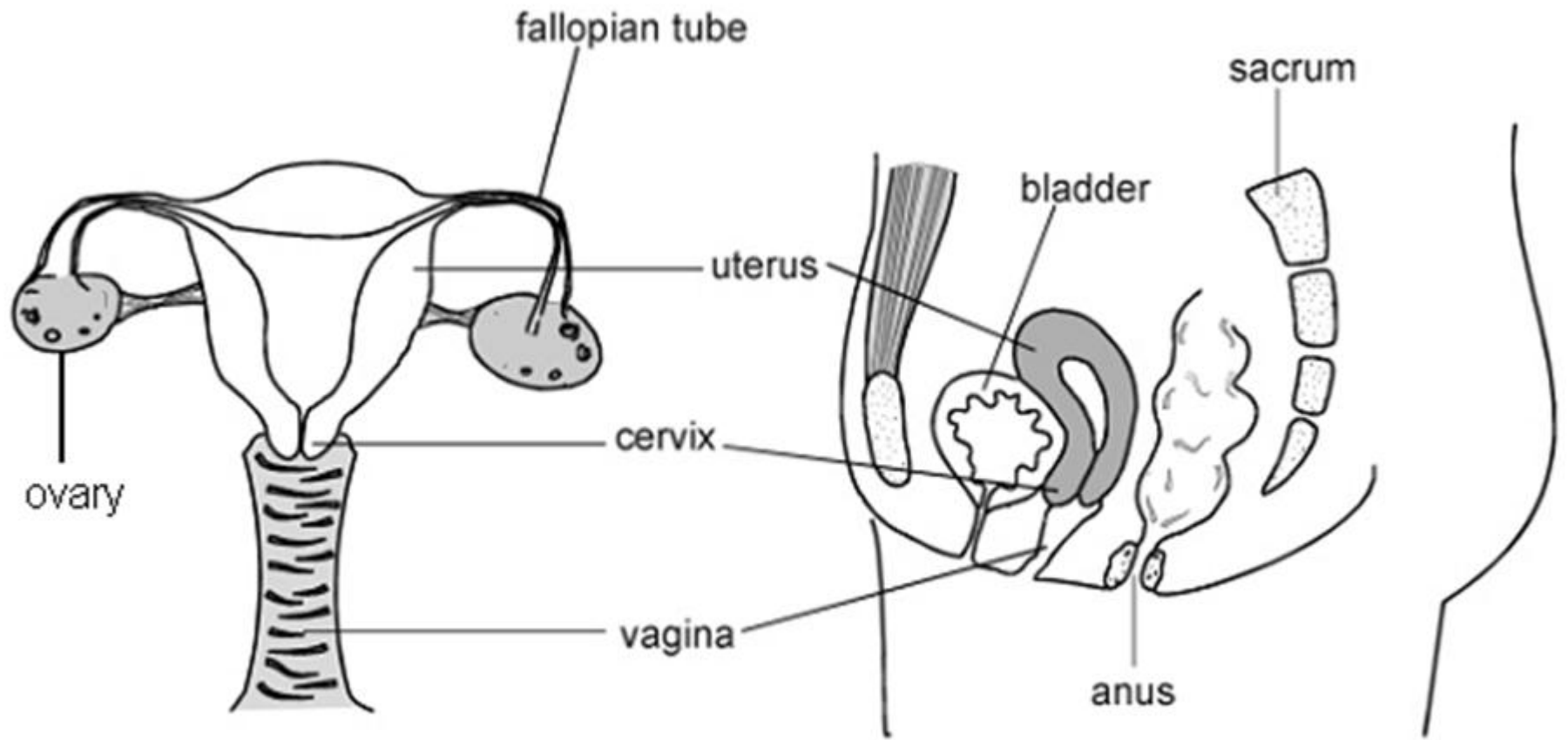
Ovaries – a part of the female organism that produces estrogen & progesterone

Uterus – tunnel for sperm transport, site of implantation of fertilized ova, placentation, growth & development of fetus

Cervix – is the neck of the uterus, place where the uterus joins the top end of the vagina

Vagina – admit the penis of the male for sexual intercourse, ultimately the introduction of male sperm for fertilization of ova, provides route to deliver fetus – birth canal

Fallopian Tube – the portion of the female reproductive tract that receives ova and transports them to the uterus



FEMALE REPRODUCTIVE SYSTEM

THE MENSTRUAL CYCLE

- * Usually begins between the ages of 10-15yrs
- * Often irregular at first
- * Hormones control the menstrual cycle
- * Poor nutrition, stress & illness can influence the cycle
- * Growth and time usually make the cycle more predictable



DURING MENSTRUATION

DAYS 1-5

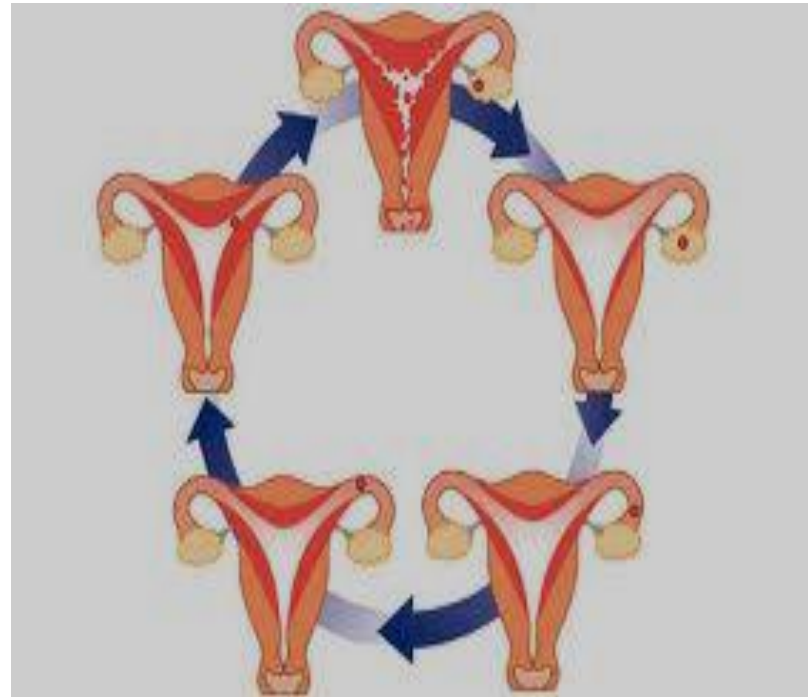
- * Menstruation occurs and the lining of the uterus, with small amounts of blood, leaves the body, at this time another egg is maturing in the ovary

DAYS 6-15

- * The lining of the uterus repairs itself & once again prepares for a fertilized egg, around days 13-15 an egg is released from the ovary (ovulation)

DAYS 16-28

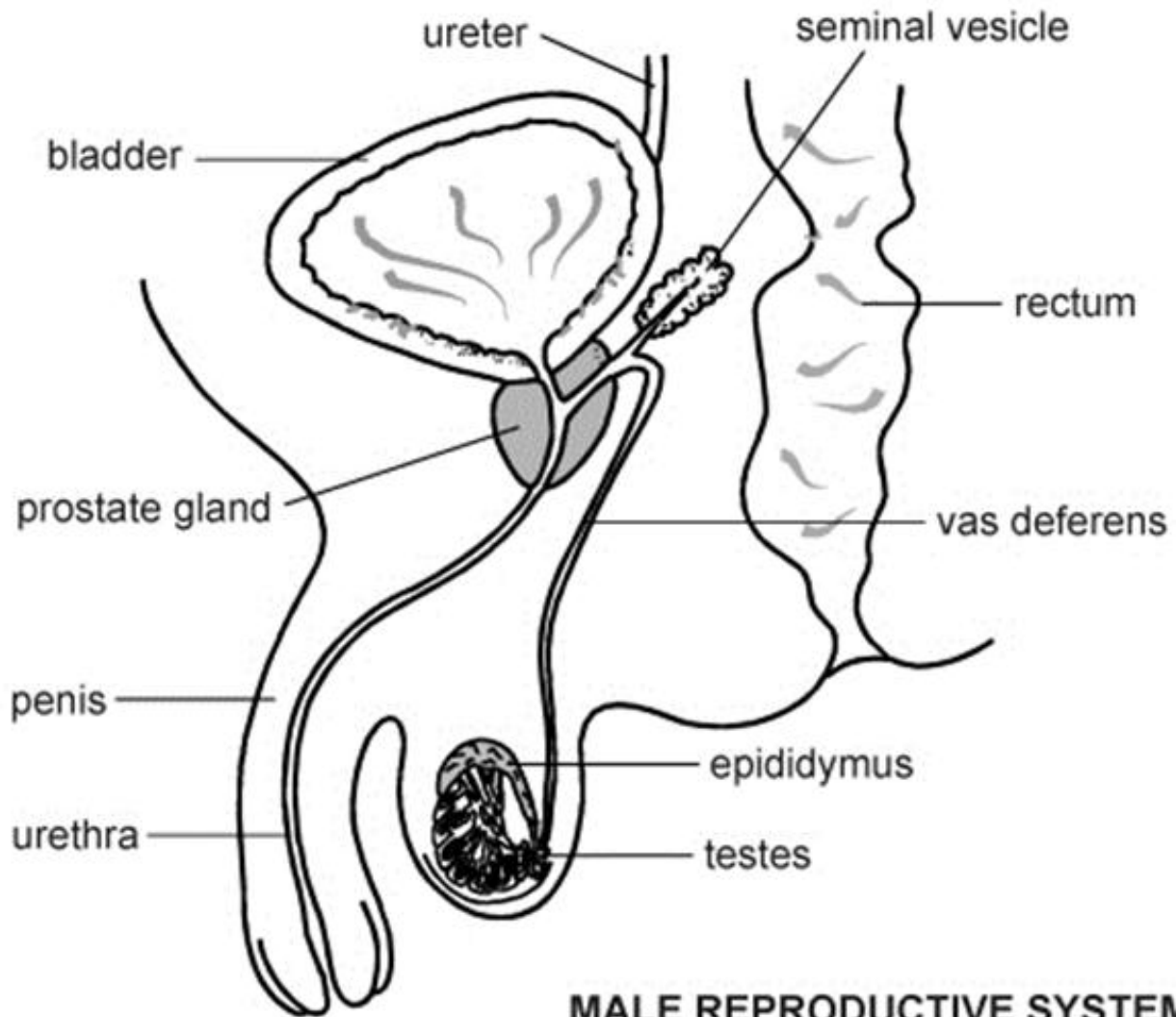
- * If the egg is fertilized by the male sperm cell, it embeds itself in the wall of the uterus
- * If the egg is not fertilized, the blood vessels in the wall of the uterus shrink & break down – then menstruation begins
- * Menstrual flow usually lasts 3-5 days
- * The entire cycle is approximately every 28 days



<https://www.youtube.com/watch?v=ZvPVyas68jE>

THE MALE REPRODUCTIVE SYSTEM

- * Penis – the male organ of copulation & urination
- * Urethra – a tube that conducts urine from the bladder to the outside of the body, it carries semen as well
- * Scrotum – a skin-covered sac that contains the testes
- * Rectum – the portion of the GI tract between the sigmoid colon and the anal canal
- * Epididymis – a tubular portion of the male reproductive tract between the testes and the vas deferens
- * Vas Deferens – the portion of the male reproductive tract that carries sperm for the epididymis to the ejaculatory tract
- * Prostate – a walnut shaped gland surrounding the male urethra just below the urinary bladder. It secretes additives to seminal fluid during ejaculation
- * Seminal Vesicle – a pair of male accessory reproductive organs that secrete additives to the sperm into the ejaculation duct.
- * Testicle – the primary sex organ in males, it produces sperm cells & the hormone testosterone



Semen

- * Contains
 - * 300-500 million sperm
 - * Sperm food
 - * pH buffers
- * Allows sperm to survive for a couple of days inside female's body (hostile environment)
- * <https://www.youtube.com/watch?v=TDW28qWBhzc>



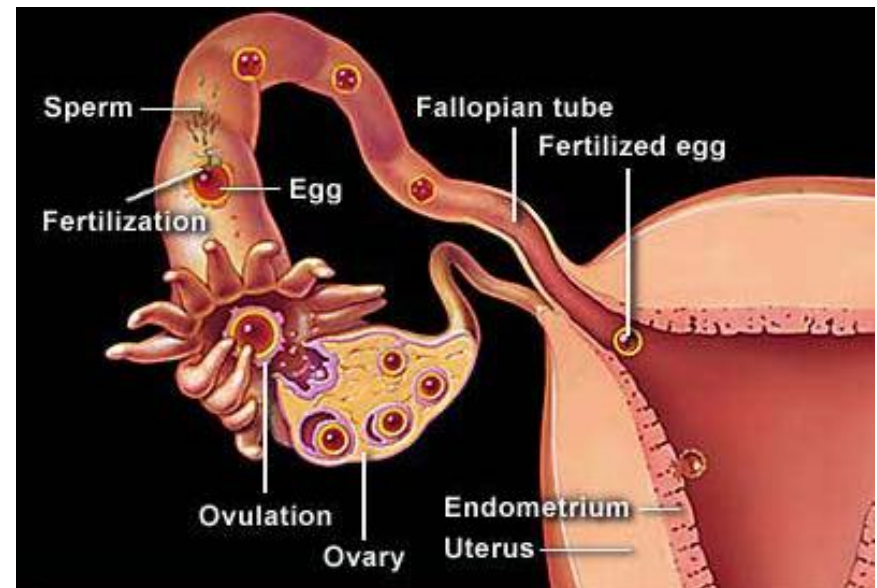
Conception/Fertilization

- * Ovaries
 - * 2 pouches
 - * Contain ova
 - * Born with all of her eggs (~ 400,000)
 - * Use up ~500
 - * Won't run out!
- * Ovulation
 - * One egg released from ovary to oviduct (fallopian tube)
- * Egg pushed along by cilia
- * <https://www.youtube.com/watch?v=nLmg4wSHdxQ>



Conception/Fertilization

- * Ejaculation
 - * Release of 300-500 million sperm
- * Egg needs to be in oviduct/Fallopian tube
- * Sperm to egg, not an easy task
 - * Go wrong direction : 2 paths – only 1 leads to an egg
 - * Get attacked by female's white blood cells
 - * Acidic environment
 - * Current



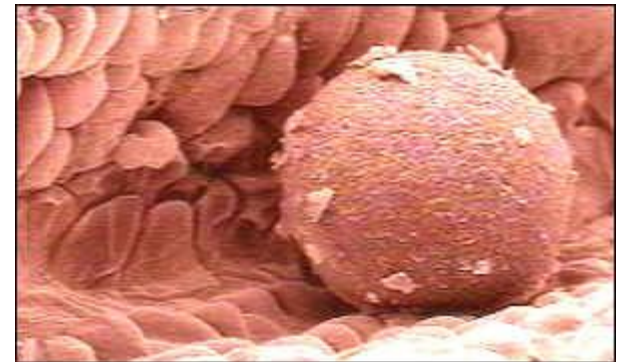
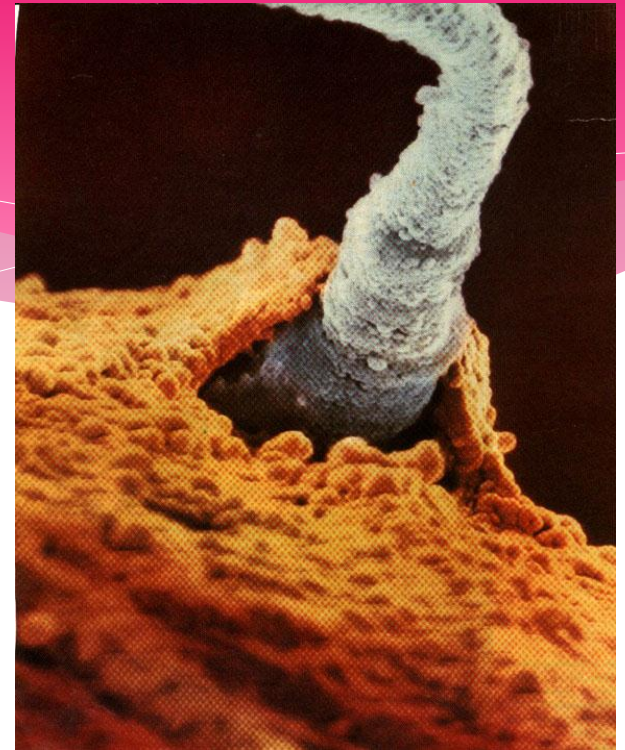
Once egg is located...

- * Dissolve protective goo surrounding egg
- * One gets through – enters egg
- * Instant biochemical change in zygote
 - * No more sperm allowed in



Conception/Fertilization

- If the egg is fertilized by the sperm it becomes a zygote
- Zygote begins to divide as it travels through oviduct
- Implants into lining of uterus
- Few days travel time to arrive in [uterus](#)
- Zygote begins to divide as it travels through oviduct
- Implants into lining of uterus



SOME POOR REASONS FOR HAVING SEX

- * Curiosity
- * Too embarrassed to say stop
- * To show that you really love the other person
- * To feel loved
- * To be more popular
- * To rebel
- * I was drunk/stoned
- * To feel independent
- * To improve the relationship
- * To go along with what others seem to be doing
- To prove that you are a woman
- To prove that you are cool
- To prove that you are good at sex
- To prove that you are an adult
- Because he said he will die if he doesn't do it with me