LESSON 1

**WHAT’S IT ALL ABOUT?**

**TODAY’S GOALS:**

-Students will review ideas and definitions related to sexuality.

-Students will be able to identify different topics within sexuality and answer

questions.

**Pa. Standards:**

10.1.12A . Evaluate factors that impact growth and development during adulthood and late adulthood.

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VOCABULARY

**SEXUALITY:**

Everything you are as a male or female encompassing physical characteristics, feelings, attitudes, values, and relationships.

**GENDER:**

**How people perceive maleness and femaleness defined by society.**

**GENDER ROLE:**

**Behaviors and attitudes that are socially accepted as either masculine or feminine. They are defined differently in different countries.**

**Four Factors that Influence Sexuality:**

|  |  |
| --- | --- |
| **Influence of family** | **Influence of media** |
| **Influence of Peers** | **Influence of Adult Role Models** |

Factors Affecting Sexuality

|  |  |
| --- | --- |
| **Influence of Family**  **Begins in infancy**  **The touch of your parents**  **Sights and sounds you experience**  **Parents first role models**  **Parents hugging show how to express feelings positively**  **Parents display attitudes about gender roles by words and actions**  **Sharing in household tasks show respect for each other’s work** | **Influence of the Media**  **Much of what you see and read in media conveys messages about sexuality.**  **Messages may contradict what you have learned from your family.**  **Advertisers exploit concerns and anxieties.**  **Attract audiences by using sexual themes. But many are not dealt with.**  **Pop song lyrics have sexual themes.**  **Some movies will inform and increase awareness and understanding.** |
| **Influence of Peers**  **Teenagers find comfort in talking to friends.**  **Friends with health attitudes can shape positive attitudes in others.**  **Perception of Peer Norms may lead to unhealthy decisions.**  **May feel pressure to become sexually active when they are not ready.** | **Influence of Adult Role Models**  **Teens may consult: clergy, teachers, family members, health professionals, and other responsible adults.**  **Opinions may vary it will be up to you to sort information and act responsibly.** |

**Discussion Questions:**

1. **Do teens act in responsible ways?**
2. **Do teens have serious discussions with adult role models about sex?**
3. **Are negative consequences of teen sex portrayed realistically?**
4. **Do teens who have been sexually active later choose abstinence?**

SEXUALITY BASICS

Directions: In complete sentences answer each of these questions. Answers must be supported by statements.

**SEXUALITY:**  Develops and changes as you mature. You grow physically, emotionally, mentally and socially and creatively.

1. At what age does a person’s sexuality begin to develop?
2. At what age does a person’s sexuality come to an end?
3. Are all people sexual? What if they choose never to have sex?

**DIRECTIONS: Circle “T”or”F” for each of the following questions.**

Human Sexuality Pretest

1. T / F The testicles in adult men normally produce millions of new sperm every day.
2. T / F The ovaries produce hundreds of new eggs every month during a woman’s reproductive years.
3. T / F Testosterone is found only in men, and estrogen is found only in women.
4. T / F Ovulation almost always occurs 14 days before the start of menstruation.
5. T / F Alcohol excites the central nervous system and enhances sexual performance.
6. T / F Regular long-term use of marijuana can lower testosterone levels and decrease sperm production.
7. T / F It is possible for an individual that is HIV positive to receive a negative test result.
8. T / F An individual must be showing symptoms of an STI in order to infect another person.
9. T / F It is possible for a female to become pregnant during her period.
10. T / F It is possible for a pregnant female to have her period.
11. T / F Testicular cancer affects men primarily over the age of 50.
12. T / T It is possible for birth control pills to have extremely serious side effects on women.
13. T / F HIV can be transmitted through urine.
14. T / F HIV can be transmitted through oral sex.
15. T / F A person with a cold sore on the mouth can give his or her partner genital herpes during oral-genital sex.
16. T / F A person can only have one type of STD at a time.
17. T / F The eggs of pubic lice can survive for days on towels or sheets.
18. T / F In order for a woman to get pregnant, the male must ejaculate.
19. T / F It is possible for a girl to get pregnant as soon as she starts having a menstrual cycle.
20. T / F If carefully washed and dried, condoms can be used safely more than once.
21. T / F About 75 percent of all conceptions either fail to implant or are spontaneously aborted within the first 6 weeks.
22. T / F Natural filters protect the baby from alcohol, prescription drugs, and pollutants during breast feeding.
23. T / F A person can be sexually healthy and choose not to become sexually active.
24. T / F In starting a relationship, men attach greater importance to physical attractiveness than women.
25. T / F Sexual assault victims usually have done something to provoke it.



***INSTRUCTOR’S ANSWER KEY***

1. T The testicles in adult men normally produce millions of new sperm every day.

2. F The ovaries produce hundreds of new eggs every month during a woman’s reproductive years.

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TV & Sexual Messages

**For the next week, you are to watch three TV shows that feature teens. Use the checklist below to evaluate each one. Jot down some examples you find in the show that illustrate each of your responses.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **QUESTION** | **SHOW 1:** | | **SHOW 2:** | | **SHOW 3:** | |
| Do the teens act in responsible ways? | YES | NO | YES | NO | YES | NO |
| EXAMPLES |  | |  | |  | |
| Do the teens have serious discussions with adult role models about sex? | YES | NO | YES | NO | YES | NO |
| EXAMPLES |  | |  | |  | |
| Are the negative consequences of teen sex portrayed realistically? | YES | NO | YES | NO | YES | NO |
| EXAMPLES |  | |  | |  | |
| Do any of the characters who have been sexually active later choose abstinence? | YES | NO | YES | NO | YES | NO |
| EXAMPLES |  | |  | |  | |

**What TV show portrays the healthiest message about teen sex? Please state examples to support your decision.**

LESSON 2

**EXPRESSING SEXUALITY**

**TODAY’S GOALS:**

Identify various gender roles and puberty and sexual characteristics

Analyze the effect of media and social media and its influence on teenage sexual behaviors

Describe what people need from a relationship.

**VOCABULARY:**

**Hormones:**

**Influence the physical changes during puberty as well as emotions. Changing levels create mood swings.**

**Secondary Sex Characteristics:**

**Physical changes that develop but are not directly involved in reproduction.**

**Body Image:**

**The way you see your physical self, an important part of your self-concept.**

**Values:**

**The standards and beliefs that you consider important and help you decide right from wrong, usually learned from family, religion, culture, other adults and life.**

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INSTANT ACTIVITY

Identify one factor at our school that influences gender roles?

Many teens think that more of their peers are sexually active than actually are. What are some of the reasons that teens might think this?

Puberty and Gender Characteristics

|  |
| --- |
| **Secondary Gender Characteristics**  C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0199036.wmf C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0285698.wmf  Deeper voice  Muscle strength increases  Pubic hair appears  Skin releases more oils  Perspiration increases |

Age Range for Onset of Puberty

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Girls: Onset of Menstruation | Boys: Onset of Sperm Production |  |  |  |  |  |  |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |

Answer the following:

Do you think it is more difficult to be an early bloomer or a late bloomer? Why?

What is a healthy body image and how does that help a person accept their body changes?

Acceptance, Values and Responsibilities

**Self-Concept is affected by:**

Body Image Emotions Sexual Feelings

|  |  |
| --- | --- |
| Body Image  How you see your physical self  May emphasize with clothes, make-up or working out  Focus on strengths and appreciate your unique physical appearance | Emotions  Affected by hormones  Typical are mood changes often for no apparent reason  Strong and confusing emotions can be stressful  Everyone experiences the same issues |
| Sexual Awakening  Feelings of sexual attraction  The age of awakening will vary for each person | Sexual Orientation  Maturity leads to sexual orientation  Most are heterosexual, some are homosexual and some bisexual  Confusing feelings are normal  Sexual orientation is a natural part of ones sexuality |

**What are Your Values?**

|  |  |
| --- | --- |
| Where do you learn them?    Parents/Guardians  Religion  Culture  Life experiences  Other adults | Your values and sexual decision making  Examine feelings vs values  Strong sexual feelings and trying to abstain  Sexual activity and serious consequences |
| Talking it over  Talk with a responsible adult to help make decisions  Know who you can talk to | Accepting differences  Appreciate unique physical, mental, personality and sexual traits  Try to see things from other perspectives  Respect others  Be open to other opinions  Accepting difference gives you strength to make difficult decisions |

How are values and sexual decision making related?

Advantages & Disadvantages

MALE

Advantages Disadvantages

When thinking of advantages and disadvantages, consider the following areas: dating, friendships, family responsibilities, child care, employment, appearance (hair, make-up, clothing), education, sports, feelings, etc. Be specific.

Advantages & Disadvantages

FEMALE

Advantages Disadvantages

When thinking of advantages and disadvantages, consider the following areas: dating, friendships, family responsibilities, child care, employment, appearance (hair, make-up, clothing), education, sports, feelings, etc. Be specific.