

EROGENOUS ZONE

“hot spots”
parts of the body that is highly sensitive and the stimulation of which leads to sexual responses such as relaxation, fantasies, arousal and orgasm.

EROGENOUS ZONE

MALE BODY

MOUTH AND LIPS

NECK

EARS

NIPPLES

SCROTUM

PERINEUM (between anus and scrotum)

PENIS

FEMALE BODY

MOUTH AND LIPS

NECK

EARS

NIPPLES

BREAST

CERVIX(lower end of the uterus)

VAGINA

MEANING OF SEX

SEX •refers to the biological differences between males and females, such as the genitalia and genetic differences.

SEX according to Medical Science - These pluses include preserving heart health in some people, reducing blood pressure, and boosting immunity .•Sex can also improve mood, relationships, and mental well-being.

SEX according to Catholic Church •It has two purposes: for loving each other and generating life.

MEANING OF SEX (cont)

Pope Francis says sex isn't taboo but a gift from God

SEX according to POPE FRANCIS •In the document, called AmorisLaetitia, Francis frankly addressed sex as a practice married couples work at over a lifetime.

SEX EDUCATION according to POPE FRANCIS •He suggests they need help placing sex in a broader framework, understanding themselves, communicating and preparing to give the gift of their body to another person. He calls for schooling young adults in a “patient apprenticeship” that will prepare them for the intimacy of marriage.

HUMAN SEXUAL RESPONSES

1.Excitement-body gets ready for sexual activity. May increase in heart rate, breathing, erection of penis, tightening of scrotum, release of pre-ejaculation fluid. Release of lubricating fluid for female.

2.PLATEAU—this is the intensified situation of excitement. All activity are very sensitive.

3.ORGASM—Climax of cycle. Further intensified of responses, powerful release of sexual tension. For males, release of semen occur, and muscle contraction of vagina is experienced by females.

4.RESOLUTION—The body will return to its normal level of functioning.

THE THREE STAGES OF LOVE

STAGE 1 **LUST** testosterone, estrogen - (libido or sex drive) desire for sexual gratification .

THE THREE STAGES OF LOVE (cont)

STAGE 2 **ATTRACTION** dopamine, norepinephrine, serotonin - **ATTRACTION**—(passionate, excessive love, infatuation) intense attention given to desired partner.

STAGE 3 **ATTACHMENT** (oxytocin, vasopressin) - “companionate love” desire of couples to stay together. A feeling of security of comfort from his partner.

1. Adrenaline—this hormones will activate stress response such as sweating and drying of the mouth. 2. Dopamine—rush of pleasure released. Increase in energy, less need for food and sleep, focused attention for partner. 3. Serotonin—“falling in love” thinks of his desired partner most of the time “ baliw nabaliwsakanyaperodi ka namangusto ”

DIVERSITY OF SEXUAL BEHAVIORS

1. MASTURBATION -sexual act of stimulating one's own genitals done alone by an individual.

2.PREMARITAL SEX -refers to the sexual activities people engage in outside of marriage.

3.MARITAL SEX —sexual activities that happen within the bounds of marriage.

4.EXTRA MARITAL SEX —sexual activities that married people engaged in with people they are not married to.

5.HETEROSEXUALITY —sexual behaviour between persons of the opposite sex.

6.HOMOSEXUALITY —refers to sexual attraction and activities happened between two persons of the same sex.

7.BISEXUALITY —engaged in sexual acts with someone or opposite or the same sex.



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SEXUALLY TRANSMITTED DISEASES

Refers to health conditions that are passed on from a person to another through sexual contact. STD'S can be contracted through having unprotected sex with someone who has STD'S.

1.HIV/AIDS –Human Immunodeficiency Virus/ Acquired Immune Deficiency Syndrome. Transmitted through unprotected sex, contaminated needle exchange, blood transfusions, and during pregnancy.

2. GONORRHEA –a bacterial infection of the mucous membrane including the eye, throat, genitals and other organs. Usually men secrete yellowish-white fluid from the penis and painful urination. For women, they may also experience painful urination accompanied by fever, abdominal pain and pelvic inflammatory diseases.

3.SYPHILIS -infection caused by corkscREW-shaped bacterium called Treponema pallidum that is transmitted through direct contact with a syphilitic sore on the skin. It cause sores on the vagina, anus, rectum, even on the lips and mouth. Transmitted not only sexual activity but also by kissing infected person. Syphilis may lead to paralysis, crippling, blindness, heart diseases, brain damage, dementia and even death.

4.GENITAL HERPES –viral infection that causes blisters on the genitals. It also causes itching and burning sensation on the skin. There is no cure to herpes but there is medication to reduce severity and the frequency of outbreaks.

5.GENITAL WARTS –are warts that grows in the genital or anal area.

SEXUALLY TRANSMITTED DISEASES (cont)

6.CHANCHROID –is a bacterial infection that causes sores or ulcers on the genitals. It usually appear on the head of the penis for men and on the labia majora for women.

7.PUBIC LICE (crabs) –are very small parasites that infest the genital area which are primarily spread through sexual contact. The parasites are attached to the pubic hair and maybe transmitted with contaminated clothes, beddings and other items.

8.SCABIES –skin condition caused by infestation of tiny mites called Sarcoptes scabiei. Symptoms of mites invasion are itching and rashes. They lay and hatch egg in human skin. It usually transmitted through sexual contact and close body contact.

9.TRICHOMONIASIS –infection caused by a parasites. Men and women infected may experience itching, genital irritation with discharge, and painful urination and ejaculation for men. Women will experience painful urination with unusual discharge that can be yellowish or greenish in colour.

10. MOLLUSCUM CONTAGIOSUM –skin condition characterized by small lumps. Which are pearly white or slightly pink. These lumps, when squeezed, released a white cheesy fluid.

11. CHLAMYDIA –significant damage in reproductive system. It can infect the penis, vagina, cervix, anus, urethra, eyes and throat. Females infected with these will suffer vaginal discharge with strong smell, pain during sexual intercourse and difficulty in urinating. Men will suffer difficulty in urinating and swelling in the testicles.

