

Human Sexuality

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Defining our Sexuality

Self Discovery

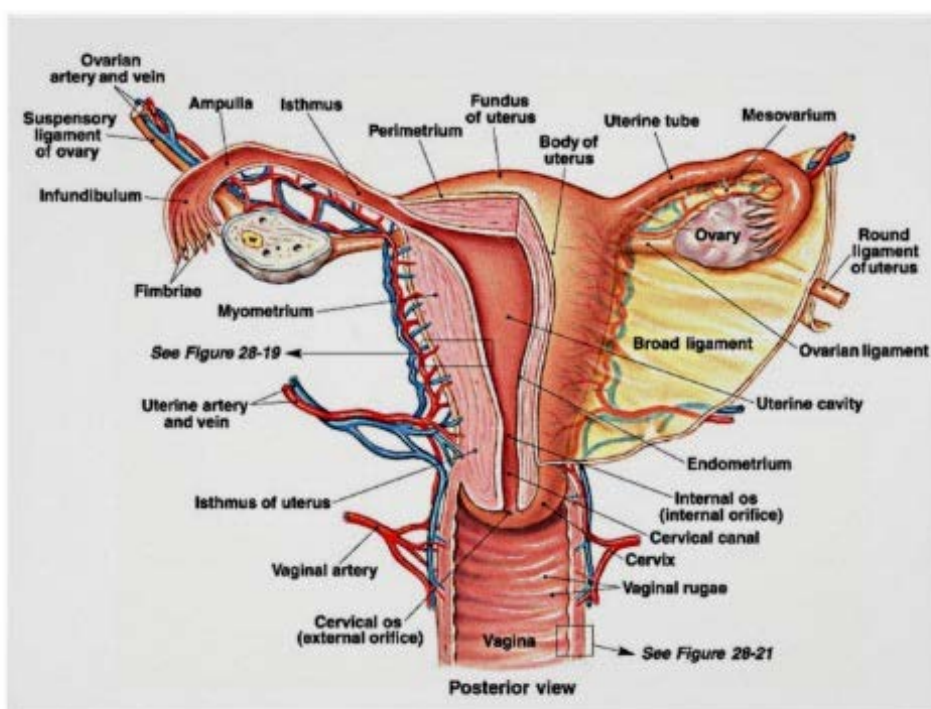
Emotions

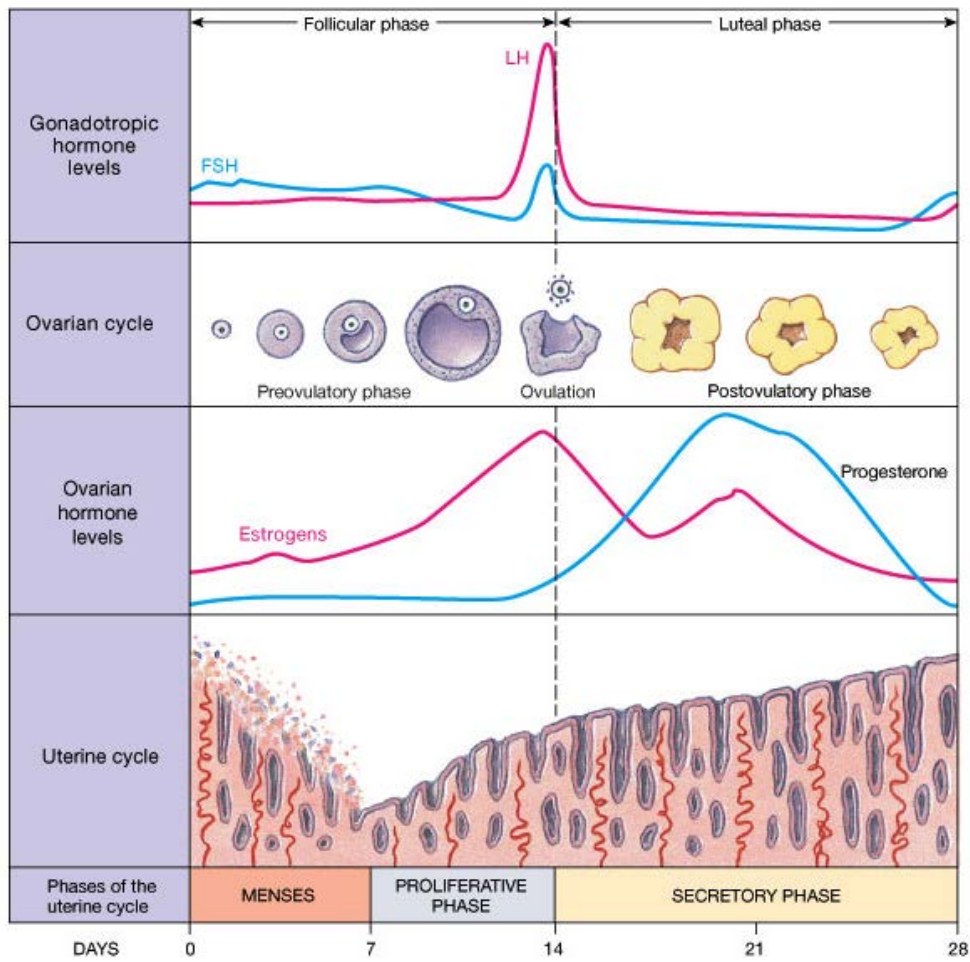
Gender

Values

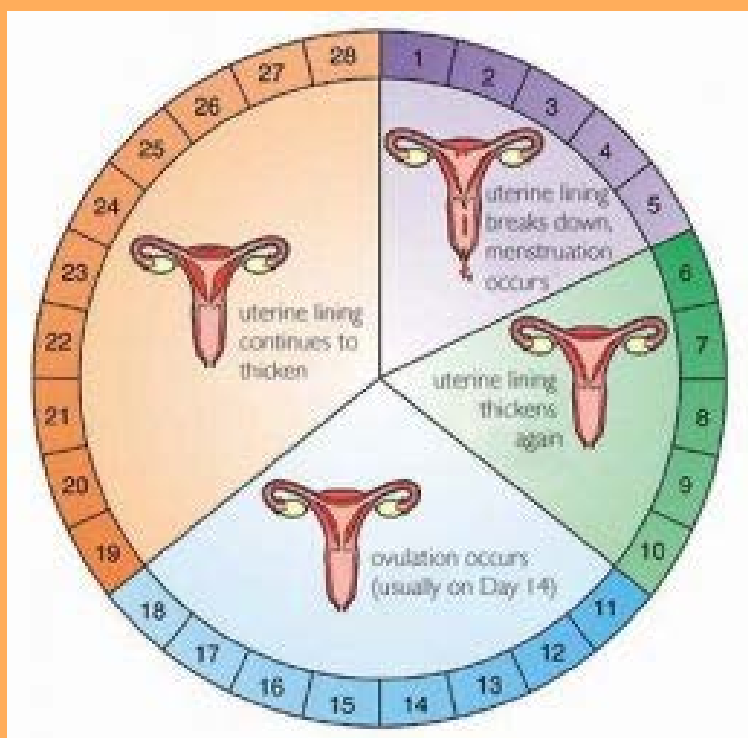
Culture

Intimate Relationships



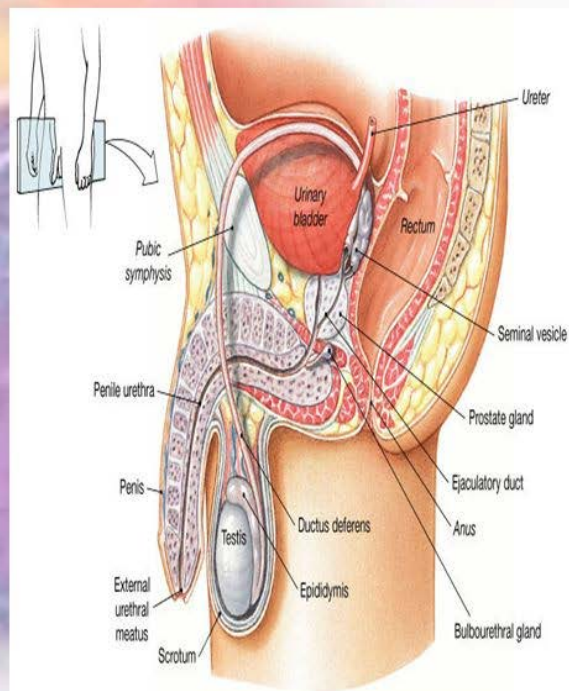


Menstrual Cycle



Male Reproductive System

- **Testes**
 - paired, plum sized structures
 - produce sperm & hormones
- **Epididymus**
- **Ductus Deferens**
- **Urethra**
- **Ejaculatory ducts**
 - nourish, store, transport & mature sperm.
- Accessory structures
- **Seminal vesicles**
- **Prostate**
- Bulbourethral or Cowper's glands
- External genitalia
- **Scrotum**
 - contains testes
- **Penis**



A Guide to Contraceptives

<p>IMPLANT DESCRIPTION Six very thin, flexible hollow long capsule made of silicone and filled with progestin. Implanted beneath the surface of subcutaneous of a woman's upper arm.</p> <p>HOW USED Provided below is 12 months to implant progestin through a three insertion. Can be removed by a physician if desired. Progestin is depressed automatically for 6 years.</p> 		<p>TUBAL LIGATION DESCRIPTION Ligation or permanent surgical sterilization procedure for women who do not want any more children.</p> <p>HOW USED Fallopian tube tied with rings or clips and sealed, preventing passage of eggs to the uterus. Three types: Laparotomy, requires 4 day hospital stay, 2-3 inch incision. Minilaparotomy, smaller incision, shorter hospital stay. Laparoscopy, minimally invasive, requires only very small incision. Faster recovery time.</p> 	
<p>MALE CONDOM DESCRIPTION Thin sheath of latex, polyurethane or animal membrane worn over penis to trap sperm and keep them from entering vagina. Some available lubricated with spermicide.</p> <p>HOW USED Placed over erect penis before penis enters vagina.</p> 		<p>VASECTOMY DESCRIPTION Disrupts normal circulation procedure for men who do not want any more children.</p> <p>HOW USED Inside the scrotum, the vas deferens is cut, preventing sperm from being ejaculated.</p> 	
<p>DIAPHRAGM / CERVICAL CAP DESCRIPTION Both are a dome of latex and block sperm from entering uterus. The cervical cap is smaller and more difficult to get on.</p> <p>HOW USED Diaphragm or cervical cap with spermicide is inserted in vagina over cervix. Can be inserted up to six hours before intercourse, must stay in place at least 6-8 hours after intercourse.</p> 		<p>INTRAUTERINE DEVICE (IUD) DESCRIPTION Small, "T-shaped" plastic device. Prevents fertilized egg from implanting in wall of uterus.</p> <p>HOW USED Placed in uterus by physician. Attached thread passes through cervix into vagina to allow woman and physician to ensure IUD is in place. Removable only by physician.</p> 	
<p>FEMALE CONDOM DESCRIPTION Polyurethane sheath that covers and lines the vagina. It is held in place by two flexible rings.</p> <p>HOW USED Fits in vagina against the cervix and also covers the woman's labia and clitoris during intercourse. Can be inserted up to 6 hours before intercourse. Must use new condom for each act of intercourse.</p> 		<p>PILLS DESCRIPTION Combination pills release estrogen and progestin (synthetic progesterone) to mimic pregnancy, prevent actual pregnancy. Triple-action pills have low doses of estrogen and varying levels of progestin to regulate monthly cycle. Most pills have no estrogen.</p> <p>HOW USED Taken once time every day. Pills prevent the release of eggs from ovaries and/or prevent implantation of fertilized egg in uterus.</p> 	
<p>SPERMICIDES DESCRIPTION Comes in a variety of forms: gels, creams, foams, tablets, suppositories, and films. All block and kill sperm.</p> <p>HOW USED Applied to vagina and inside then 30 minutes before intercourse. Must be reinserted before each act of intercourse. Can be used alone or with other contraceptives.</p> 		<p>ABSTINENCE DESCRIPTION No sexual intercourse.</p> <p>WITHDRAWAL DESCRIPTION The male withdraws his penis before ejaculating.</p> <p>HOW USED When the male feels ejaculation approaching, he pulls out of his partner and ejaculates separately.</p> 	<p>INJECTION DESCRIPTION A hormone shot which prevents release of eggs. This keeps cervical mucus to keep sperm from passing the egg, and prevents fertilized egg from implanting in uterus.</p> <p>HOW USED Physician or doctor gives a hormone shot to the arm or buttock every 12 weeks.</p> <p>NATURAL FAMILY PLANNING DESCRIPTION A woman monitors daily changes in her body temperature, vaginal mucus, and/or menstrual cycle. Careful monitoring allows prediction of ovulation, release of egg from ovary.</p> <p>HOW USED A woman naturally releases one egg per month. Intercourse is avoided on days when pregnancy is most likely: just after ovulation.</p> 

Birth Control Methods

Implant - Nexplanon
99% Effective
Requires a doctor or nurse for insertion
Protection up to 4 yrs.

Depo-Provera Shot
94% Effective
A doctor or nurse gives you a shot every 3 months

Diaphragm
88% Effective

Abstinence
100% Effective

Pill
91% Effective

Condom
85% Effective
Effective against STDs

IUD- Intrauterine Device
99% Effective

STI's/STDs

Chlamydia

Bacterial infection.

Most Common 3mil men and women get infected every year

Rampant in Alaska

Treated with antibiotics

Gonorrhea

Bacterial Infection

It affects about 600,000 women and men in the US every year.

Treated with antibiotics

HPV

Human papillomavirus

Very common

Half of all men and more than 3 out of 4 women have HPV

HPV Vaccine 11-12 yrs. old

HIV

Human Immunodeficiency Virus

Virus causes AIDS in ten yrs. if left untreated

Attacks the immune system

No Cure but with medications, can live a "normal" life expectancy