

Chapter 5 Sex and Your Body Chapter 8 Pregnancy, & Childbirth

Hlth 2 Health and Personal Wellness
 Butte-Glenn Community College
 Dr. Mark Tomita

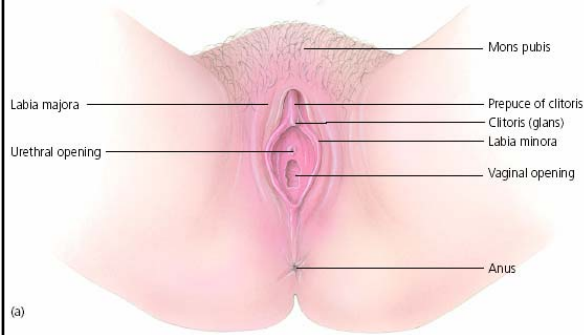
1

Learning Objectives

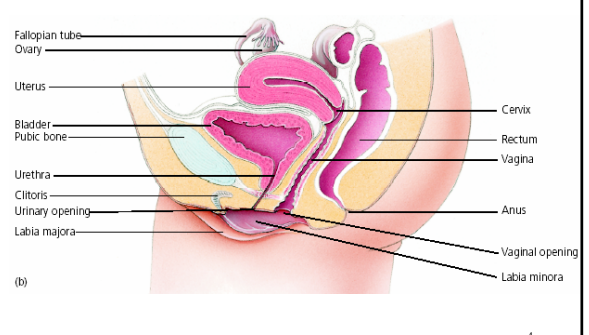
1. Define the following terms: sexuality, gonads, vagina, penis, scrotum, testis, ovary, clitoris, prepuce (foreskin), circumcision, glans, androgens, estrogens, testosterone, sex chromosomes, puberty, erectile dysfunction, organism, nocturnal emissions.
2. Describe the structure and function of the female and male sex organs.
3. Describe how the sex organs function during sexual activity and list common causes of sexual problems.
4. Describe guidelines for safe, responsible sexual behavior.
5. Describe sexual dysfunctions.

2

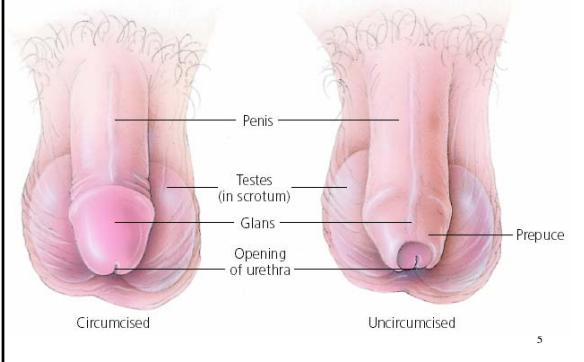
Female Sex Organs- Front View



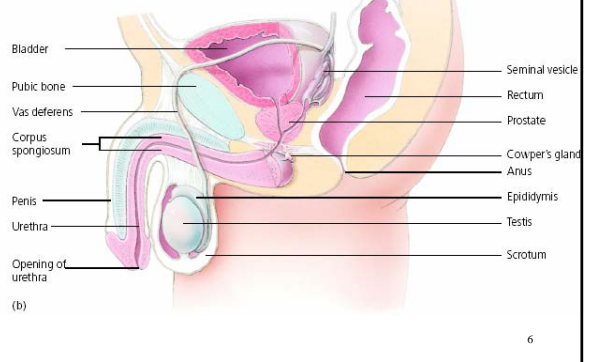
Female Sex Organs- Side View

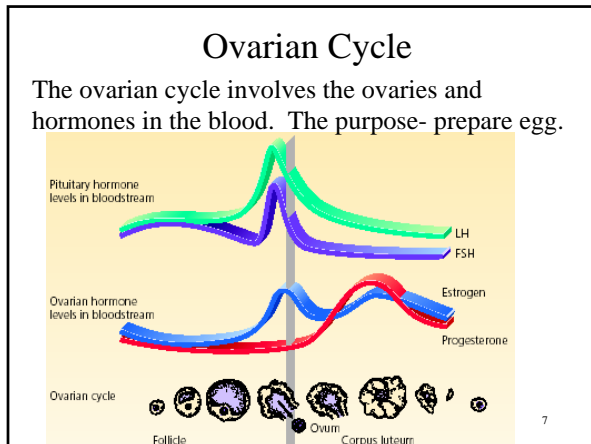


Male Sex Organs- Front View

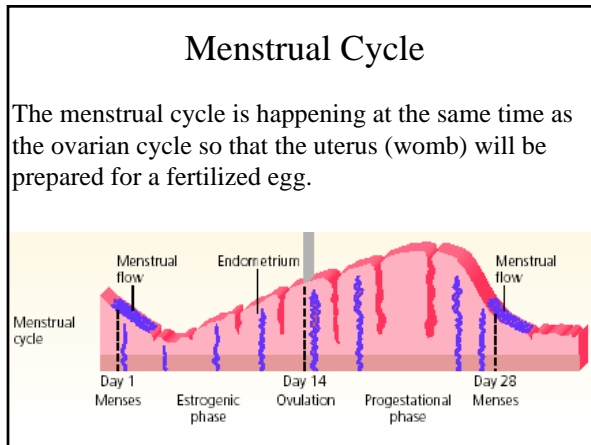


Male Sex Organs- Side View





- ### Four Phases of the Menstrual Cycle
- Menses (Day 1-7)
 - Estrogenic Phase (Day 7-14)
 - Ovulation (Day 14)
 - Progestational Phase (Day 15-28)
- 8



- ### Sexual Functioning
- Sexual stimulation
 - The sexual response
 - Sexual problems
- 10

- ### Four Stages of the Sexual Response Cycle
- Excitement
 - Plateau
 - Orgasm
 - Resolution
- 11

- ### Common Sexual Health Problems
- Women
 - Vaginitis
 - Endometriosis
 - Pelvic Inflammatory Disease (PID)
 - Breast- cysts (cystic breast)
 - Men
 - Premature ejaculation
 - Impotence (e.g., smokers)
 - Prostatitis
 - Testicular Cancer (Rare)
- 12

Sexual Behavior

- Sexual orientation (Heterosexual, Homosexual, Bisexual)
- Varieties of human sexual behavior
- Atypical & problematic sexual behavior
- Commercial sex (prostitutes)
- Responsible sexual behavior

13

Varieties of Sexual Behavior

- Celibacy
- Autoeroticism and masturbation
- Touching and foreplay
- Oral-genital stimulation (oral sex)
- Anal intercourse (hetero- & homosexual)
- Sexual intercourse (heterosexual)

14

“Hair Play”

People often change the natural distribution of pubic, perineal, anal, axillary, chest, and other body hair. Hair varies widely depending on genes. **Terms:** Bears (hairy men) and Cub (hairy boyish types)

- Shaving, waxing, and trimming
- Electrolysis
- Combing
- Mousse

15

Guidelines for Responsible Sexual Behavior

- Open, honest communication
- Agreed-on sexual activities
- Sexual privacy
- Using contraception
- Safer sex
- Sober sex
- Taking responsibility for consequences

16

Sexuality Group Exercises

1. **Sexuality Questions Handout**- review questions in groups of four students. We will try to answer the questions as a class.
2. **Wellness Worksheet 36 - Test Your Sexual Knowledge and Attitudes**
 - a. Complete the worksheet and hand in

17