

# I. SEXUAL EDUCATION

1. REPRODUCTION AND SEXUALITY
2. CONTRACEPTION
3. SEXUALLY TRANSMITTED DISEASES

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# 1.Reproduction and Sexuality: Outline

- **Introduction**
- **Basic anatomy and physiology of the genital system**
- **The sexual act (Intercourse)**
- **Fertilization(pregnancy)**
- **Reproduction & sexual disorders**
- **Conclusions**

# Sexual Education

- it is a mean by which young people are helped to protect themselves against abuse, exploitation, unintended pregnancies, sexually transmitted diseases , HIV and AIDS.
- Sex education that works, by which we mean that it is effective, is sex education that contributes to these aims thus helping young people to be safe and enjoy their sexuality.

# Sex Education:

## Reasons of Dissatisfaction

**On a pedagogical level, sexual education becomes difficult and disappointing:**

- it focuses on biology, issues such as feelings, relationships, homosexuality and sexual decision-making are often omitted.
- For many young people most learning is still acquired through sexual experience rather than through sex education.

# Constraints for sexual education

- The question of morality. Teachers face a real dilemma as to how to approach the issues of sexual morality and family life.
- ( Religion, ethnic backgrounds, culture, society, personal beliefs, peer pressure, parental influence etc...)

# So what information should be given to young people?

- Sexual development & reproduction - the physical and emotional changes associated with puberty and sexual reproduction, including fertilisation and conception, as well as sexually transmitted diseases and HIV.
- Contraception & birth control - what contraceptives there are, how they work, how people use them, how they decide what to use or not, and how they can be obtained.
- **Relationships** - what kinds of relationships there are, love and commitment, marriage and partnership and the law relating to sexual behaviour and relationships as well as the range of religious and cultural views on sex and sexuality and sexual diversity.

# Reproduction and Sexuality: Introduction

- Despite the need for human reproduction in order for a community to survive, ***sometimes reproduction is something that needs to be avoided.*** So not all human sexuality need to be fruitful .(Family planning).

# Reproduction and Sexuality: Introduction

From the time we are teenagers through mid-life or longer, we are capable of sexually reproducing.

**Sex** plays a major role in much of our culture –

we see it in our *fashion, literature, music, television* and *movies*.



# Reproduction and Sexuality: Introduction

- From a biological standpoint, the goal of sex is to merge two sets of, genetic information, one from the father and one from the mother, to make a baby.

# Basic anatomy and physiology

## *Female Reproductive Organs*

### External or vulva

- **Mons pubis** fatty tissue covered with hair protects pubic bone from injury
- **labia majora, labia minora**
- **Clitoris:** between anterior folds of labia minora, covered by prepuce , composed of erectile tissue and area of sexual pleasure - smegma production and a sexually stimulating odor
- **Vestibule:** boat shaped depression enclosed by labia majora contains opening of vagina or *introitus*
- **Hymen** : thin elastic mucous membrane covering vaginal opening
- **Internal organs:** uterus, fallopian tubes, ovaries

**Fallopian  
tube**

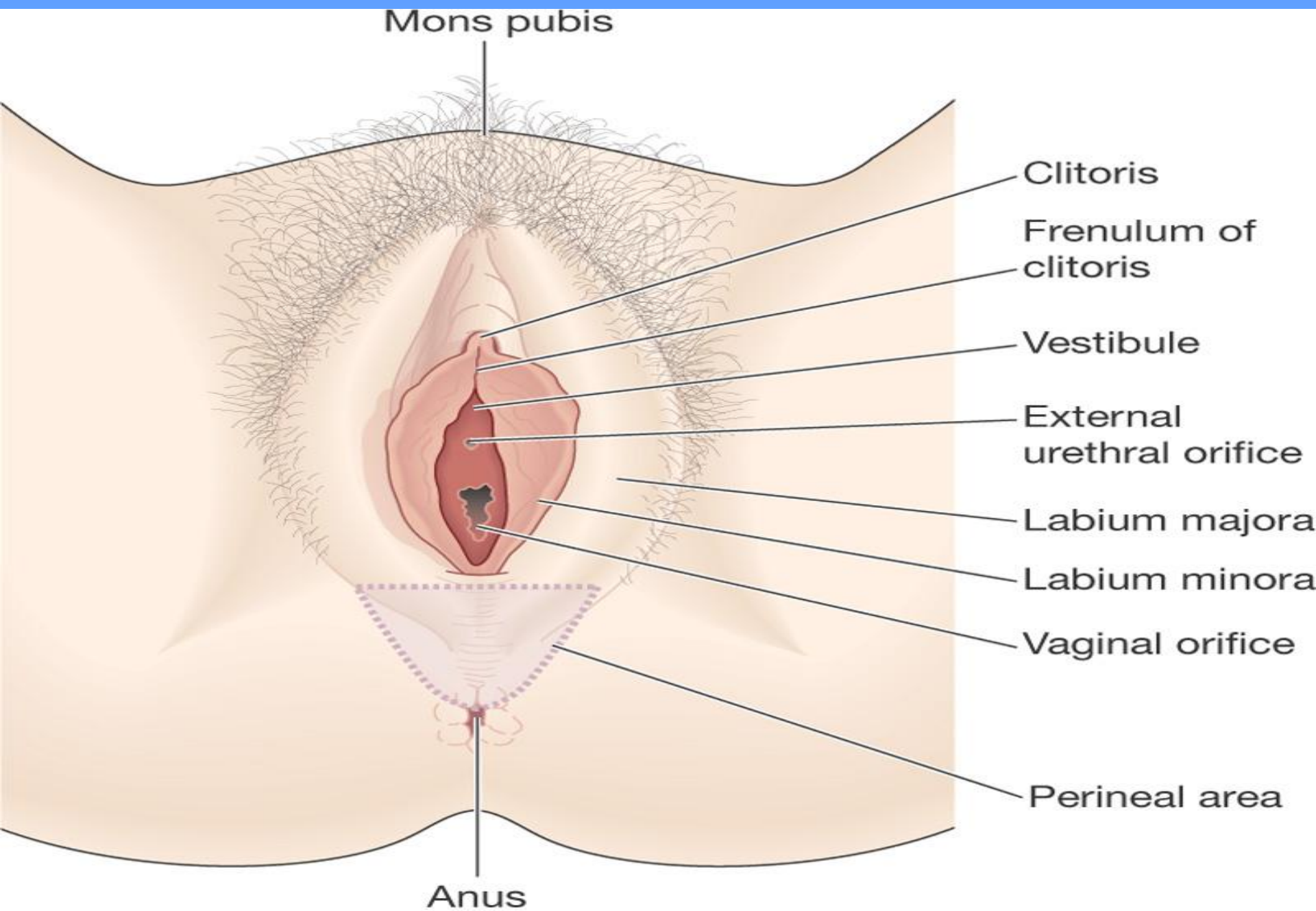
**Ovary**

**Uterus**

**Cervix**

**Vagina**





## Hymen (females)

- It is an elastic membrane found at the introitus of the vagina
- It has no biological significance
- It is important from a social point of view in some societies ( sign of virginity).

Hymen can be:

- Imperforate
- Elastic ( does not rupture)
- Avascular (does not bleed when rupture)

**Hymenoplasty** : operation to repair a destroyed hymen

# What is the G-Spot?

- Does the G-spot really exist?
- It is an area in the upper vaginal wall, if stimulated will result in intense excitement?

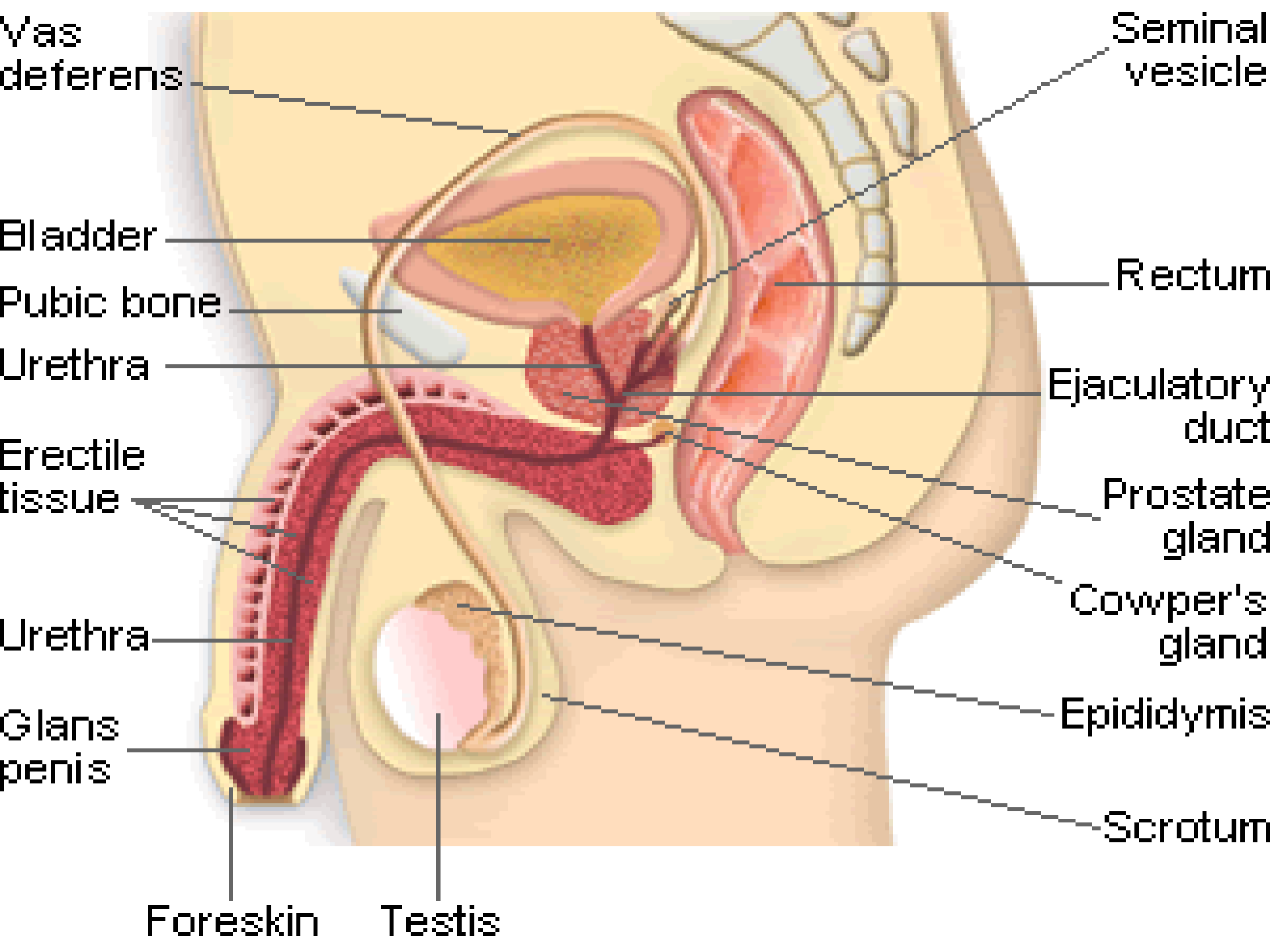
<http://www.askmen.com>

# Basic anatomy and physiology

## Male Reproductive Organs

### External

- Penis, Scrotum,
- Internal
- Testes (gonads) and seminiferous tubules
- Ductus deferens, seminal vesicles, ejaculatory duct, urethra, **prostate**.
- **Penis**
- Function - deliver semen & part of urinary tract system,
- covered by retractable layer – foreskin (circumcision)





# Physiology of the sexual intercourse

- What do we mean by sexual intercourse?  
“Penetration into the vagina” (anal).
- Outercourse: Having sex with no penetration or  
No-inside ejaculation.
- What are the physiologic changes that  
accompany this process?

## What do we mean by sexual intercourse **Cont'd**

- Human mating physiology includes four phases in the **sexual response cycle**.
- ***Excitement phase***
- ***Plateau phase***
- ***Orgasmic phase***
- ***Resolution phase***

# The first stage is excitement : minutes - hours

- Muscle tension increases.
- Heart rate quickens and breathing is accelerated.
- Skin may become flushed (blotches of redness appear on the chest and back).
- Nipples become hardened or erect, breasts become tense
- Blood flow to the genitals increases, resulting in swelling of the woman's clitoris and labia minora (inner lips), and erection of the man's penis.
- Vaginal lubrication begins.

## 2<sup>nd</sup> Stage of sexual response: plateau

- The second stage of sexual response, called the **plateau**, is actually a continuation of the excitement stage. In fact, the plateau stage happens when vasocongestion (Blood engorgement) reaches its maximum.

# 3<sup>rd</sup> Stage of sexual response: **Orgasm**

- known as the **orgasmic phase**, which is both the **most intense** and **short-lived** stage.
- is rhythmic, involuntary contractions of the reproductive structures/organs in both sexes.
- In the male, orgasm results in **ejaculation**, in which the semen is propelled into the woman's vagina.
- A male normally has only one orgasm.

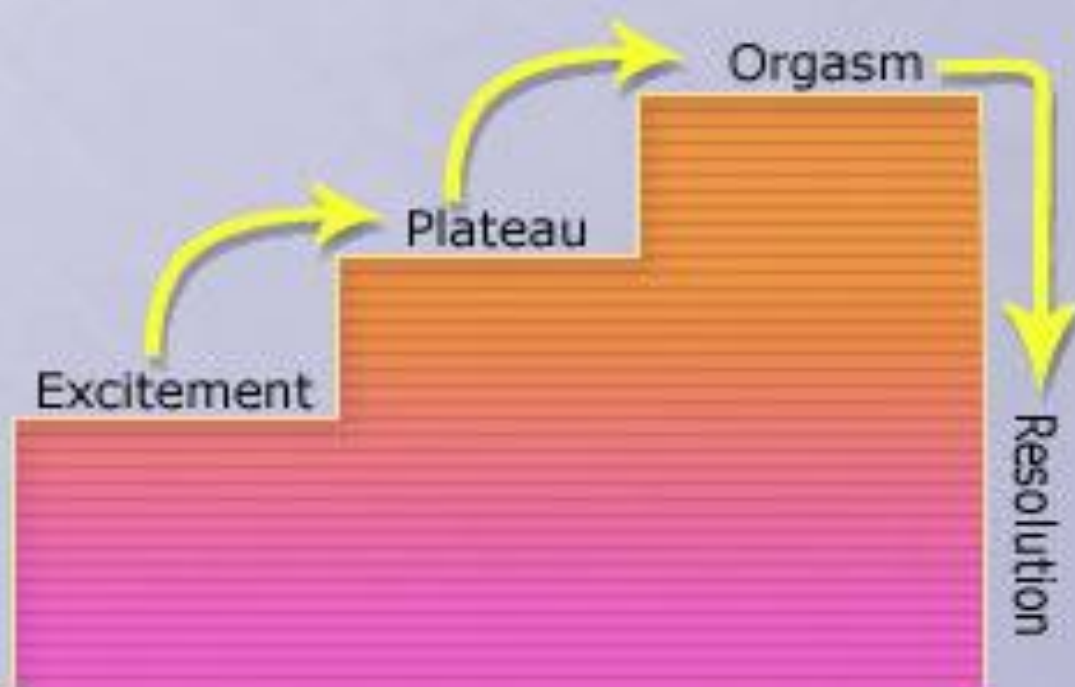
# The Orgasm

- Involuntary muscle contractions begin.
- Blood pressure, heart rate, and breathing are at their highest rates, with a rapid intake of oxygen.
- **There is a sudden, forceful release of sexual tension.**
- In women, the muscles of the vagina contract. The uterus also undergoes rhythmic contractions.
- In men, rhythmic contractions of the muscles at the base of the penis result in the ejaculation of semen.
- A rash, or "sex flush" may appear over the entire body.

## 4<sup>rd</sup> Stage of sexual response: Resolution

- The fourth stage of sexual response is **resolution**. As its name implies, this is when the body returns back to its **non-aroused state**.
- Blood will be drained from the genitals which return to their original status( size, colour etc).
- Also the heart rate and respiratory rate come back to normal.

## Sexual Response Cycle





# Fertilization

- The long journey to fertilization must be completed within **12 to 48 hours**, before the sperm die.
- They must first cross the barrier of the cervix, which will be thin and watery if the woman has just ovulated (for our purposes, we will assume that sexual intercourse has occurred within a couple of hours after ovulation)..

# Fertilization

- Once the sperm have traversed the cervical mucus, they travel up the moist lining of the uterus into the Fallopian tubes (only one of the Fallopian tubes contains an egg, so many sperm travel in the wrong direction).
- Fewer than 1,000 sperm out of the millions in the semen actually reach the Fallopian tubes.

Primary follicle in ovary

Follicle matures

Ovulation

Ovum released

Ovum fertilised

Ovum **Not**  
fertilised

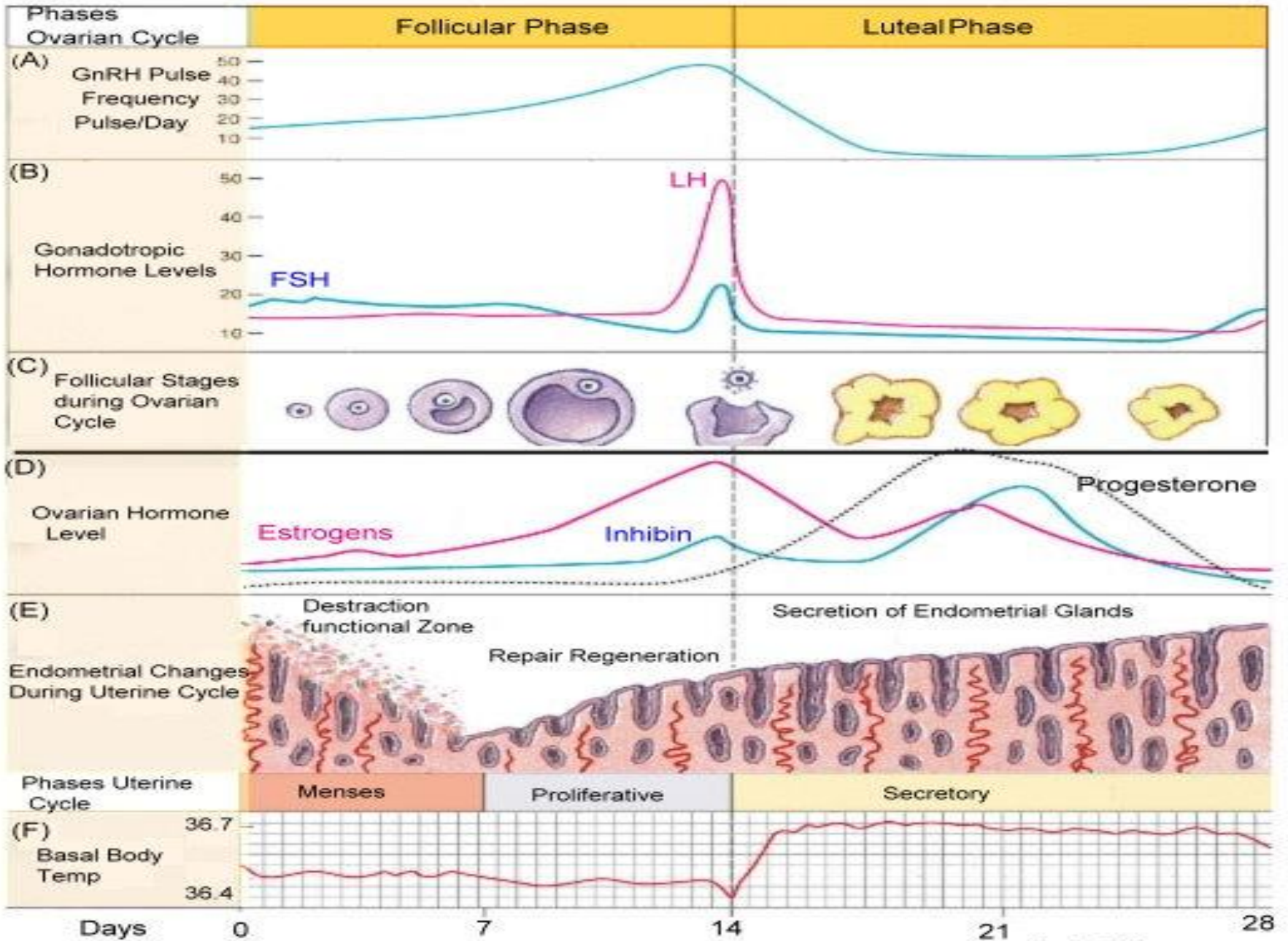
Secrets  
 **$\beta$  HCG**

Embeds in uterine wall

**Menstruation**

**pregnancy**

New Cycle begins



# Menstrual Cycle **Cont'd**

- 0-4 days : menstrual flow( vaginal Bleeding)
- 4-14 days( 10) proliferative phase
- Day 14: **Ovulation**
- 14 – 28 days Secretory phase

Days of maximum risk for getting pregnant:  
12-18

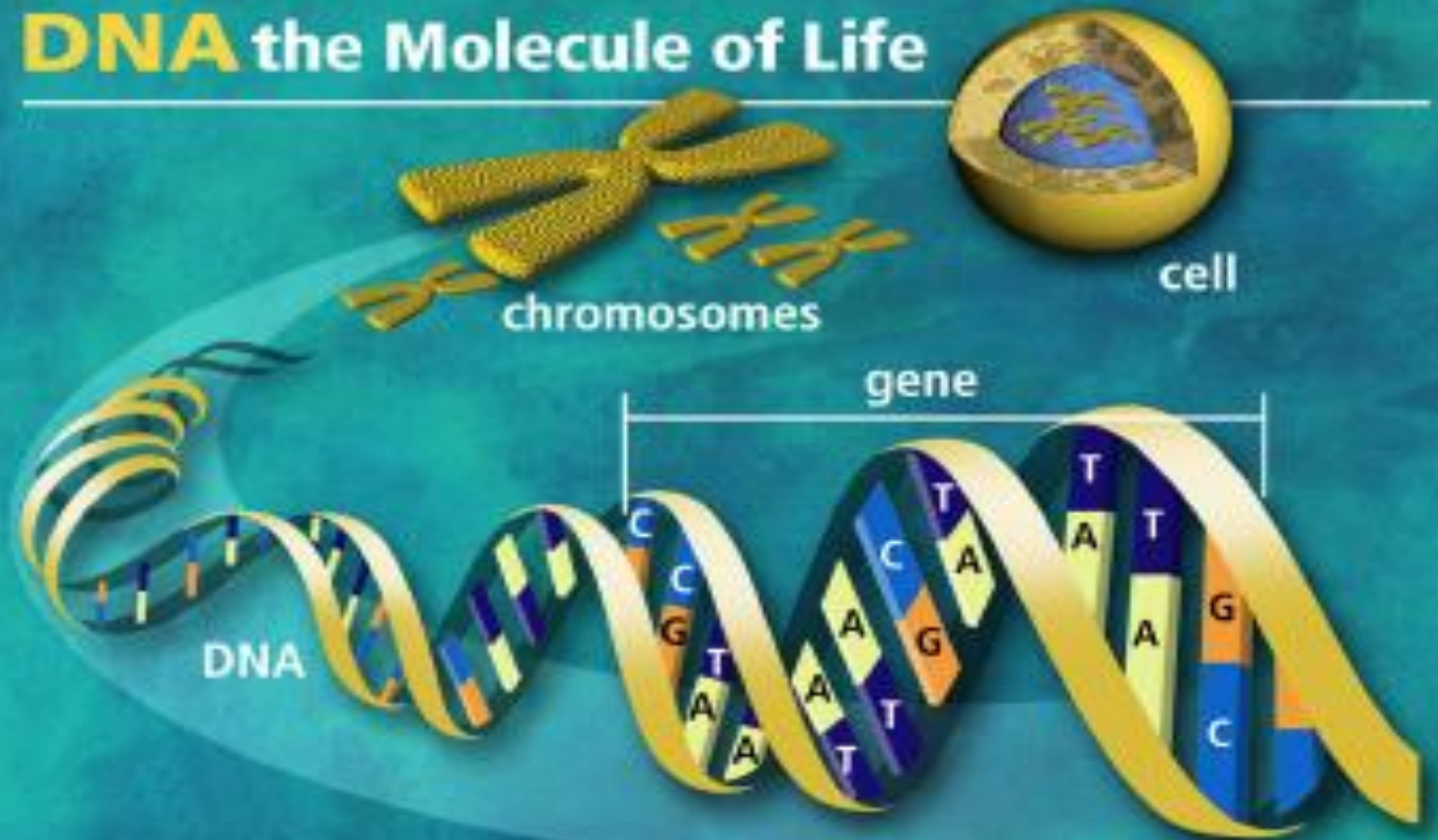
**All the menstrual cycle is under brain control  
via Hormones: LH, FSH, Estrogen, Progesteron**

Meaupause: cesation of mensturation 45-55yrs

Fertilization:

*transmission of genetic information*

## DNA the Molecule of Life







# Fertilization

- The primary goal of sex is to merge the sperm and egg (**fertilization**) to make a baby.



# Sexual disorders (Dysfunctions)

- Frigidity: loss of sexual desire or arousal
- Libido: sexual desire, appetite
- Premature ejaculation: orgasm achieved very early (males)
- Impotence: partial or total loss of erection (men)
- Dyspareunia: painful intercourse (women).
- Infertility: inability to make babies; **Sperm or Ovum**
- Abortion: loss of pregnancy- spontaneous  
- induced
- Ectopic pregnancy: outside the uterus (in tubes).

# Conclusions

- ❑ Sex didn't exist solely for the sake of procreation and sexuality didn't exist as an evil temptation.
- ❑ Sexual behavior and pleasure differs from person to person ( no rules).
- ❑ Reproduction maintains and preserve species and societies.

# Conclusions

- A proper state of mind beside physical stimulation is necessary to achieve orgasm.
- **Be responsible for your sexual behavior**
- Abortion is against the law in many countries
- Raising a family is the cornerstone of a healthy society.
- Do not be afraid or shy to ask your doctor, or

[www.afraidtoask.com](http://www.afraidtoask.com)

[www.askmen.com](http://www.askmen.com)

# References

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*Thank you*