

Human Sexuality

A diagram illustrating the components of Human Sexuality. On the left, a large blue rectangle contains the text 'Human Sexuality'. To its right, a light orange arrow points from the blue rectangle towards a central arrangement of four colored rounded squares. These squares are arranged in a 2x2 grid and are connected by a larger, light orange arrow shape that points from the blue rectangle towards them. The top-left square is yellow and contains the text 'The Male Reproductive System'. The top-right square is green and contains the text 'The Female Reproductive System'. The bottom-left square is orange and contains the text 'The Beginning of the Life Cycle'. The bottom-right square is teal and contains the text 'Sexually Transmitted Diseases'.

The Male
Reproductive
System

The Female
Reproductive
System

The
Beginning of
the Life Cycle

Sexually
Transmitted
Diseases

Male Reproductive System

The Male Reproductive system includes both external and internal organs that, with the help of other hormones, allow physically mature males to produce children.

Male Reproductive System

- First, it produces and stores sperm. Sperm are the male reproductive cells. Sperm cannot live above normal body temperature. The scrotum protects them by keeping the testes slightly below normal body temperature.
- The system transfers sperm to the female's body during sexual intercourse.
- The male reproductive system matures during the early teen years, usually between the ages of 12 and 15.
- At that time, hormones produced in the pituitary gland stimulate the production of testosterone.

Testosterone is the male sex hormone.

This hormone causes many changes in the body that signal maturity.

The shoulders broaden, muscles, facial hair, and body hair develop, and the voice deepens. Testosterone also controls the production of sperm.

After puberty, a physically mature male can produce sperm for the rest of his life.

Male Reproductive Organs

External
Reproductive
Organs

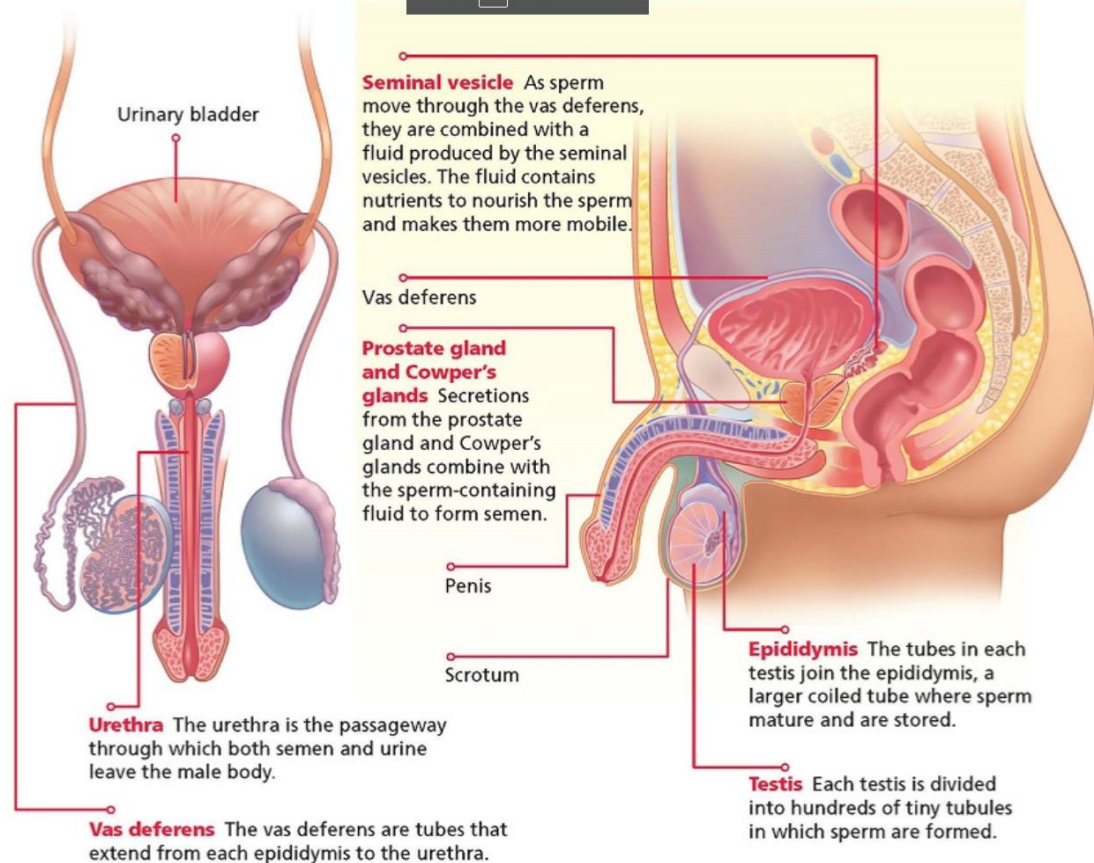
Testes

Scrotum

Penis

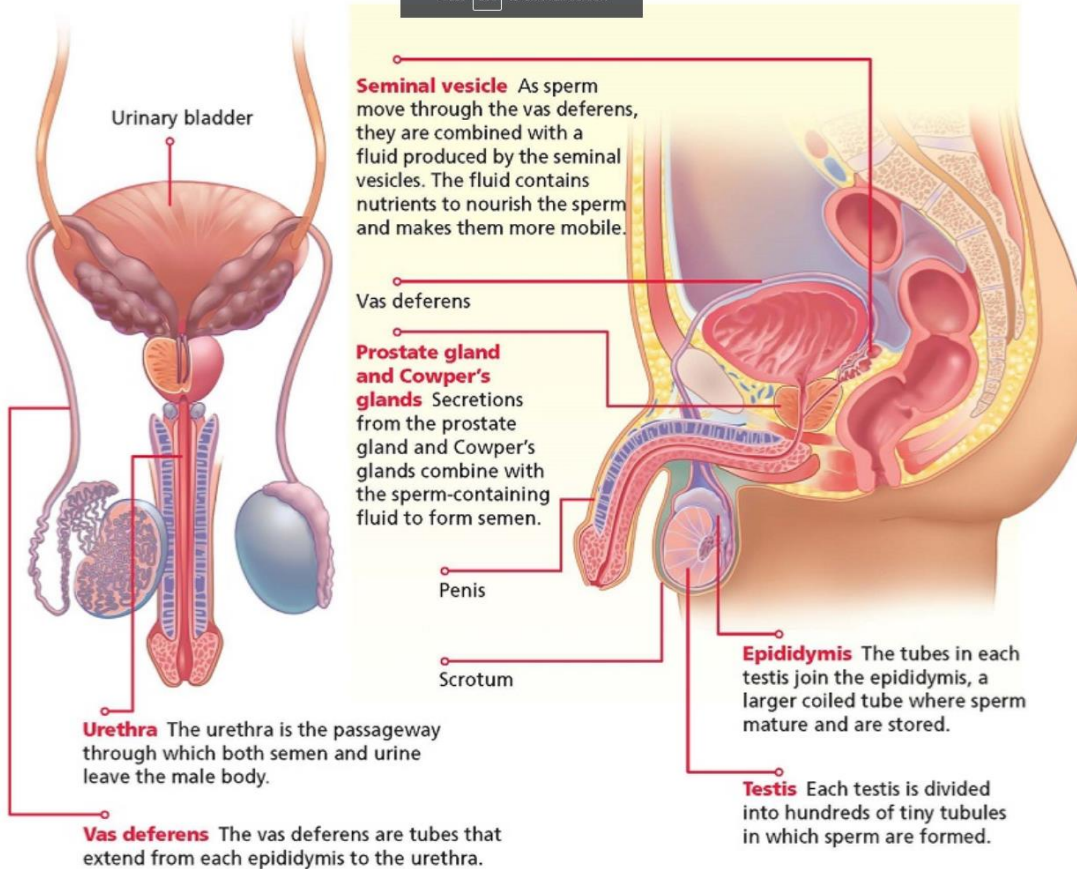
The internal structures of the male reproductive system work together to promote the delivery of sperm.

Press **Esc** to exit full screen



The internal structures of the male reproductive system work together to promote the delivery of sperm.

Press **Esc** to exit full screen



Internal Reproductive Organs

Vas deferens

Urethra

Seminal vesicle

Prostate

Cowper's glands

Semen is the fluid that contains sperm

Fertilization is when the sperm cell and the female egg cell are joined

Male Reproductive System Problems and Care

Inguinal hernia

- Part of the intestines push through a tear in the abdominal wall. Symptoms include pain in the groin or blockage of the intestine

Sterility – the inability to reproduce

Testicular cancer

14-40 most common

Perform TSE once per month

Prostate problems and prostate cancer

Early detection increases survival rates

Standing in front of a mirror, look for swelling. Examine each testicle with both hand. Roll the testicle gently between the thumb and forefingers

Cancerous lumps are usually found on the side of the testicle but can appear on the front. Find the epididymis, the soft tubelike structure behind each testicle, so that you don't mistake it as a lump.

Most lumps aren't cancerous. If you do find a lump or experience pain or swelling, however, consult a health care professional

TESTICULAR SELF EXAM

TSE should be performed once per month according to the American Cancer Society

Male Reproductive System Problems and Care

Bathe

Bathe regularly

Wear

Wear protective equipment

Practice

Practice abstinence

Perform

Perform regular self-exams

- Monthly
- Check for lumps
- Anything that is irregular or out of the ordinary

Get

Get regular check ups

- Physicals
- 12-18 Months

Male Reproductive System

1. Sperm cannot survive at body temperature. How does the body protect sperm from heat?

2. What is sterility?

3. What are the vas deferens?



1

With a partner
complete the
following flow
chart.



2

Describe the path
that sperm needs
to take through the
male reproductive
system.



3

Use the word
given in the box
in your
description.

Partner Work

1

. Testicle:

2

. Epididymis:

3

. Vas Deferens:

4

. Seminal Vesicle:

5

. Prostate Gland:

6

. Urethra:

7

. Penis:

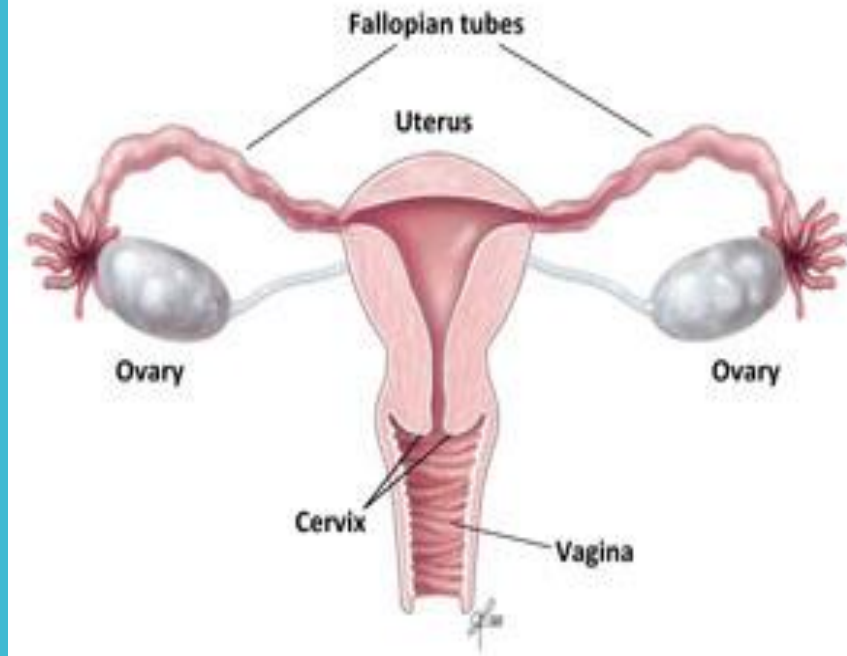
Female Reproductive System

Consists of internal and external organs. It creates hormones and is responsible for fertility, menstruation and the development and delivery of the baby.

Female Reproductive System

- Produces and stores eggs, female gametes or ova
- Ovaries- the female sex glands that store the ova and produce female sex hormones.
- Uterus- the hollow, muscular, pear-shaped organ that nourishes and protects a fertilized ovum (egg) until birth.
- Ovulation- the process of releasing a mature ovum into the fallopian tube each month.
- Fallopian tubes- a pair of tubes with finger like projections that draw in the ovum.
- Vagina-a muscular, elastic passageway that extends from the uterus to the outside of the body

Female Reproductive System



All internal
Organs

Ovaries

Cervix

Uterus

Fallopian Tubes

Vagina

Eggs – female gametes

Menstruation – shedding of the
uterine lining

Ovulation – process of releasing
a mature ovum into the
fallopian tube each month

Source: [clevelandclinic.org](https://my.clevelandclinic.org/health/articles/10132-menstrual-cycle). "Menstrual Cycle".
<https://my.clevelandclinic.org/health/articles/10132-menstrual-cycle>
Glencoe Health. McGraw-Hill.

The Menstrual Cycle

Days 1-8

- The cycle begins with the first day of menstruation

Days 9-13

- The hormones FSH and LH cause an egg to mature in one of the ovaries

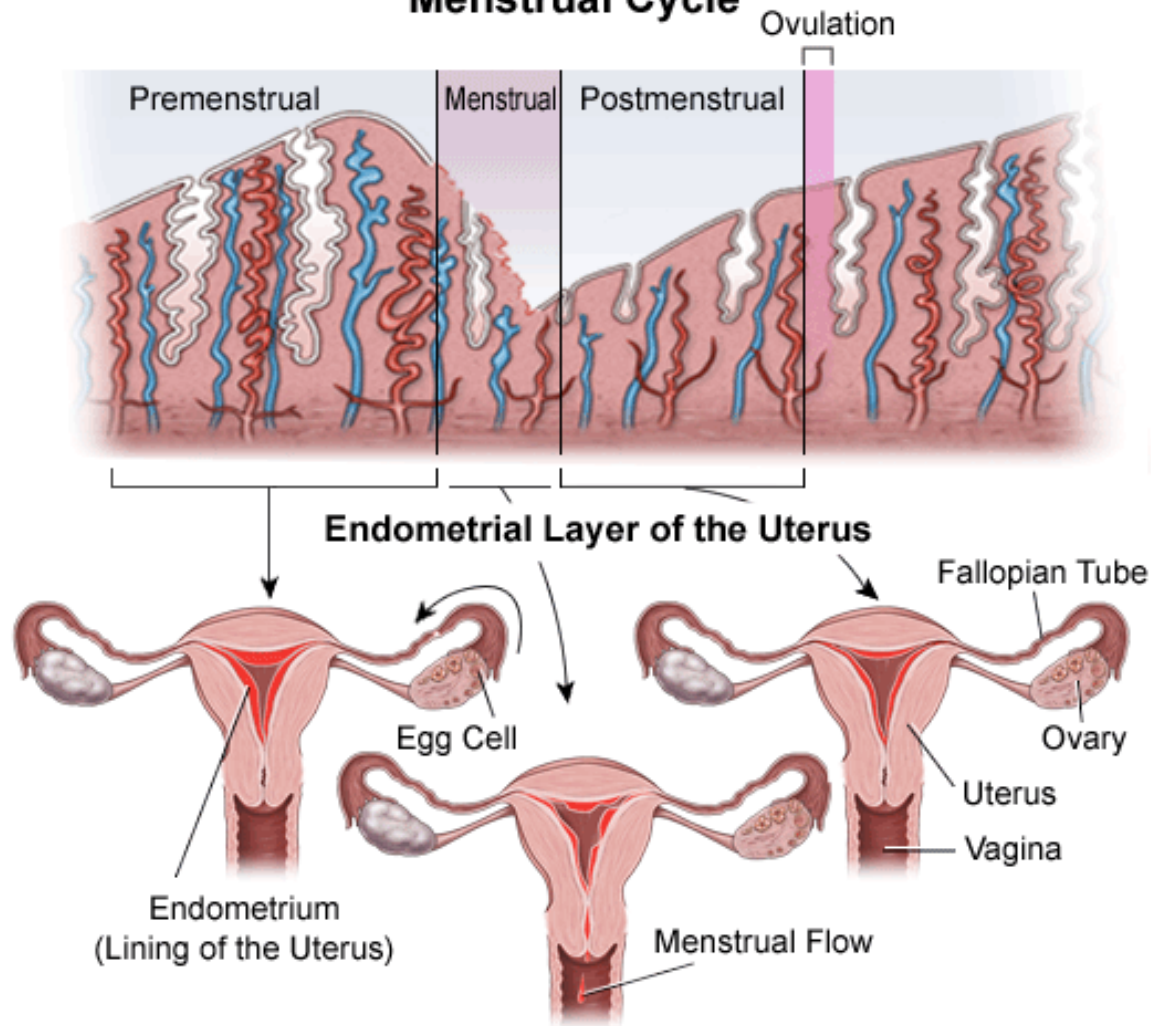
Day 14

- Ovulation occurs and the mature is released into one of the fallopian tubes.

Days 15-28

- The egg travels through the fallopian tube to the uterus. If the egg is not fertilized the cycle starts again.

Menstrual Cycle



Source: hopkinsmedicine.org. "Menstrual Cycle: An Overview".
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/menstrual-cycle-an-overview>

What is the menstrual cycle?

Day 1:

Days: 1-8

By Day 9-13:

Days 7-14:

Around Day 14:

Between Days 15-28:

If the egg is NOT fertilized:

If the egg IS fertilized:

Maintaining Reproductive Health

Bathe regularly

Practice abstinence

- Avoid STD and Pregnancy

Regular medical exams

- Pap test
- Mammogram

Menstrual Cramps

- Light exercise
- Applying heat pad
- Over-the-counter medicine

PMS – Premenstrual syndrome

- Caused by hormonal changes
- Anxiety
- Irritability
- Bloating
- Weight gain
- Depression
- Mood swings

Female Reproductive System Problems

Female Reproductive Problems:

Infertility and other Disorders

TSS – Toxic Shock Syndrome

- Bacterial infection that affects the immune system and the liver (can be related to tampon use however very rare)
- Symptoms: fever, vomiting, diarrhea, rash, red eyes, and muscle aches

Endometriosis – occurs when uterine tissue grows in the fallopian tubes, ovaries, or the lining of the pelvic cavity

STD's – can cause infertility

Vaginitis – Candida (yeast infection) and bacterial vaginosis; discharge, odor, pain, itching, burning

Ovarian Cysts – fluid filled sacs in the ovaries

Cervical, Uterine, and Ovarian Cancers

- Cervical Cancer can be caused by HPV(STD)

Breast Cancer

- Most common cancer in women in the United States, except for skin cancers.
- Accounts for 30% of all new female cancers each year.
- The American Cancer Society estimates for breast cancer in the United States for 2025 are:
 - About 316,950 new cases
 - About 42,170 women will die from breast cancer

Source: Cancer.org. “Key Statistic for Breast Cancer”.

<https://www.cancer.org/cancer/types/breast-cancer/about/how-common-is-breast-cancer.html>

Breast Self-Exam

Monthly, right after the menstrual period when breast are not tender.

1. Lie down with a pillow under your right shoulder. Put your right arm behind your head. Place the 3 middle fingers of the left hand on your right breast. Move your fingers in a circular motion, pressing first light, then firm. Feel for any lumps or thickening of the breast. Follow this process up and down the breast. Repeat using your right hand on your left breast.

2. Stand in front of the mirror with your hands firmly placed on your hips. Look for any changes in shape, size, or appearance.

3. Raise your arms over your head, and look for changes.

4. Examine your underarms with your arms only slightly raised.

Ovarian, Uterine, Vaginal Cancers

Symptoms	Ovarian Cancer	Endometrial/ Uterine Cancer	Cervical Cancer	Vaginal Cancer	Vulvar Cancer
Abnormal Vaginal Bleeding		●	●	●	
Pelvic Pain	●	●	●	●	
Abdominal Pain	●		●		
Bloating	●				
Urinary Urgency/ Frequency or constipation	●			●	
Difficulty eating or feeling full quickly	●				
Fatigue	●		●		
Painful urination/ bowel movements		●	●		
Abnormal Vaginal Discharge		●	●		
Weight Loss		●			
Pain during intercourse	●	●		●	●
Skin changes in vulvar area					●
Lump/Growth/Sore in vulvar area					●
Vulvar itching or bleeding					●

Source: Ovariancancerproject.org. "Symptom and Risk for Gynecologic Cancers".

<https://ovariancancerproject.org/education-awareness/symptom-risk-for-gynecologic-cancers/>

Female Reproductive System

1. What is the function of the uterus?
2. Distinguish between ova, ovaries, and ovulation.
3. What is the difference between menstrual cramps and PMS?
4. What cancer is related to STD's?
5. List 3 symptoms of Ovarian cancer.

The
Beginning of
the Life Cycle

Abstinence

Risk of Sex

- Consent
- Common Birth Control

Pregnancy

What is
Abstinence?

Abstinence- The deliberate decision to avoid high risk behaviors, including sexual activity and the use of tobacco, alcohol, and other drugs

Abstinence is the only 100% certain way to prevent the following:

1. Out-of-wedlock pregnancy
2. Sexually Transmitted Infections
3. Other associated health problem

RISK OF NOT PRACTICING ABSTINENCE FROM SEXUAL ACTIVITY



To view this video click [here](#) or see 3. Teen Safety Matters.

What does Consent mean?

- ▶ All Sexual activity without consent is a crime.
- ▶ In Indiana, anyone under the age of 16 cannot legally give consent to sexual activity even if they give verbal or written consent
- ▶ Yes, is Yes and anything else in NO.
- ▶ The yes must be from a person legally allowed to give consent and that includes someone awake, alert and sober.
- ▶ Sexual Violence-any form of unwelcomed sexual contact directed at an individual. Sexual violence can include
 - Sexual assault- any intentional sexual attack against another person
 - Rape-any form of sexual intercourse that takes place against a person's will

WHEN IS SEX NOT LEGAL?

How effective are birth control methods commonly used by teens?

- Abstinence-100 % effective
- Condoms-Actual Use: 15 out of 100 couples will have an accidental pregnancy
 - Does protect against some STDs/STIs
- Birth Control Pill- Actual Use: 9 out of 100 Couples will have an accidental pregnancy. Must be taken every day at the same time of effectiveness
 - Does not protect against STDs/STIs
 - Other medical uses; menstrual problems, anemia

Pregnancy

- The human body begins as one microscopic cell that is formed by the union of the male sperm cell and the female egg cell through sexual intercourse. This is called fertilization.
- This is also known as conception and can occur during sexual intercourse.
- The cell that results from fertilization is called a zygote.
- Within a few days, implantation, the process by which the zygote attaches to the uterine wall occurs.
- After about 2 weeks, the zygote becomes an embryo, a cluster of cells between the 3rd week and 8th week of pregnancy.
- The group of developing cells is called a fetus after about 8 weeks.

Stages of Embryonic and Fetal Development

First Trimester	Major Changes
0-2 weeks	A zygote may float freely in the uterus for 48 hours before implanting. The spinal cord grows. The brain, ears, and arms begin to form. The heart begins to beat.
3-8 weeks	The embryo is about 1 inch long at 8 weeks. The mouth, nostrils, eyelids, hands, fingers, feet and toes begin to form. The nervous system and cardiovascular system are functional.
9-14 weeks	The fetus develops a human profile. Sex organs, eyelids, fingernails, and toenails develop. By week 12, it can make crying motions and may suck its thumb.

Stages of Embryonic and Fetal Development

Second Trimester	Major Changes
15-20 weeks	The fetus can blink its eyes and becomes more active. The body begins to grow, growth of the head slows, and the limbs reach full proportion. Eyebrows and eye lashes develop.
21-28 weeks	The fetus can hear conversations and has a regular schedule for sleeping and waking. Weight increases rapidly. The fetus is about 12 inches long and weighs a little more than a pound. The fetus may survive if born after 24 weeks, but will require special medical care.

Stages of Embryonic and Fetal Development

Third Trimester

29-40 weeks

Major Changes

The fetus uses all 5-senses and begins to pass water from the bladder.

Brain scans have shown that some fetuses dream during their periods of sleep in the 8th and 9th month of development.

Approximately 266 days after conception the baby weighs 6 to 9 pounds and is ready to be born.



To view this video click [here](#) or see 4. Pregnancy.

SEXUALLY TRANSMITTED DISEASES/INFECTIONS

Preventing and Treating
STD's/STI's

Infections spread from person to person through any sexual contact.

Some STDs/STIs are bacterial and can be cured with medication.

Some STDs/STIs are viral and are incurable

Several of the most common STDs/STIs are asymptomatic.

Lack of symptoms can make them dangerous and people can spread them without knowing they have them.

Approximately 9 million young people between 15-24 will become infected with an STD each year

WHAT ARE STD'S/STI'S



HPV- 6 million cases per year-Viral and often asymptomatic- Can lead to cervical cancer

Genital Herpes- 1 million new cases per year-Viral and sometimes asymptomatic

Chlamydia-3 million per year-Bacterial

Gonorrhea- 700,000 per year-Bacterial

Trichomoniasis- 7.4 million per year-Protozoan

Syphilis- 70,000 per year-Bacterial

COMMON STD'S

STD/STI	Male Symptoms	Female Symptoms	Long-term Effects
Genital HPV	Genital warts on the penis, groin, anus, or thigh	Genital warts in or around the vagina, vulva, cervix, or anus	Development of cervical cancer in females
Chlamydia	Penis discharge; burning during urination; itching or burning sensations around the penis	Lower abdominal pain; nausea; bleeding between periods; pain during intercourse; abnormal vaginal discharge burning sensation when urinating	In males, inflammation of the urethra In females, inflammation of the cervix, damage to the fallopian tubes, infertility
Genital Herpes	Blisters on or around genitals or rectum; sores that can take weeks to heal; fever	Blisters on or near the vagina or rectum; sores that take weeks to heal; flu-like symptoms	Psychological distress; can cause life threatening in baby born to mother with the disease
Gonorrhea	Burning sensation when urinating; green, yellow, or white discharge from the penis	Pain or burning when urinating; increased vaginal discharge; vaginal bleeding between periods	In males, painful condition in the testicles, leading to infertility if left untreated In Females, chronic pelvic pain and infertility
Trichomoniasis	Temporary irritation inside penis; burning after urination	Thick, grey or yellowish discharge with strong odor; vaginal itching	Discomfort; more likely to get other STD's
Syphilis	Single sore on the genitals; skin rash	Single sore on the vagina; skin rash	Serious damage to internal organs, including brain, heart, and nerves

STD/STI SYMPTOMS

- ▶ Only a health care professional can accurately diagnose and treat an STD.
- ▶ Why do many teens not get tested?
- ▶ Left untreated can have serious effects
- ▶ Act responsibly-Everyone has an obligation to prevent the spread of STDs
- ▶ Best way to control is abstinence
- ▶ Notify

DIAGNOSING AND TREATING STD'S

STD/STI DIAGNOSIS METHOD AND TREATMENT

STD/STI	Diagnosis Method	Treatment Cure
Genital HPV Infection	Pap Test in females; genital warts diagnosed by physical examination	No cure; warts may clear up without medication or by using medications. They will come back.
Chlamydia	Urine Test; test on specimen collected from the infection site	Treated and cured with antibiotics
Genital Herpes	Visual inspection from a health care professional; testing of the infected sore	No cure; antiviral medication can shorten outbreaks
Gonorrhea	Laboratory test; urine test	Treated and cured with antibiotics; treatment becoming harder because of antibiotic resistant strains
Trichomoniasis	Physical examination and laboratory test	Prescription drugs
Syphilis	Physical examination; blood test	Curable with antibiotics, treatment will not repair damage done

- ▶ Destroys white blood cells
 - What is the purpose of white blood cells?
- ▶ HIV is spread in 3 ways
 - During sexual intercourse
 - Sharing needles
 - Mother to baby

HIV/AIDS

Human Immunodeficiency Virus-
a virus that attacks the immune
system

Acquired Immunodeficiency
Syndrome- a disease in which
the immune system is weakened

How HIV Affects the Immune System

1. Asymptomatic Stage
 - It can last for up to 10 years
2. Middle Stage
 - Patients experience fever, sore throat, rash, diarrhea, swollen lymph nodes
3. Symptomatic Stage
 - Patient experiences flu-like symptoms such as headaches, fever, body aches, swollen glands, diminished appetite, weight loss, and skin rashes
4. AIDS Stage
 - Impaired most of the white blood cells. People with AIDS have an immune system so weak that they might die from an illness that they would ordinarily recover from



EAZY-E



MAGIC JOHNSON

- ▶ 9 Million teens contract STDs/STIs annually
- ▶ Some STDs are bacterial, and some are viral
- ▶ Any STDs/STIs that are not diagnosed early and treated can result in serious permanent or long-term health consequences
- ▶ The only method that is 100% effective in preventing the contraction and spread of STDs/STIs is **ABSTINENCE**.
- ▶ **Abstinence** before marriage is the best way to prevent STDs/STIs
- ▶ The best way to avoid STDs/STIs and other associated health problems is to establish a mutually faithful monogamous relationship in the context of marriage.

PREVENTING AND TREATING STD'S

Set	Set personal limits for affection
Avoid	Avoid dating someone who is sexually active or pressures you to go beyond your limits
Avoid	Avoid situations where you feel pressures
Choose	Choose group settings
Be	Be clear about your decision to practice abstinence
Practice	Practice Refusal Skills

PREVENTION THROUGH ABSTINENCE

High Risk include

- being sexually active with more than one person
- engaging in unprotected sex
- Abstinence is only 100% method to prevent STDs/STIs and Pregnancy
- engaging in sexual activity with high-risk partners-
have had sex with someone else, drug use
- using alcohol or other drugs

AVOIDING HIGH-RISK BEHAVIORS AND STD'S

Many of these cases will not be diagnosed, treated, or reported, creating a serious health crisis. STD/STI cases may go undiagnosed or untreated due to:

- Embarrassment or fear. Some people are too ashamed or afraid to seek medical help.
- Lack of symptoms. Many people infected with STDs/STIs are asymptomatic and do not know they have a disease. Infected individuals may unknowingly transmit the disease to others.
- Misinformation. If STD/STI symptoms disappear without treatment, the infected person may mistakenly believe the disease has been cured. People may not have all the facts and may receive wrong information from friends.
- Notification policies. State laws require health care providers to report some, but not all, STDs/STIs. People who have contracted HPV or genital herpes are not required to report their infections or to inform any partners of their condition.

STD EPIDEMIC

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- ▶ Susie's Place. HS Video. 2024. Ash Interactive
- ▶ National Geographic. Pregnancy 101. 2018

WORK CITED