# Sexual Anatomy & Development

## 10th Grade Sexual Health Education Lesson

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Lesson plan for tenth grade sexual health education.

Sexual Health Education
Lesson 2

# Sexual Anatomy & Development

# Lesson Objectives

- Identify the functions of basic internal and external **sexual anatomy**.
- Understand that there is **variation in all bodies**, as well as variation in the way we experience our bodies.
- Explain the  importance of regular **medical screenings** as a part of maintaining your sexual health.

# Group Agreements

# Introduction

- All bodies are **different**! So are the experiences we have inside of our bodies.
- Some people are born with a vulva. Some people are born with a penis. Some of these people do not identify with the gender they were assigned at birth based on just looking at their genitalia. These folks may identify as **transgender, genderqueer, agender** or **non-binary**.
- There are also some people who have differences in their internal or external sexual anatomy development. This is called **intersex.**

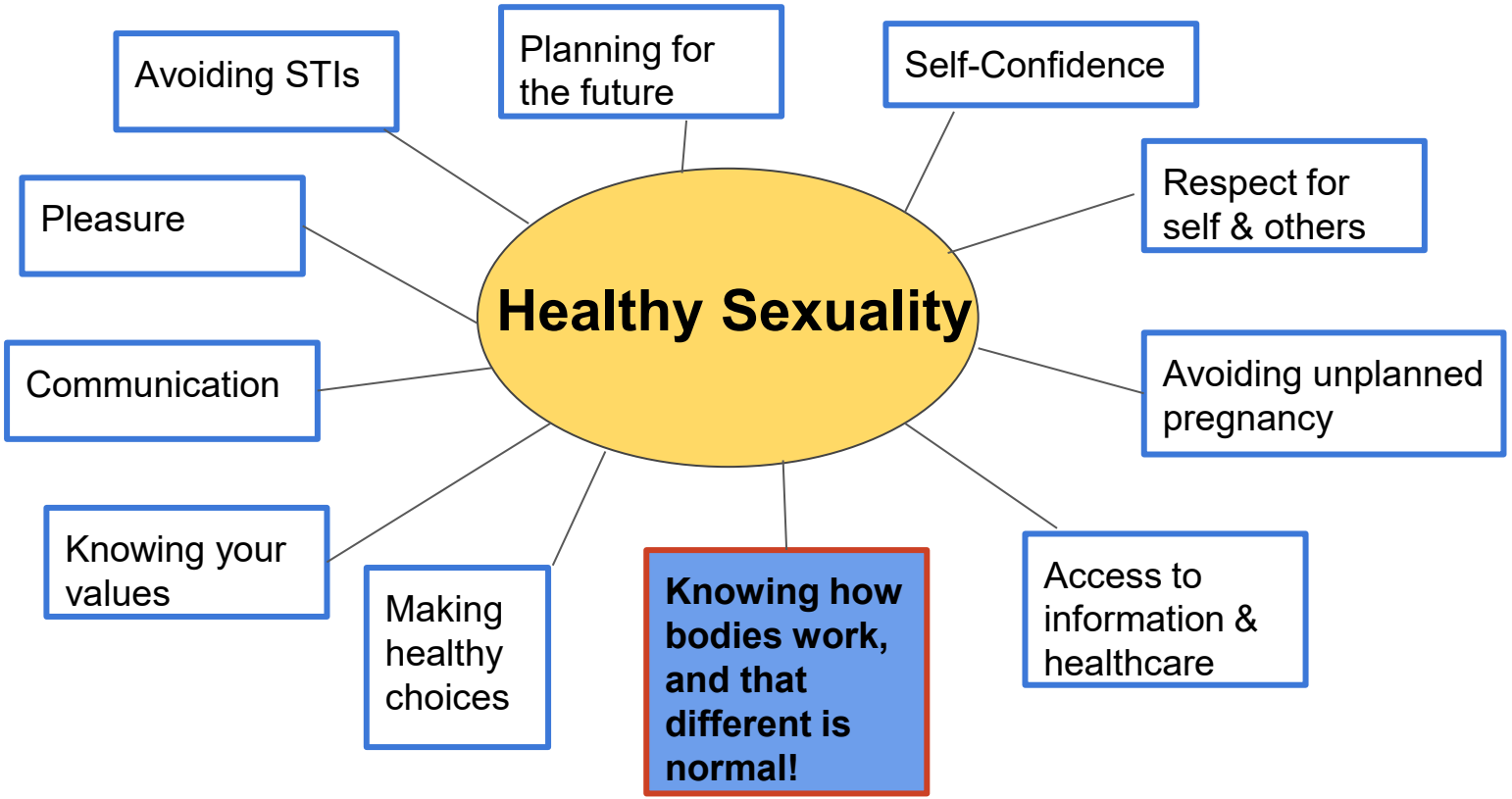
# Warm Up

1. What are some things that you do to keep yourself healthy? Eat healthy food Exercise Talk to a therapist Get regular checkups

1. What might a person do to keep themselves ***sexually healthy?***

Yearly physical exams, including an exam of the sexual body parts. (your pro always explain what they are doing and ask permission before touching your

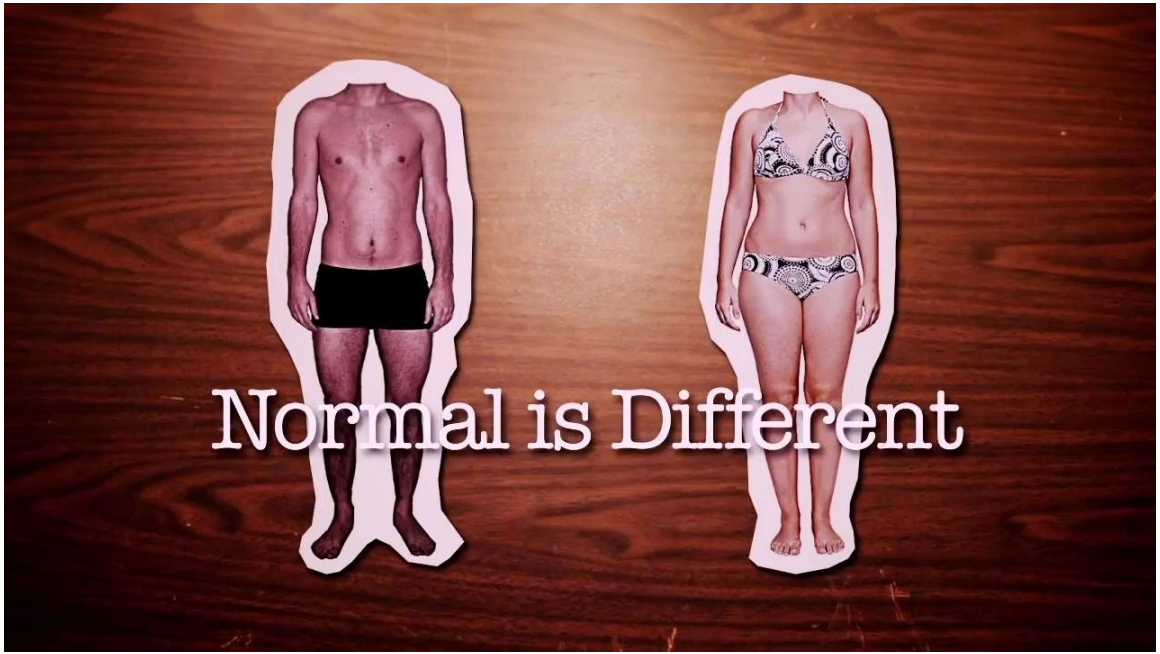
# Healthy Sexuality Includes...



# Different is Normal

- People with disabilities, and people without disabilities can all:
  - Have healthy sexual development
  - Enjoy romantic and intimate relationships
  - Have a range of gender identities, sexual orientations and gender expressions
  - Experience sexual pleasure
  - Have a range of values about sex and relationships

# Different is Normal




- There is also great diversity and variety in the ways that body parts can look.
- All are normal!

**As you watch the video, fill in the External Sexual Anatomy diagrams in Section 2 of the student worksheet**

# External Sexual Anatomy: Bodies with Penises

**Circumcised Penis**
(Foreskin has been removed)

**SHAFT:** is composed of spongy tissue that can fill with blood during sexual arousal, making the penis become erect or "hard."

**GLANS**: The tip of the penis that contains the most nerve endings and is most sensitive.

**TESTICLES**: The two sperm producing organs that hang inside the scrotum, a sensitive sack of skin.

**URETHRA**: The opening where urine or semen can be released from the penis.

**Uncircumcised Penis**
(Foreskin Intact)

# External Sexual Anatomy: Bodies with Vulvas

**CLITORAL HOOD**: The flap of skin covering and protecting the sensitive clitoris.

**OUTER LABIA**: The outer fold of skin protecting the vaginal opening.

**CLITORIS** : Sensitive organ with many nerve endings which can become “hard” or erect when stimulated. Contains a shaft and glans like the penis. The primary purpose of the clitoris is pleasure.

**The Vulva is made up of all of the external sexual parts listed**

**INNER LABIA** : The inner fold of skin protecting the vaginal opening.

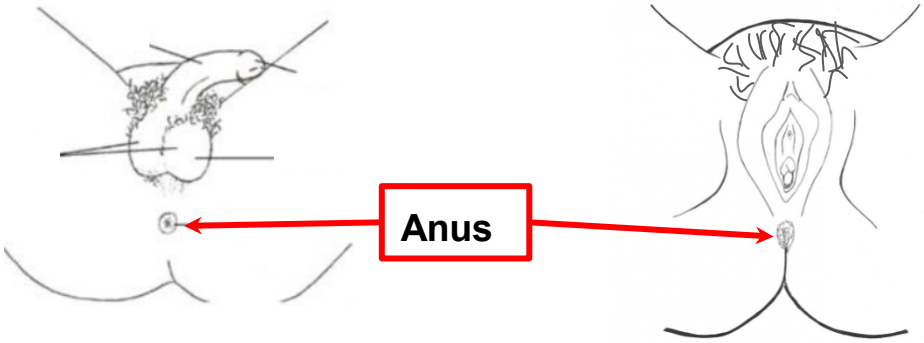
**URETHRA** : The opening where urine leaves the body.

**OPENING of VAGINA**: The opening to the stretchy, muscular tube leading to the internal reproductive organs.

# All Bodies:

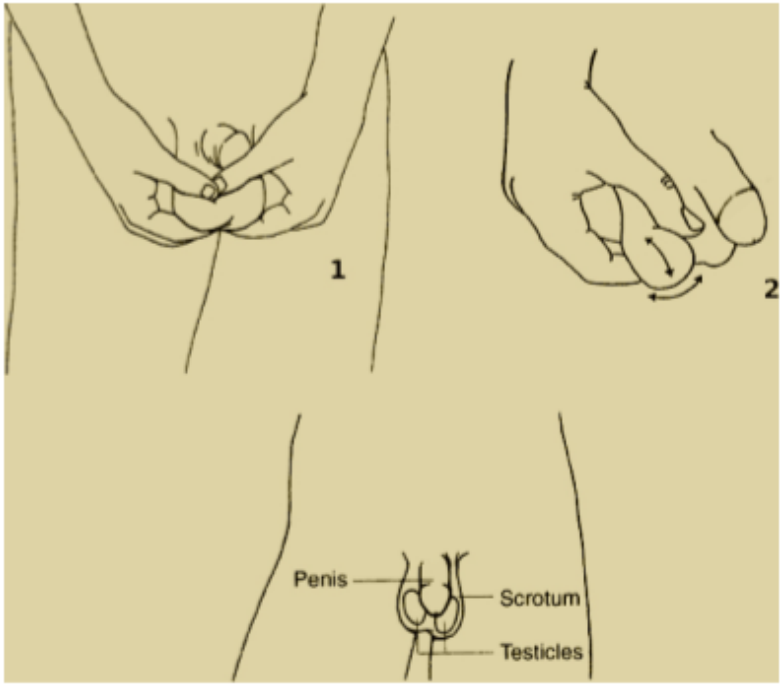
- All Bodies have an **Anus**: The opening to the rectum where feces (poop) exit the body.

- The anus is not involved in **reproduction.**



# Healthy Bodies With Penises

- In high school, start checking your own testicles once a **month** to screen for unusual lumps that could be testicular cancer.
- Your **doctor** will also check you for testicular cancer during your yearly physical exam.



# Healthy Bodies With Vulvas

- Vaginal Discharge (white or clear sticky fluid) is **normal**. It keeps the vulva and vagina clean and protects the body from infection.
- People with a uterus should begin getting screened for cervical cancer at age **21** by a doctor. This type of medical test is called a **pap smear.**

# All Bodies:

## Sexual Response, Excitement and Arousal

- All Bodies can experience sexual **pleasure**, excitement, and arousal.

- The following may be signs of sexual excitement and arousal:
  - Heart rate **quickens**
  - **Nipples** may harden
  - Vaginal **lubrication** (“getting wet”) or penis lubrication (“pre-cum”)
  - **Erection** or swelling of clitoris or penis (“getting hard”)

# All Bodies:

## Orgasm

- **Orgasm**: when the tension built up during sexual arousal is released in a rapid series of muscular spasms. The body also releases endorphins during orgasm which produce feelings of pleasure.

- During orgasm, bodies with penises may **ejaculate**-- releasing semen (which contains sperm) from the tip of the penis. During orgasm, bodies with vulvas may produce additional vaginal **fluid.**

- After orgasm, the body slowly returns to **baseline**.

# Internal Sexual Anatomy Review

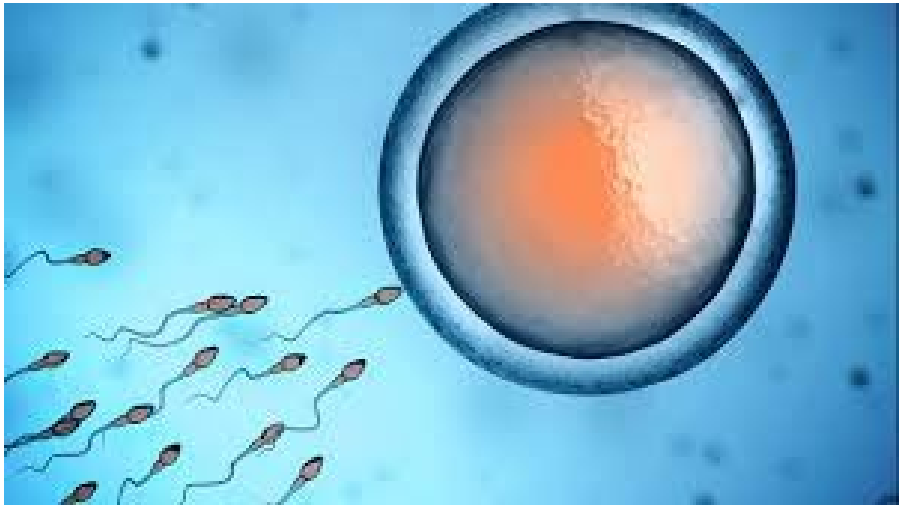

So, now we know about the outside of our bodies and the sexual response cycle. But what about the insides of our sexual systems? What's going on in there? How are babies made?

**Worksheet Section 3**

# Fertilization

**Fertilization-**

When sperm meets egg, creating a **zygote.**



**This can happen through…**

1. Penis-vagina sex
2. Various methods of assisted fertilization

# Following The Sperm

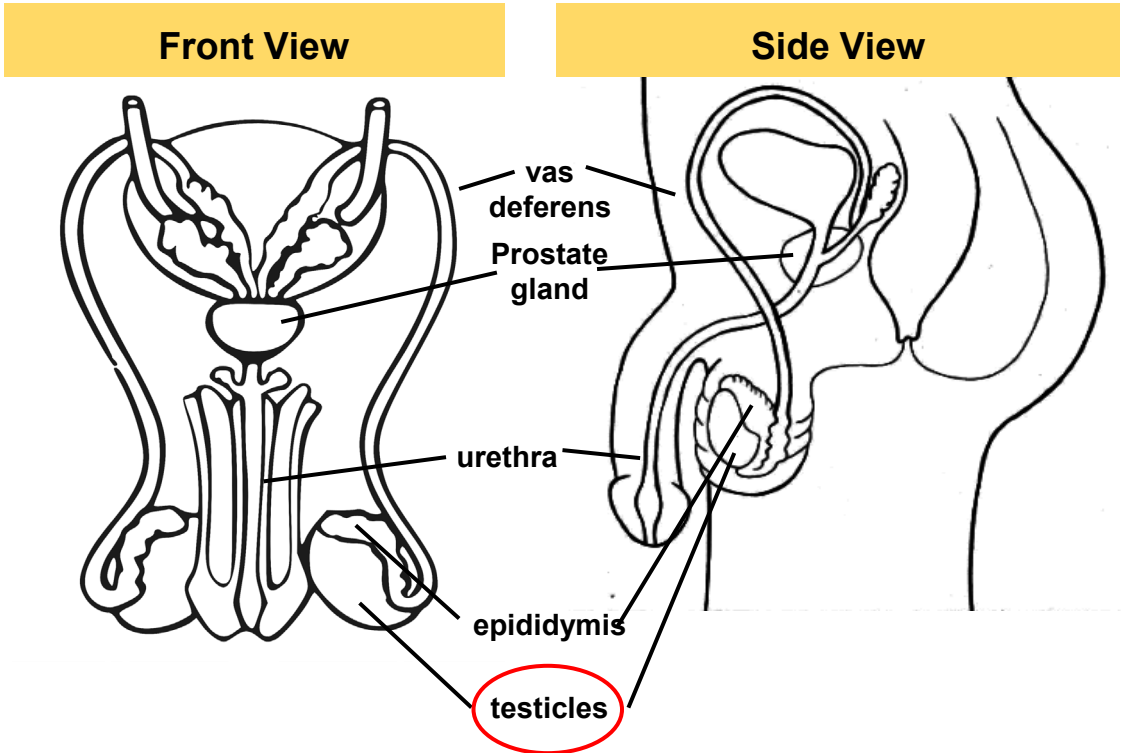
**Worksheet Section 3**

# Internal Anatomy of the Penis and Testicles

1. **Testicles:**

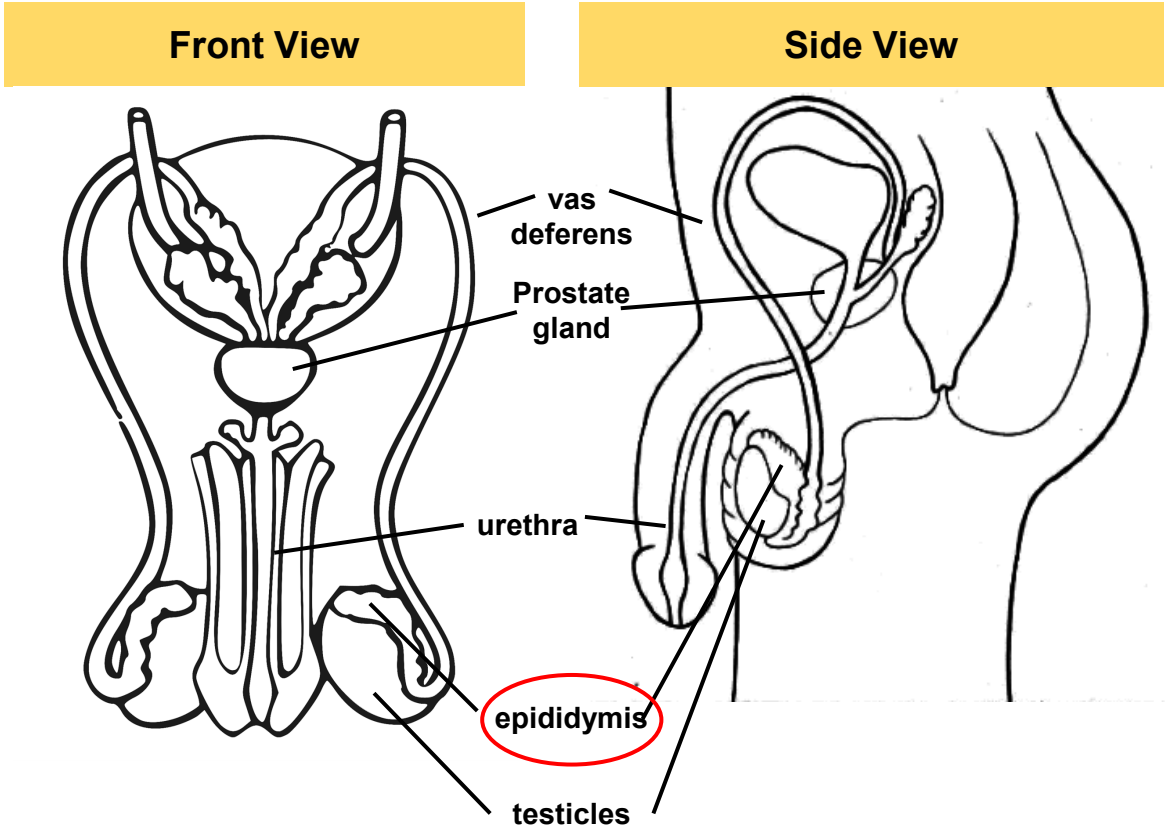
- Produce sperm and sex hormones, primarily Testosterone.

- Each is made up of 500-1,200 feet of tightly coiled tubes.



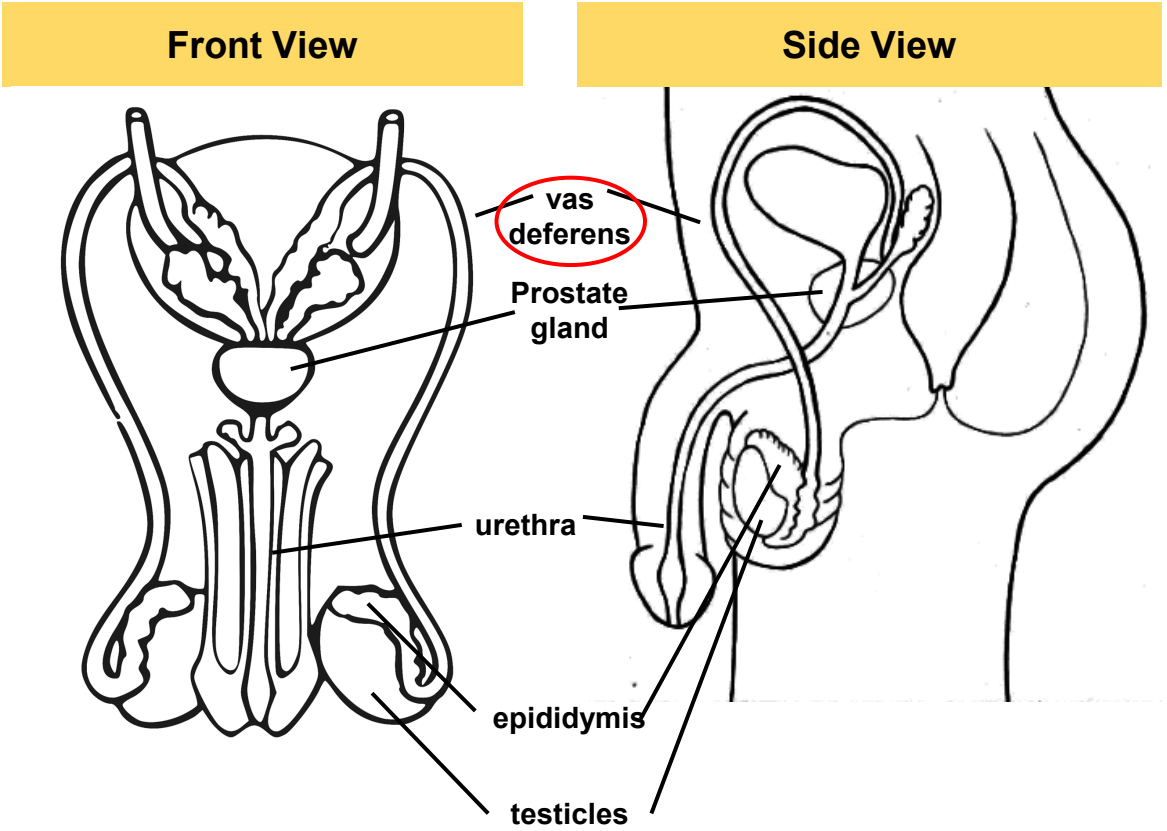
## 2. Epididymis:

- Sperm mature here after first being produced in the testes/testicles.



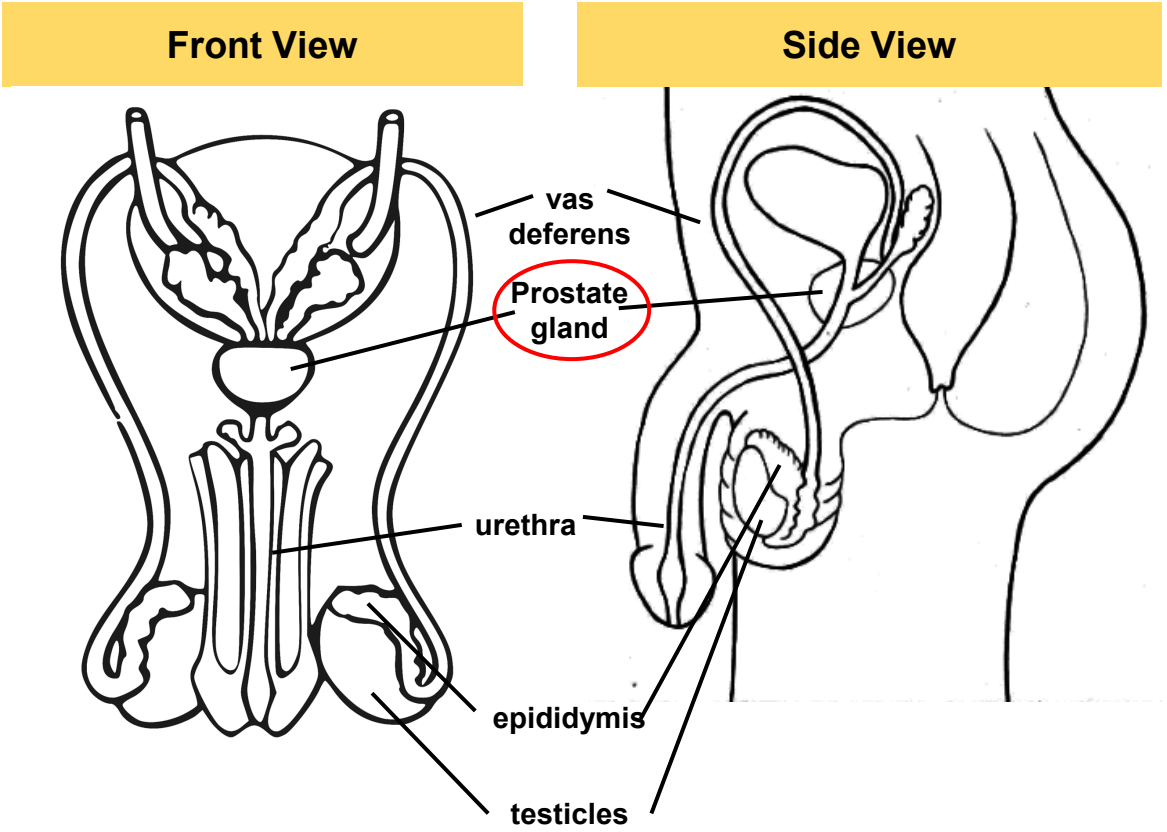
## 3. Vas Deferens:

- Tube through which sperm travel away from the epididymis during the process of ejaculation.



## 4. Prostate Gland

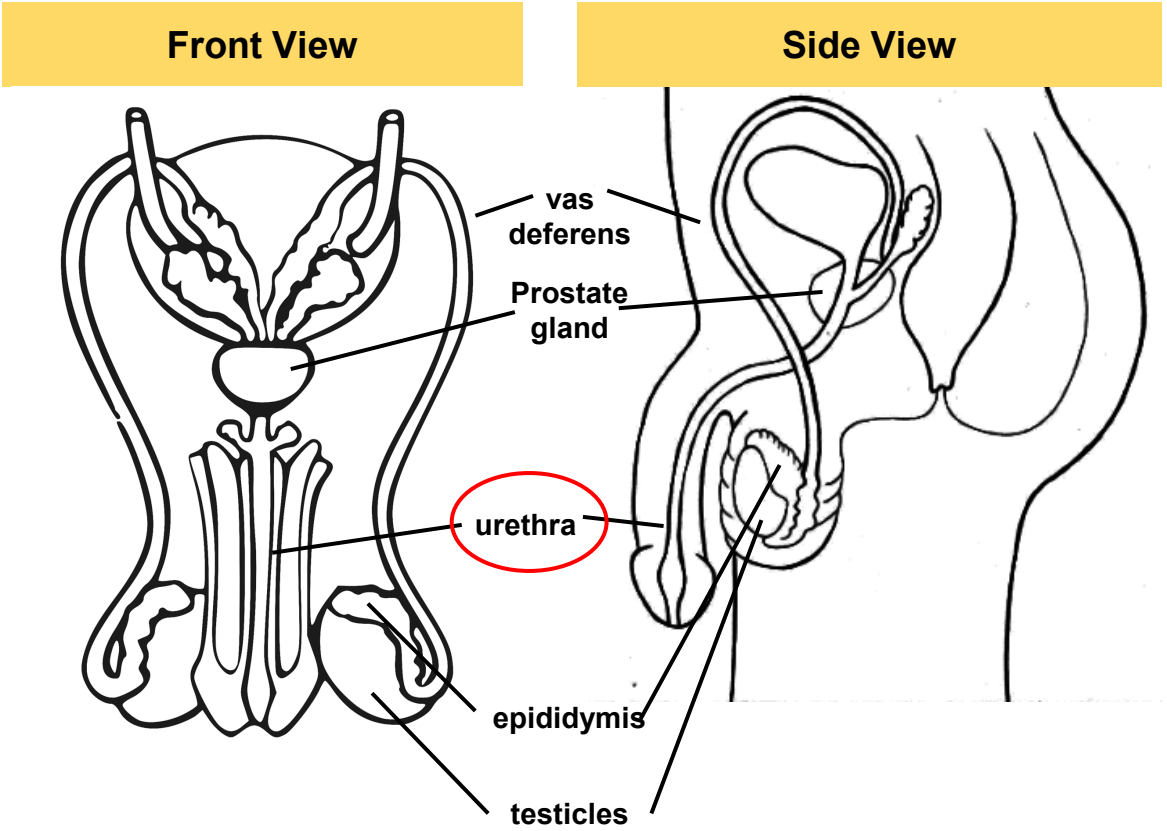
- Secretes fluids that nourish and assist the movement of sperm.
- May be a source of sexual pleasure when stimulated.



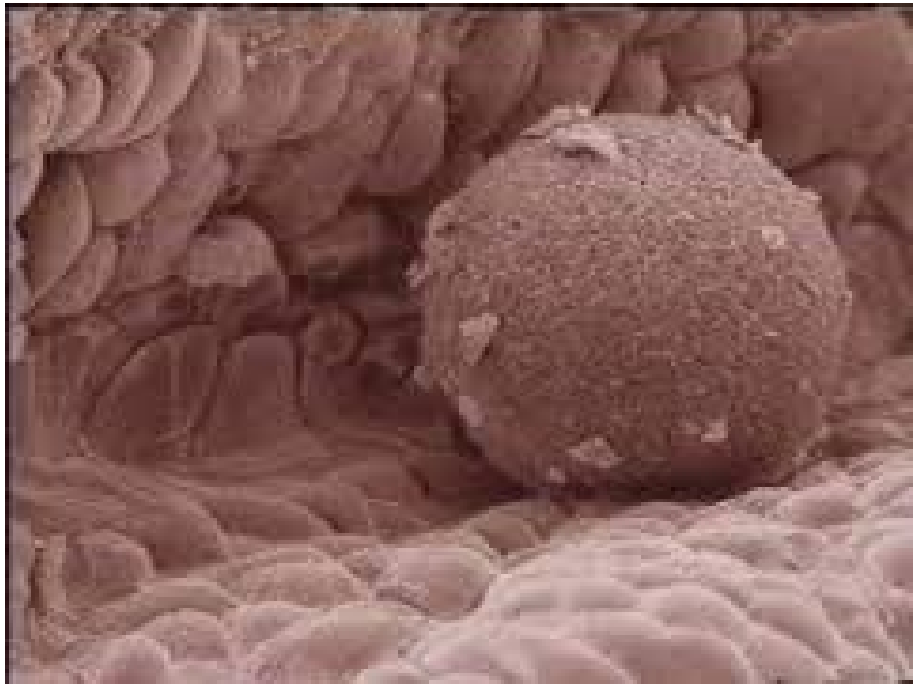
## 5. Urethra:

- Tube through which both semen and urine travel on their way outside the body.

- During arousal, only semen can pass through. Urine is blocked.



# Following The Egg

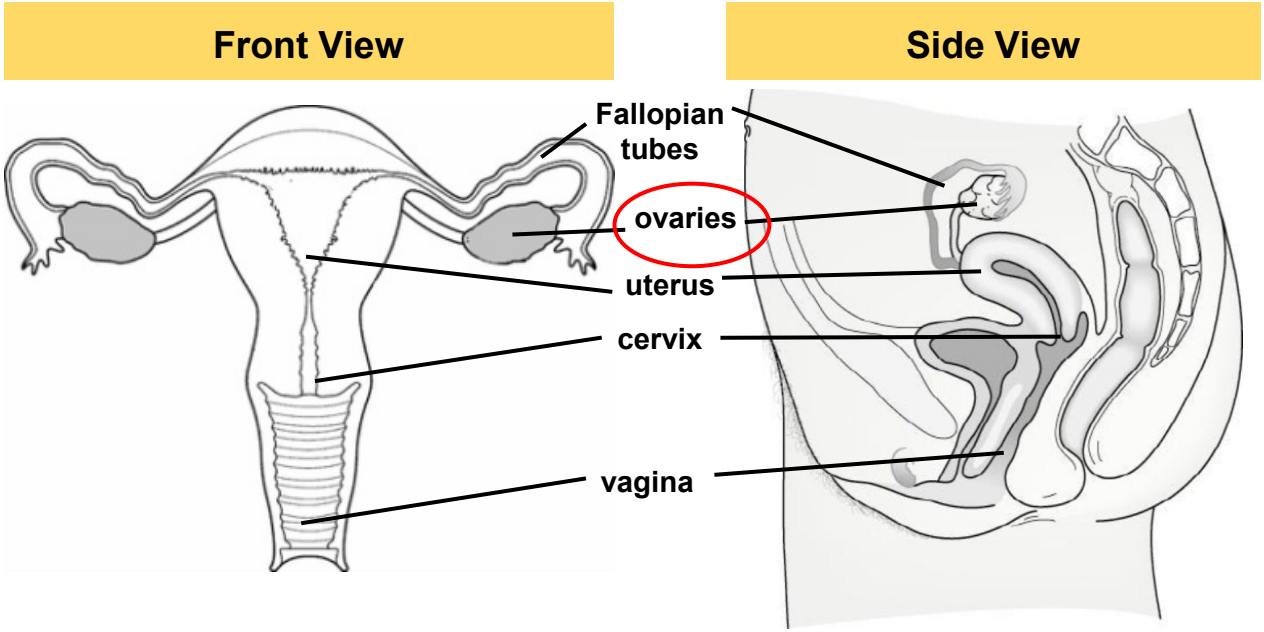


**Worksheet Section 3**

# Internal Anatomy of the Vagina and Uterus

**1. <u>Ovaries:</u>**

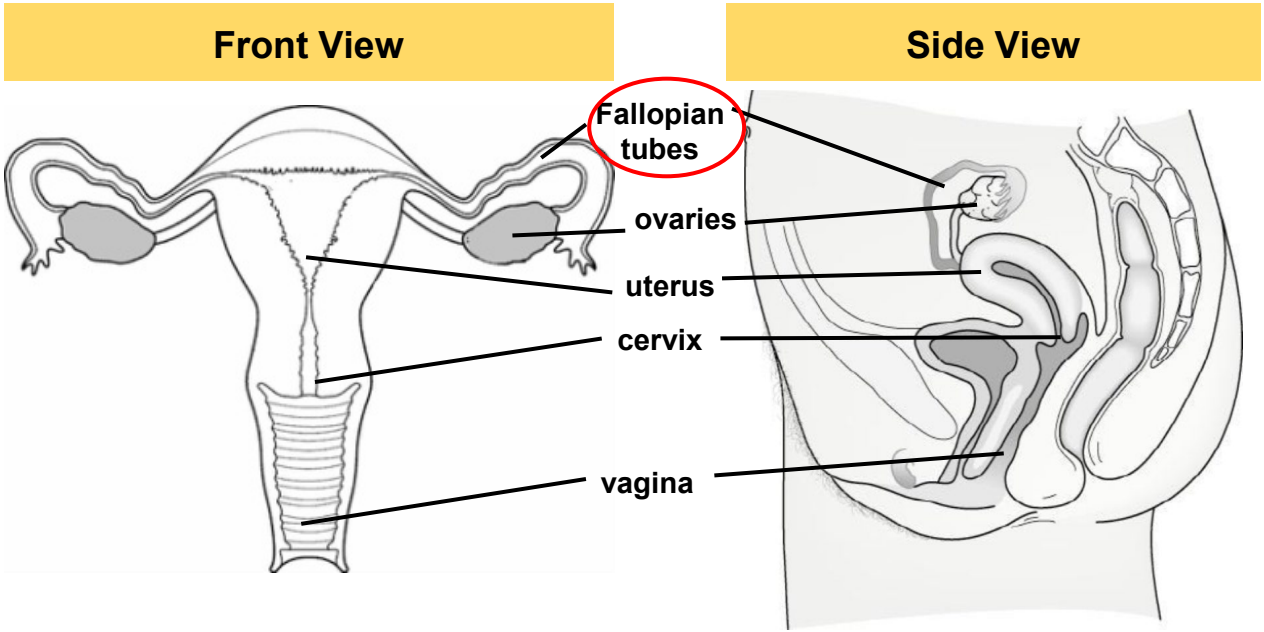
- Store egg cells.
- Release a mature egg every 21-42 days.
- Produce hormones that regulate the menstrual cycle: **estrogen** and **progesterone.**



## 2. Fallopian Tubes:

- After an egg is released from an ovary it travels through Fallopian Tubes.

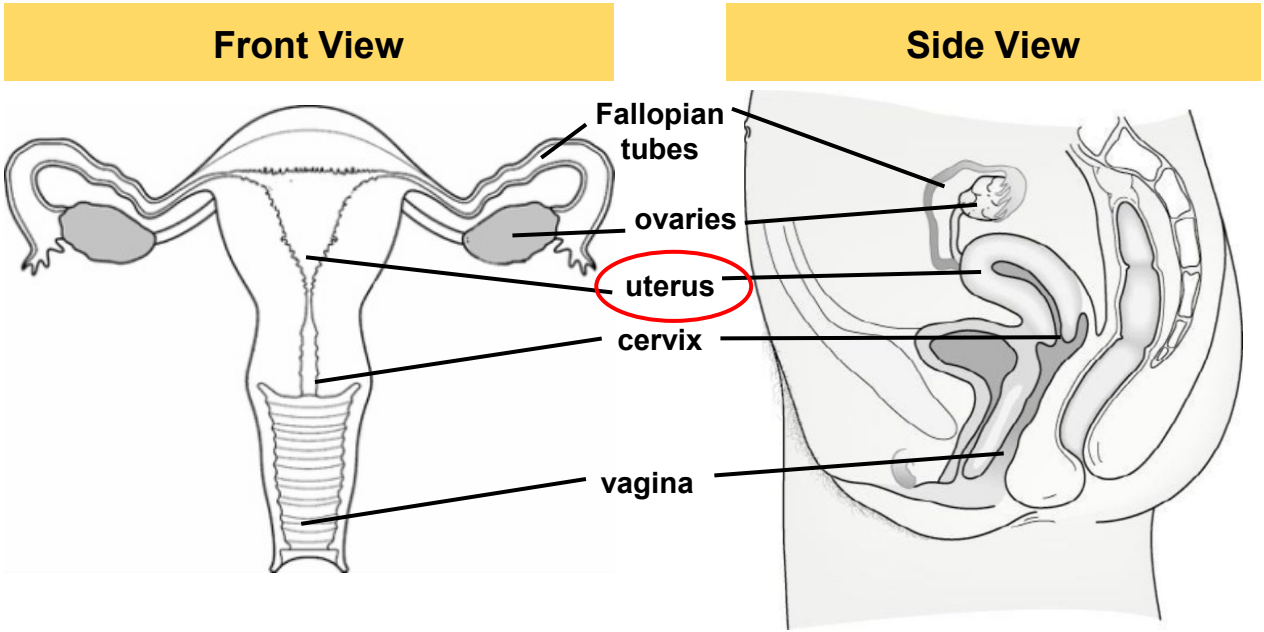
- If sperm has entered the sexual system, this is where it can meet with an egg.



## 3. Uterus:

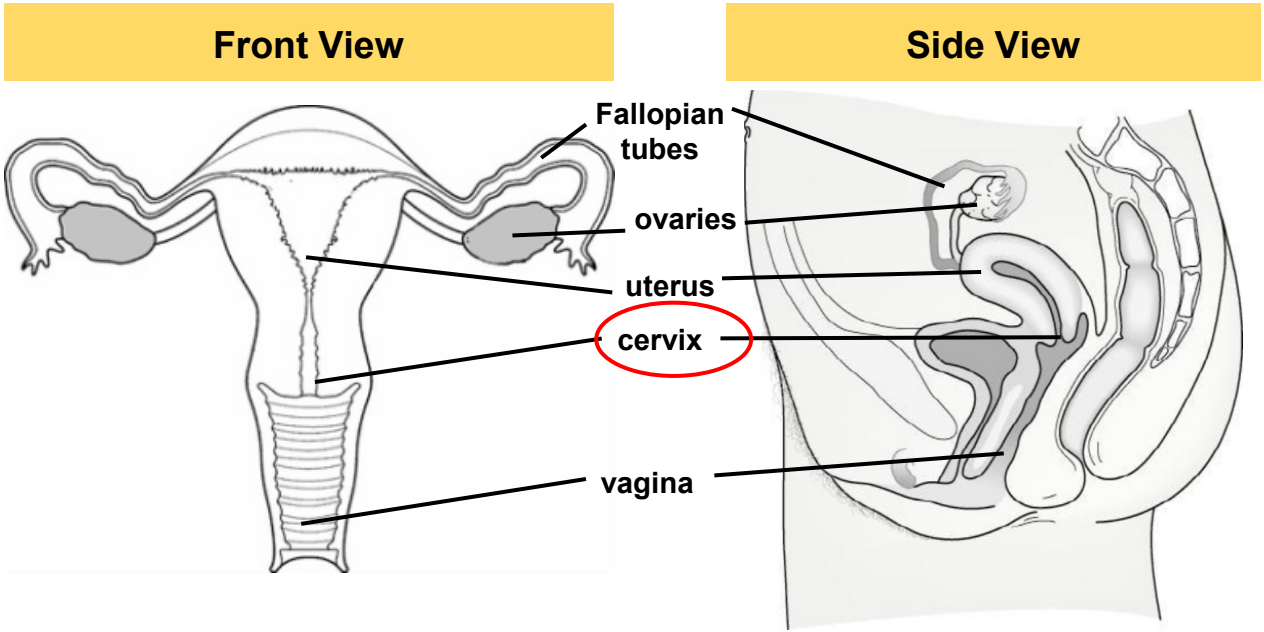
- A fertilized egg can implant in the uterine lining and grow during pregnancy.

- The uterus sheds its lining every 21-42 days if no fertilized egg is present. This is called **menstruation** (a "period").



## 4. Cervix:

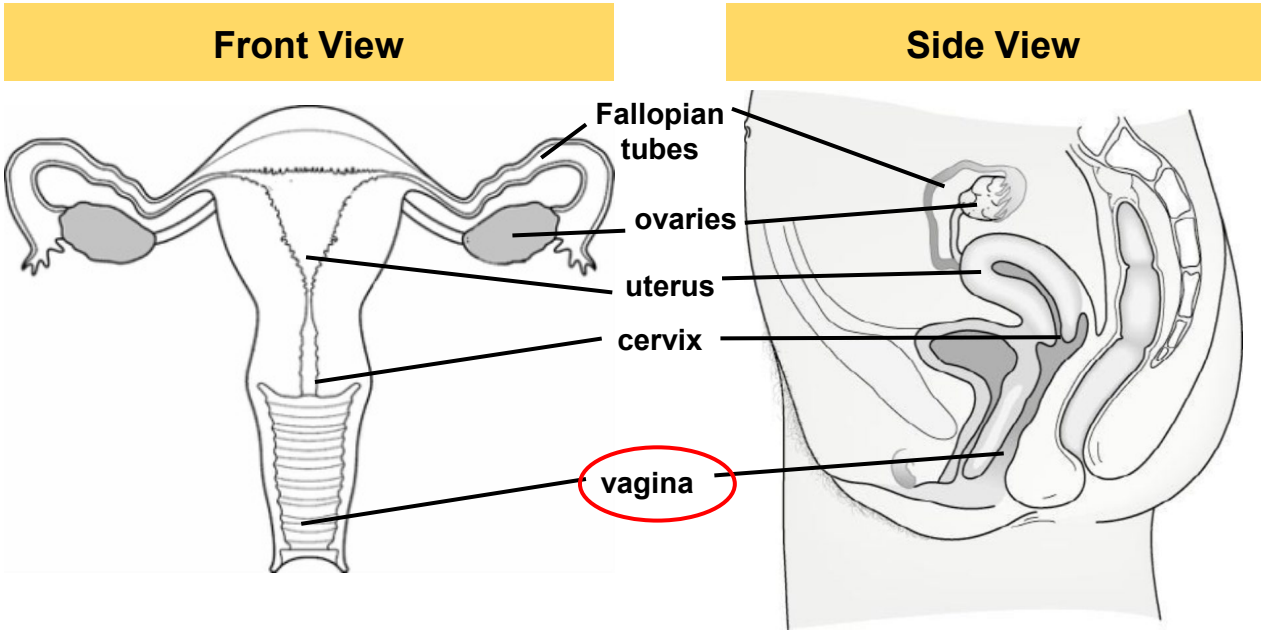
- Gateway between uterus and vagina
- Produces fluid to help sperm travel through on their way to the uterus
- An unfertilized egg will break down and be shed through the cervix during menstruation



## 5. Vagina:

- Stretchy muscular tube leading to internal sexual organs.

- Can allow passage of blood during menstruation, sperm during penile-vaginal intercourse, and a baby during vaginal birth.



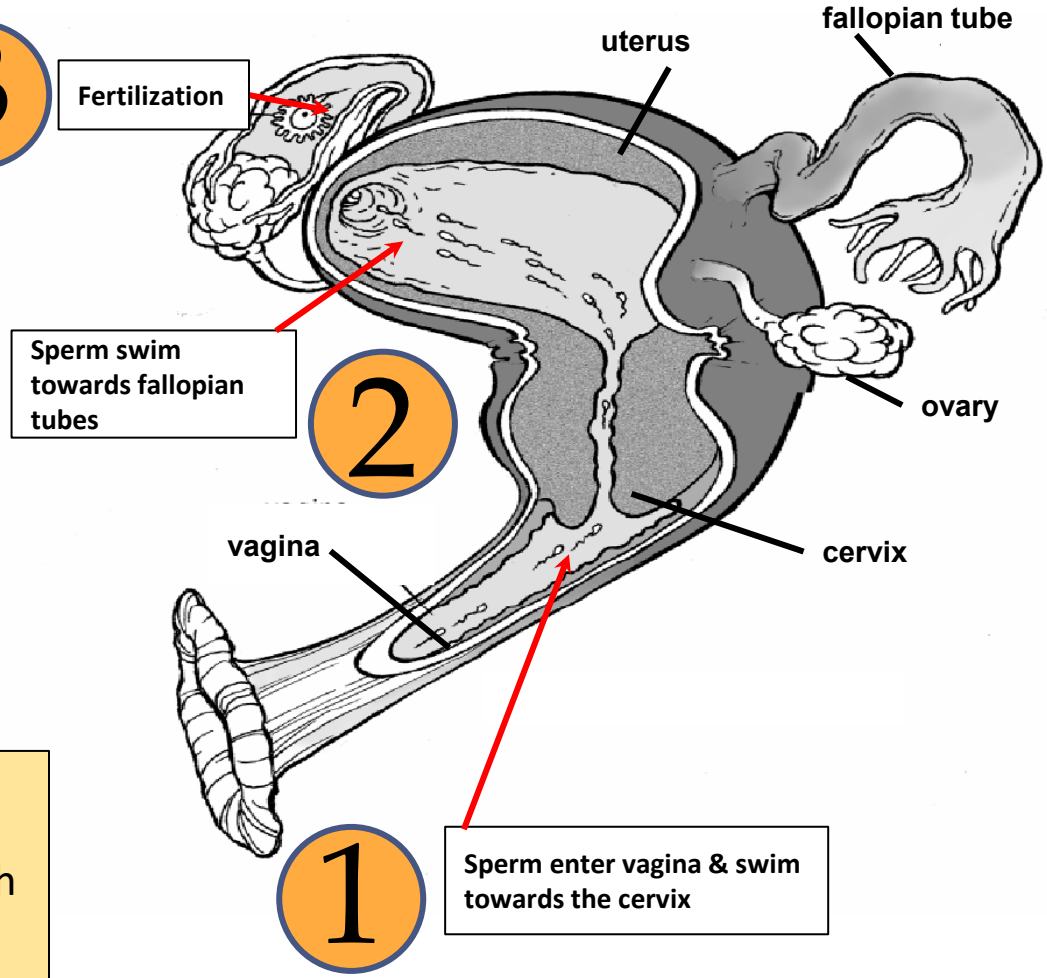
# Sperm Meets Egg

**Worksheet Section 4**

# Fertilization:

1. Sperm enter the vagina and swim through the cervix
2. Sperm enter uterus and swim towards fallopian tubes
3. If an egg has been released by the ovary it travels to the fallopian tubes where it can join with a sperm. This process is known as Fertilization

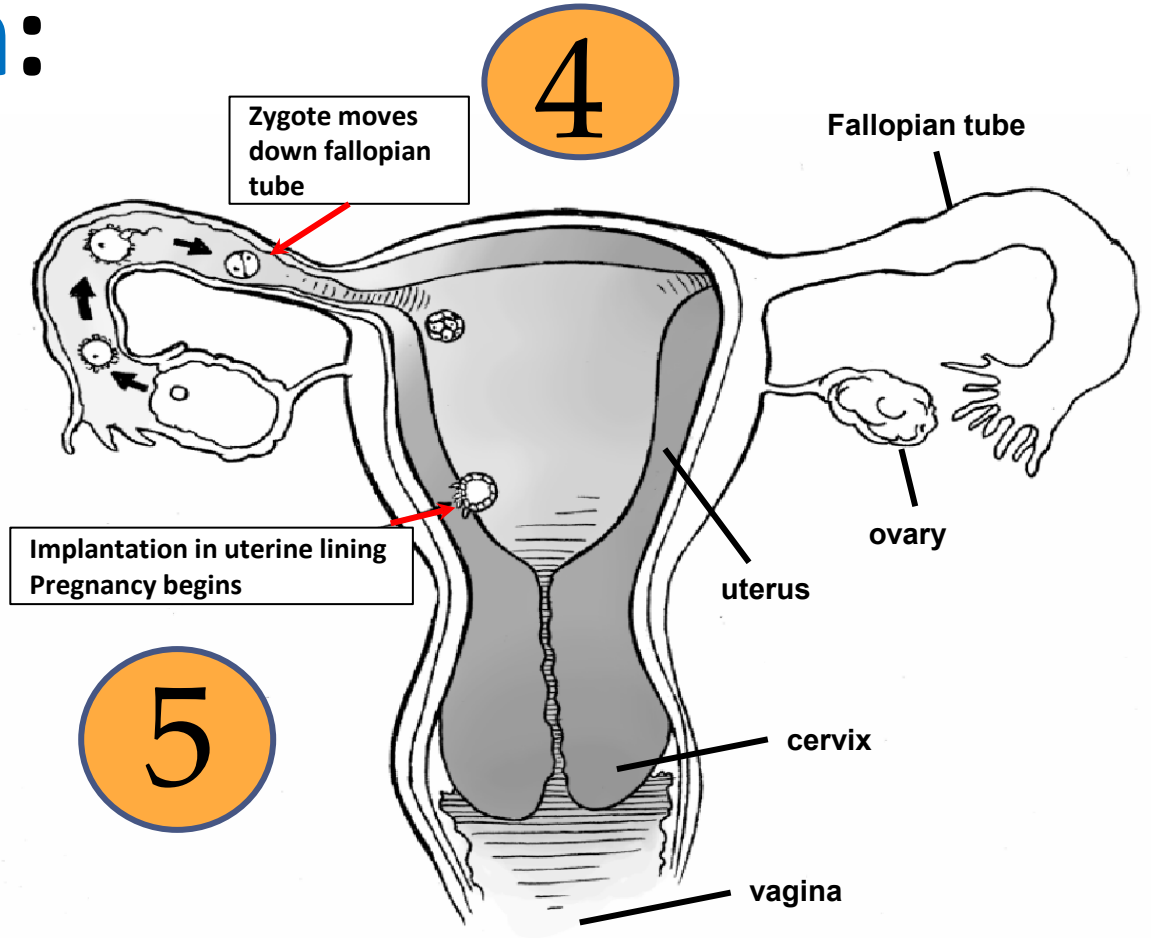
Note: When an egg is released but not fertilized, the egg, along with the inner lining of the uterus will be shed through the vagina. This is known as menstruation or "a period."



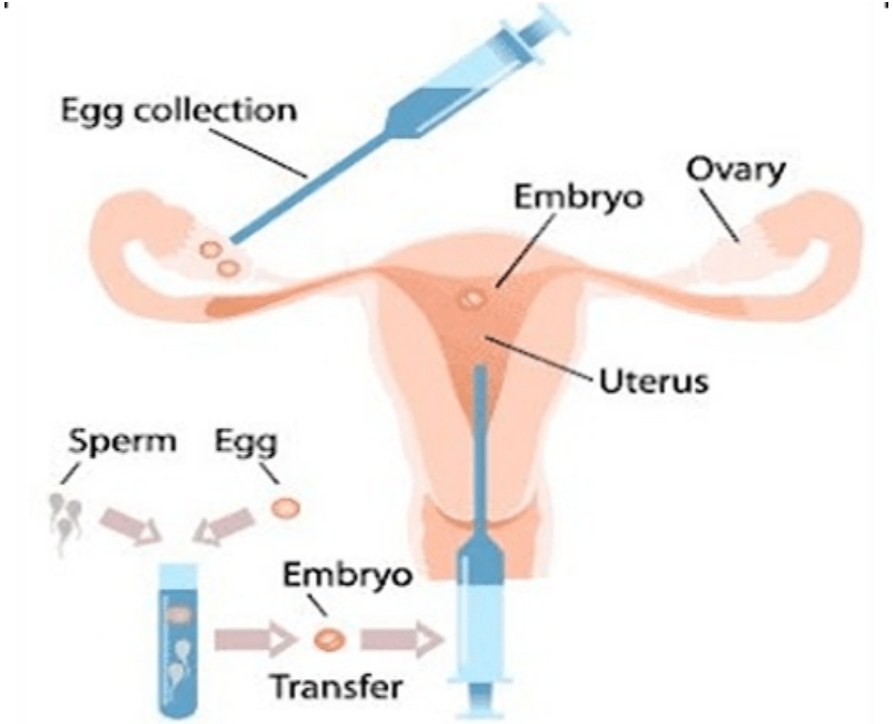
# Implantation:

4. If the egg is fertilized by a sperm, it can begin to divide into a zygote as it travels down the <u>fallopian tube.</u>

5. Once the zygote reaches the uterus, it can <u>implant</u> in the inner lining of the uterus. At this point, a pregnancy has begun.



# Other Paths to Fertilization




- When a person or couple does not have both egg and sperm to make a baby, they can use egg or sperm from another person.
- The fertilized egg will always grow inside of a uterus.
- There are several methods of assisted fertilization, including intrauterine insemination and in-vitro fertilization.

# Development of a Pregnancy

Over the course of a typical pregnancy, the implanted **zygote** will continue to grow into an **embryo**, which eventually develops into a **fetus.** If the pregnancy continues, after 9 months a baby is born.

Sperm and egg merge, creating a zygote

# Development of Sexual Anatomy

## MALE Sexual Anatomy

- Typically (but not always) a fetus with xy chromosomes will develop a penis and testes.
- At birth doctors usually designate the baby as “Male”

**Not all people designated male at birth will self-identify as boys when they grow up.*

## INTERSEX Sexual Anatomy

- About 2% of fetuses will have differences in hormones, or chromosomes resulting in development of sexual anatomy that is not typically “male” or typically “female.”
- At birth, or at puberty, doctors may designate the person as “Intersex”

**Intersex people may self-identify as boys, girls, or neither.*

## FEMALE Sexual Anatomy

- Typically (but not always) a fetus with xx chromosomes will develop a vulva, uterus and ovaries.
- At birth doctors usually designate the baby as “Female”

**Not all people designated female at birth will self-identify as girls when they grow up.*

# Variation is Natural & Healthy

- There are a wide **variety** of ways that sexual anatomy can develop.
- While some traits are more common than others, being designated as male, intersex or female are all **natural and healthy** ways to develop.
- Some differences of sexual development are internal, and not visible from the outside. So there is no way to look at a person's body and know for sure that they are male, intersex, or female-- **unless they tell you**!
- If you are interested in learning more about Intersex topics, you can visit **https://interactadvocates.org/faq/**

InterACT
Advocates for Intersex Youth

# Exit Ticket

1. What is one piece of sexual anatomy you learned about today that you didn't know about before? What is its function (job)?

1. When it comes to sexual anatomy, why do we say that "different is normal?" Explain.

**Worksheet Section 5**

# Put Your Questions in the Question Box

- Questions will be answered next time we meet for class