



Human Sexuality

A guide to healthy choices



Human Reproduction

How do we reproduce?

What are some of the consequences/risks with reproduction?

How do we prevent pregnancy?

What about teen pregnancy?

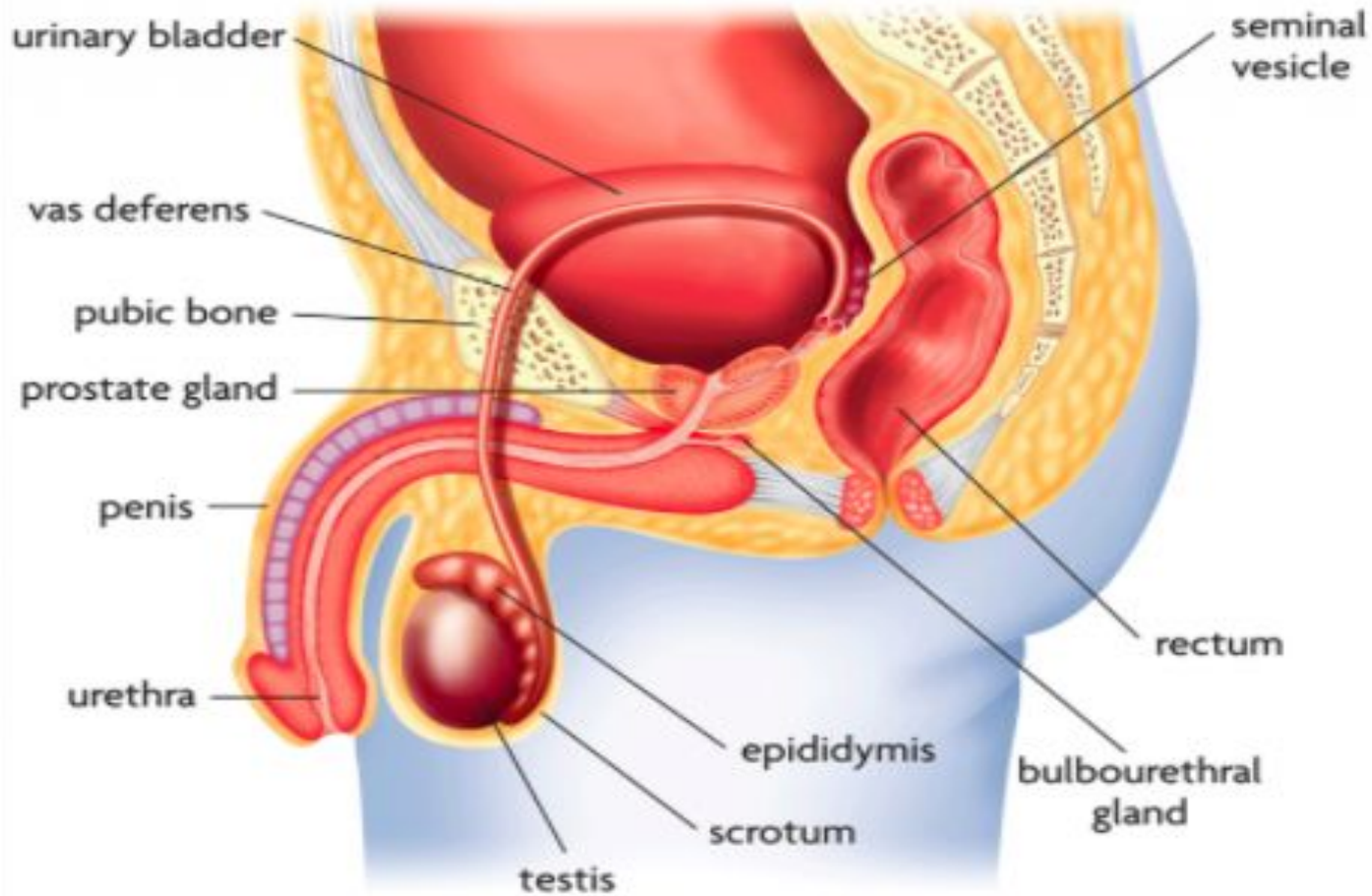
Human sexuality

Reproduction

In order to know how we reproduce, we must first understand the anatomy of the human body. Remember, everyone has the same organs all females have vaginas and all males have penises.

Male Reproductive System

Internal Sexual & Reproductive Organs (Male)



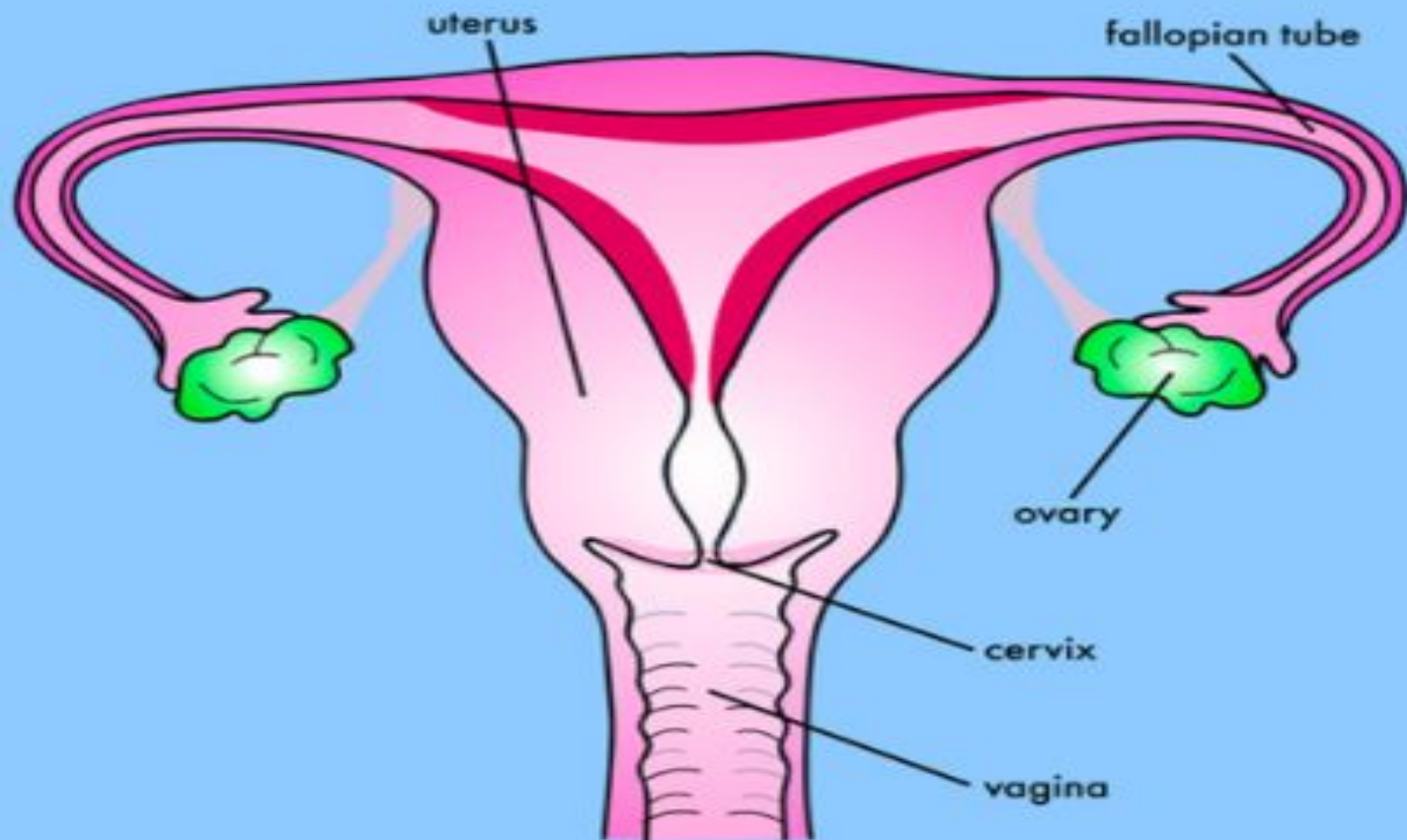
The penis is an external organ of the male reproductive system. It has two main functions:

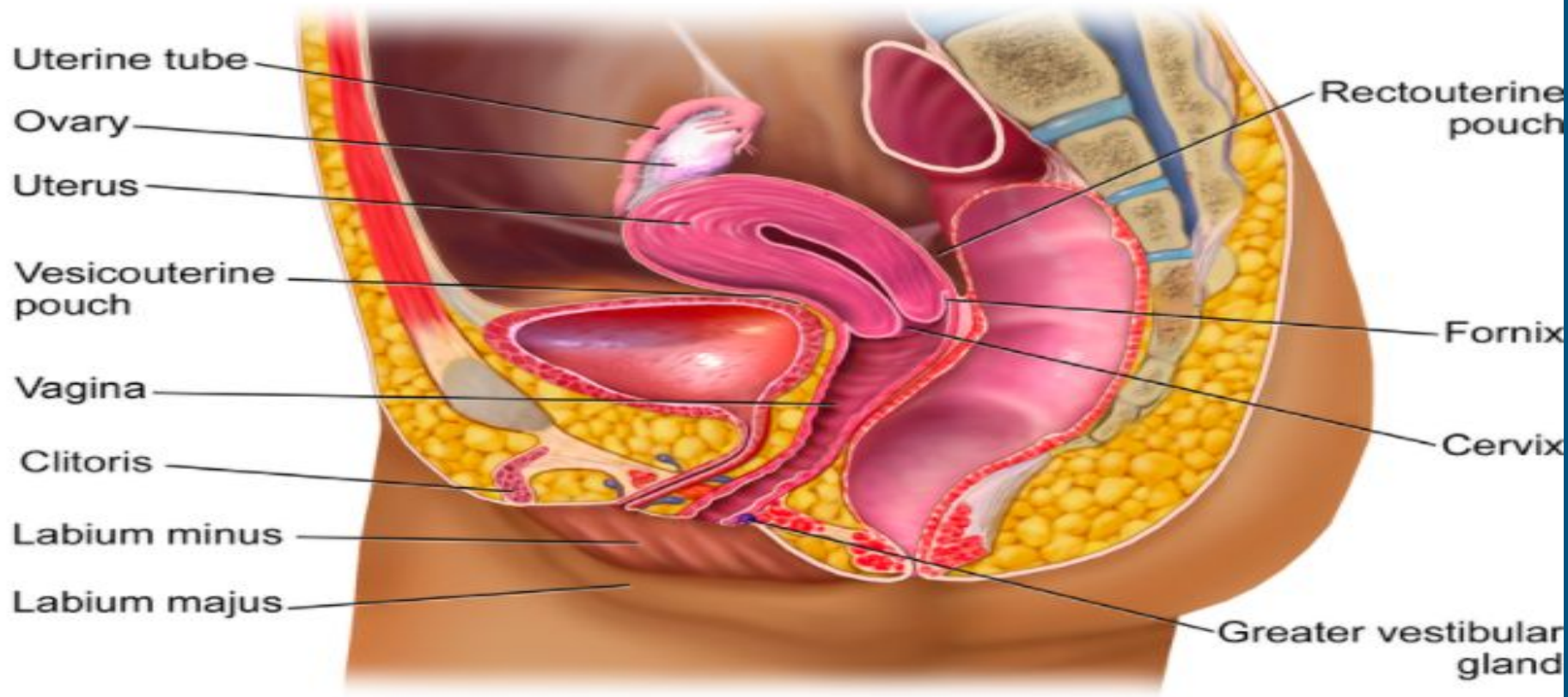
- **Sexual intercourse** – During erotic stimulation, the penis undergoes erection, becoming engorged with blood. Following emission, (mixing of the components of semen in the prostatic urethra) ejaculation can occur, whereby semen moves out of the urethra through the external urethral orifice. Finally, the penis undergoes remission, returning to a flaccid state.
- **Urinary Function** – The penis also has an important urinary role. It contains the urethra, which carries urine from the bladder to the external urethral orifice, where it is expelled from the body.

Function of the penis

Female Reproductive System

The Female Reproductive System





The Female Reproductive System

The **vagina** is a distensible muscular tube that is approximately 9 cm long. It has several important roles in the female:

- **Sexual intercourse** – receives the penis and ejaculate, assisting in its transport to the uterus.
- **Childbirth** – expands to provide a channel for delivery of a newborn from the uterus.
- **Menstruation** – serves as a canal for menstrual fluid and tissue to leave the body.

Masturbation - Self Stimulation

During puberty, we have an internal influences such as curiosity, increase in hormones, interests, desires, fears, and feelings that affect sexual decision making and activity.

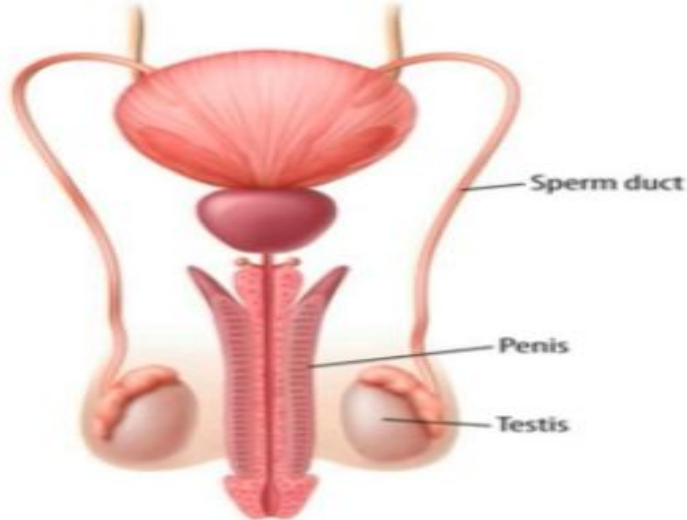
What does that mean? It is normal to explore our bodies and our desires. We just need to ensure that this is something that we do in private and that we are performing proper hygiene. Washing hands and keeping our bodies clean is important!! Private parts are for private places.

How do we reproduce?



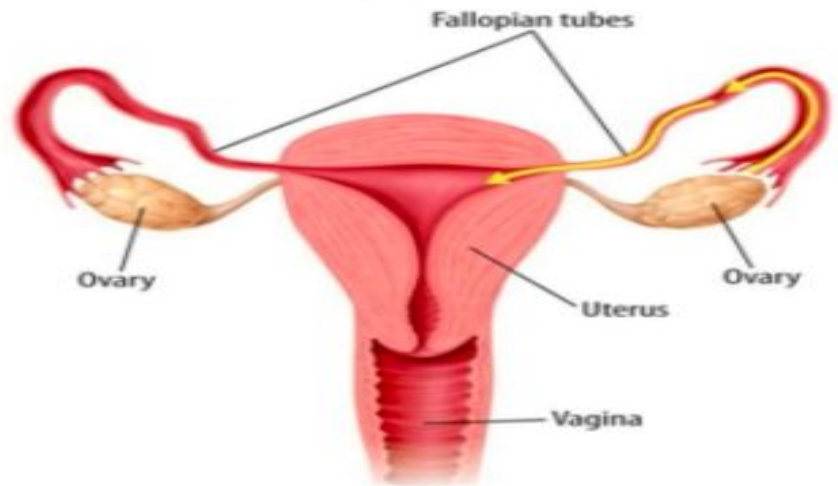
Sexual Intercourse

Male Reproductive System



The organs of the male reproductive system produce sperm and deliver it to the female reproductive system.

Female Reproductive System



The female reproductive system produces eggs and provides a place for a new human to grow and develop before birth.

Sexual Intercourse (sex, making love, etc...)

The penis becomes engorged with sexual arousal. The man inserts his penis into the vagina. Once sexual climax occurs, the penis ejaculates the sperm into the vagina. The sperm travels to the fallopian tube where the egg is fertilized. Fertilization can only occur once a month, when the female's egg is in the fallopian tube. A woman is fertile for about 6 days/month. This is called ovulation. If the egg is not fertilized, it is released through the vagina during menses.

Sperm and Eggs

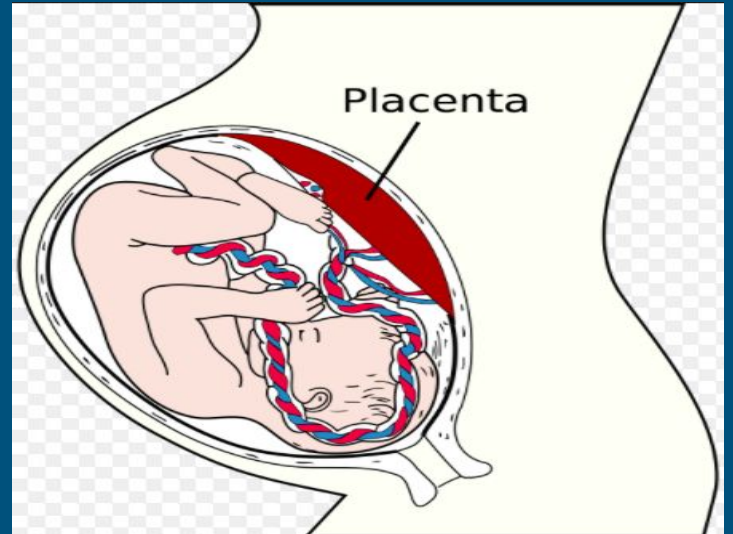
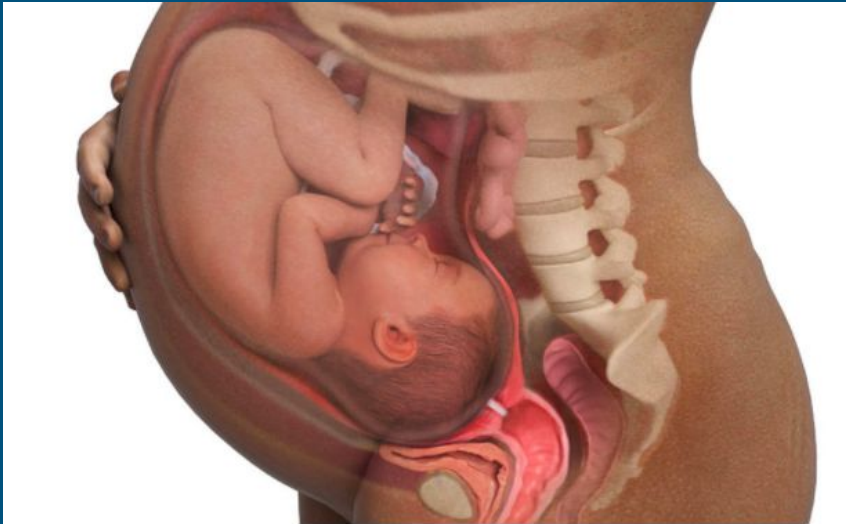
Human egg being fertilized by
Human sperm under the electron
microscope





Pregnancy -

Lasts approximately 9 months. We know that babies born as early as 24 weeks can survive and have healthy and meaningful lives. The woman carries the baby in her uterus where the baby is nourished through the placenta.



Birth

How are babies born?

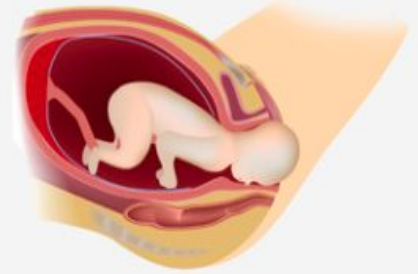
- Through the vagina as it is a distensible muscle that can expand to allow the baby to be birthed through the birth canal.
- Cesarean Section (C-section) If there are complications such as the baby is breech (feet first), a medical condition or emergency, or the birth canal does not dilate enough, the doctor will make an incision into the abdomen and uterus to extract the baby.



C- Section

Vs

Normal Delivery



Cesarean Section

Pregnancy Outcomes

Pregnancy Outcomes

- Birth - Raise the child. Most common outcome.
- Adoption - Legal procedure where another family raised the child.
- Safe Haven Law - Allows a parent to hand over an unharmed child up to 72 hours old, to a fire department or hospital with no questions asked. Enacted in the state of CO in 2000.
- Emergency Contraception- Levonorgestrel is a hormone that can be used for emergency contraception. Emergency contraception should not be used as a routine method of birth control. It may prevent or delay ovulation. It may interfere with fertilization of an egg.
- Abortion - A medical procedure that scrapes the uterus to remove the baby. This is a very personal, emotional, religious, and political issue. We encourage you to speak to a trusted family member or adult regarding abortions.

Prevention of Pregnancy

Abstinence 100% Effective!!!!

Refraining from sexual intercourse or abstinence is the **ONLY** proven method to prevent pregnancy and sexually transmitted infections.

Benefits: Prevention of pregnancy, prevention of sexually transmitted infections (STI), engage in an emotionally healthy relationship prior to starting a physical relationship

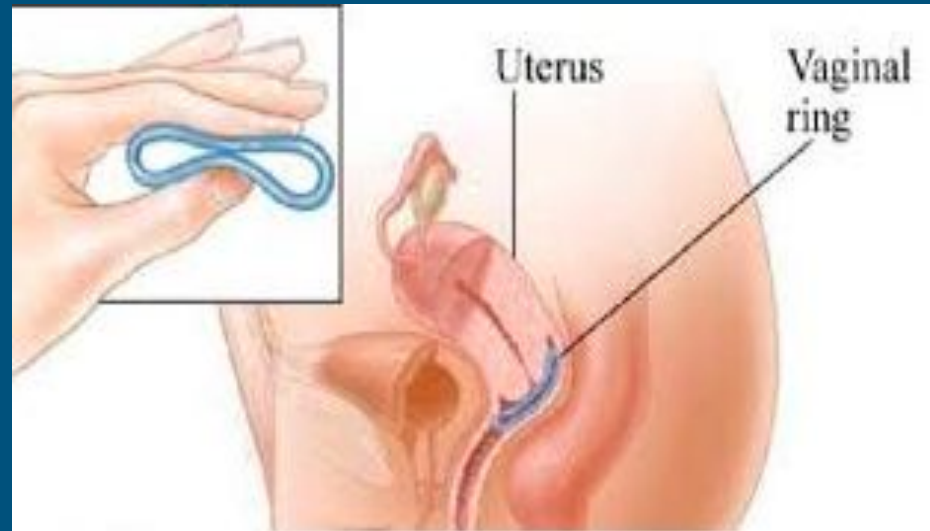
Types of Birth Control (BC) 90% effective

Pills - (females only) Hormones that affect the body so that a woman does not ovulate (release an egg). Have to take it consistently in order to be effective and is only 91% accurate. Requires a doctor's prescription. Can have side effects as you are adjusting your body's normal hormone cycle. Does NOT prevent STI's.



Types of Birth Control (BC) 90% effective

Shots, Patches, Vaginal Rings, and IUD - female only. Hormone based. Have to have a doctor's prescription. Can have reaction to shot, skin irritation, vaginal irritation, and uterine infections. Can cause abnormal periods, weight gain, acne, and headaches. Do NOT prevent STI's.

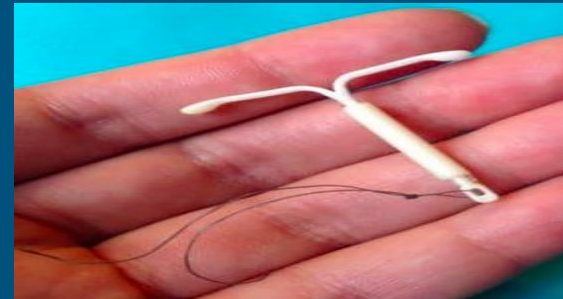
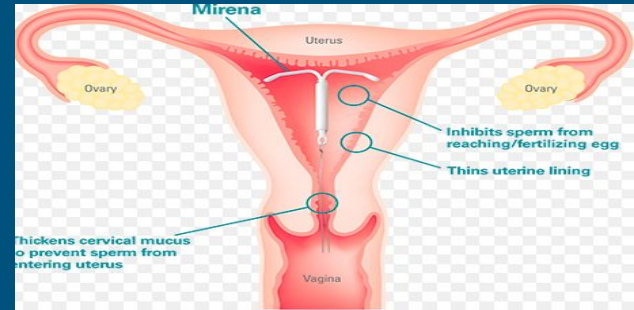


Types of Birth Control (BC) 90% effective

Implant - (Implanon - lasts for 4 years)



IUD - Lasts 5 years.



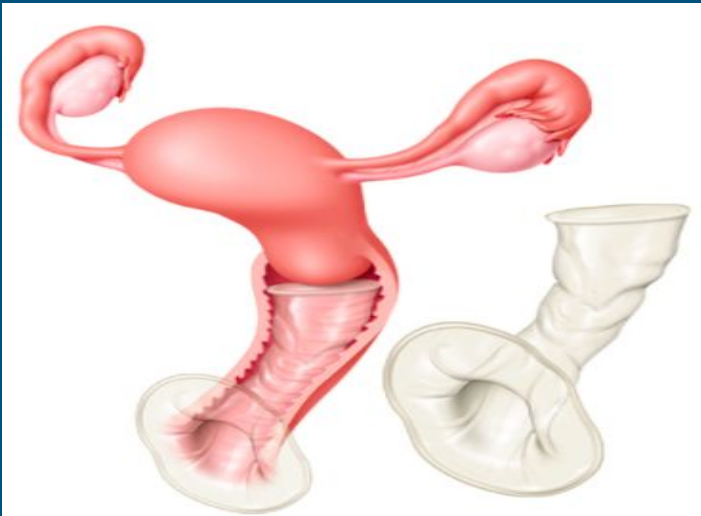
Barrier Devices - 80% effective

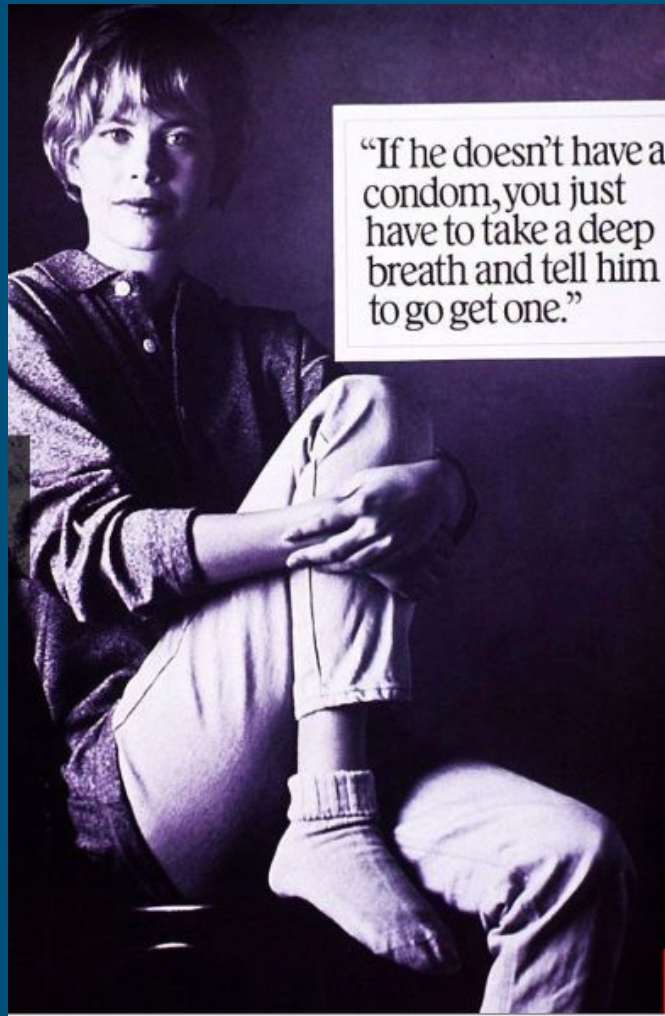
Diaphragm, cervical cap, and sponge - Female use. Covers the cervix so that sperm is blocked and can't reach fallopian tube. Hormone free, temporary, must be placed and removed after intercourse. Does NOT prevent STI's.



Barrier Devices - 80% effective

Condom - Male and female. Most common used on Men. Covers the penis to collect the seminal fluid. Only method of birth control that can prevent SOME STI's.





Poster from the 1980's -

During the discovery of HIV/AIDS.

Think about how our culture affects behaviors and influences our thinking!



Day 2

Human Sexuality



SEXUALLY
TRANSMITTED
INFECTIONS
(STI'S)

What is a STI or venereal disease?

An infection transmitted through sexual contact, caused by bacteria, viruses, or parasites.

Human Papillomavirus or HPV

A viral infection that causes warts on various parts of the body depending on the strain. Most common sexually transmitted disease with over 3 million cases diagnosed each year. 50% of males and 80% of females will end up with HPV in their lifetime.

Symptoms - None to warts on genitals and surrounding skin.

Treatment - Some types can be prevented by vaccine. It can be treated but not cured and will last a lifetime.

Can lead to cervical cancer and other types of cancer.

Can get through a condom.

HPV



Genital Herpes

A viral infection that is spread through sexual contact that causes genital pain and sores. Very common with 3 million cases diagnosed per each year. 1 in 4 will contract this. Look around at your 3 best friends...one of you will have it before you're 30.

Symptoms - Pain, itching, and small sores appear first. They form ulcers and scabs. After initial infection, genital herpes lies dormant in the body. Symptoms can recur for years.

Treatment - Can help symptoms but it cannot be cured. Lasts a lifetime and can occur at anytime and multiple times throughout your life.

Genital Herpes



Chlamydia and Gonorrhea Infections

Both are bacterial infections that affect mostly younger adults. Chlamydia affects more than 200,000 people each year and Gonorrhea affects around 3 million people per year.

Symptoms - No symptoms to genital pain, vaginal or penile discharge, typically green in color and gonorrhea can lead to infertility if not treated.

Treatment - Antibiotics. Both last days to weeks with treatment

Chlamydia and Gonorrhea



Human Immunodeficiency Virus (HIV)

Viral infection that is spread through contact with infected blood, semen, or vaginal fluids. It affects fewer than 200,000 people per year.

Symptoms - Within a few weeks of HIV infection, flu-like symptoms such as fever, sore throat, and fatigue can occur. Then the disease is usually asymptomatic until it progresses to AIDS. AIDS symptoms include weight loss, fever or night sweats, fatigue, and recurrent infections.

Treatment - No cure exists for AIDS, but strict adherence to antiretroviral regimens (ARVs) can dramatically slow the disease progress as well as prevent secondary infections and complications. AIDS used to always cause death but with new treatments, people are living longer.

CONSENT

NO MEANS NO!!! Never let anyone talk you into doing ANYTHING that you don't want to do especially sex!

You can't go back so make sure that you are ready to engage in adult behaviors.

Teen Sex

Sex is a big responsibility with even larger consequences! There are emotional, physical, and psychological implications.

Are you mentally and physically ready to have a sexual relationship? Are you mature enough to deal with anything that might happen? Such as disease, pregnancy, and the relationship. Sex, sadly, does not equal love. People will have sex with you that don't care about you. How will this affect you?

How do you want to be perceived??

How do you market yourself??

Do you dress provocative?

Does that cause a larger response from the opposite sex?

Are you trying to get them to look at you in a sexual or physical way?

How do you look to others? Easy target?

Teen Pregnancy

Colorado Birth Data 2015	State	Rank*	U.S.**
Percent of Births to Unmarried Mothers	22.7	49th	40.3 ¹
Cesarean Delivery Rate	25.9	43rd (tie)	32.0
Preterm Birth Rate	8.7	36th (tie)	9.6
Teen Birth Rate ‡	19.3	31st	22.3
Low Birthweight Rate	9.0	11th	8.1

¹ Excludes data from U.S. territories

‡Number of live births per 1,000 females aged 15-19

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Content source: [CDC/National Center for Health Statistics](#)

TEEN BIRTHS IN COLORADO, GIRLS 15 - 19

2015

3,270
NUMBER OF
TEEN
BIRTHS

2010

\$155
MILLION SPENT ON
TEEN CHILDBEARING

TEEN BIRTH RATE

2015

19.3 BIRTHS PER 1,000 GIRLS

-5%

CHANGE IN TEEN
BIRTH RATE from
2014

-67%

CHANGE IN TEEN
BIRTH RATE from
peak year 1991

Teen Pregnancy

How does pregnancy affect teenagers?

Who cares for the baby?

Who pays for the costs with having a baby?

How do you get your baby to the doctor?

How do you play sports or get involved in school activities with a baby?

QUESTIONS ???

HUMAN REPRODUCTIVE SYSTEM

