Learning Objectives

- Structure and function of male and female reproductive system
- How sex organs function during sexual activity
  - Sexual health problems
  - Sexual dysfunctions
  - Responsible sexual behavior
- Relationships and Communication
Aspects of Sexual Health

- Healthy sexual functioning
- Satisfying intimate relationships
- Procreation, if you choose
- Understand your sexuality (biology, gender roles, sexual behaviors)
- Make responsible decisions
Development of Sexual Behavior

- Gender roles – your everyday behavior and attitudes based on your sex
- Gender identity – your inner sense of being male or female
- Cultural differences – culturally expected or appropriate sexual/relational behavior
- Portrayal of sex in the media
- Childhood and adolescence
- Adult sexual experiences
- Disability or illness
- Sexual orientation
  - Combination of biological, psychological, and social factors
Sexual Anatomy

- Reproductive organs produce **germ cells** and **sex hormones**
  - Ovaries
    - Egg (ovum)
    - Estrogens and Progestins
  - Testes
    - Sperm
    - Androgens
Female Reproductive Anatomy –
External Genitalia (Vulva)

- Mons pubis
- Labia majora
- Labia minora
- Perineum
- Prepuce of clitoris
- Clitoris
- Urethral opening
- Vaginal opening
- Anus
Female Reproductive Anatomy – Internal Sex Organs
Male Reproductive Anatomy

- Penis
- Testes (in scrotum)
- Glans
- Opening of urethra
- Prepuce

(a) Circumcised

(b) Uncircumcised
Male External Sex Organs

External Organs

Circumcised

- Penis shaft
- Corona
- Glans
- Frenulum
- Prepuce or foreskin
- Urethral opening

Uncircumcised

- Perineum
- Scrotum
Male Internal Sex Organs

- Urinary bladder
- Vas deferens
- Pubic bone
- Prostate gland
- Corpus spongiosum
- Epididymis
- Testis
- Seminal vesicles
- Ejaculatory ducts
- Rectum
- Anus
- Cowper’s gland
Sex Hormone – Testosterone

- Primary hormone responsible for sexual drive in both genders
- Males – produced in testes
- Females – produced in adrenal glands
- Stimulates release of dopamine and serotonin in brain
Sex Hormone Determines Gender (development of sex organs) in Utero

- **Biological sex**
  - 23rd Pair of Chromosomes
  - At conception
- **XY = Male**
  - Testosterone will be introduced
- **XX = Female**
  - No Testosterone will be introduced
Homologous Reproductive Organs

- Penis
- Scrotum
- Testis
- Clitoris
- Labia majora
- Ovary
Sexual Functioning:  
**Stimulus – Response Cycle**  
(Fig 12.4, p. 262)

- Physical Stimulus
- Psychological Stimulus
- Arousal → Touching....  
  ... but... Touching → Arousal

- Stages of Sexual Response
  - Excitement – vasocongestion (engorge with blood), myotonia (increased muscle tone)
  - Plateau...
  - Orgasm
  - Resolution – men enter a refractory period, women do not
Sexual Response Cycle
Varieties of Sexual Behavior

- Celibacy
- Abstinence
- Self-Stimulation
  - Sexual fantasies – arousal
  - Masturbation – self-stimulation of genitals
- Erotic Touch
- Oral-genital stimulation
  - Cunnilingus
  - Fellatio
- Anal intercourse
- Sexual intercourse
Common Sexual Health Problems – Physical (biological) conditions

**Females**
- Vaginitis (including yeast infection)
- Endometriosis
- Pelvic inflammatory disease (PID) – infection of upper reproductive tract (caused by STD)

**Males**
- Prostatitis
- Testicular cancer
Common Sexual Dysfunctions — Disturbances in sexual desire, performance, or satisfaction that have physical and/or psychological origins

**Females**
- Vaginismus
- Sexual Desire Disorder
- Sexual Arousal Disorder
- Orgasmic dysfunction

**Males**
- Pain during intercourse
- Sexual Desire Disorder
- Erectile Dysfunction (ED)
- Premature ejaculation
Prevalence of Sexual Dysfunction

Figure 6.6
Prevalence of Sexual Problems from the National Health and Social Life Survey, 1999

Instead of generalizations about what is “normal”, explore your feelings and thoughts:

- Is this sexual behavior healthy and fulfilling for me and/or my partner?
- Is it safe?
- Does it exploit the other?
- Does it take place between responsible, consenting adults?
Responsible Sexual Behavior

Making choices about your sexual behavior directly affects you and another person

- Communication
- Agreed-upon activity
- Sexual privacy
- Contraception use
- Safer sex
- Sober sex
- Be responsible for consequences