11 Human Sexuality Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Outline for Taking Notes

1. In all species of animals, including the human species, sexual behavior is directed by a

complex interplay between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ actions in the brain that give rise to sexual

arousal and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with a sexual reward.

2. From 1938-1963 Biologist Alfred \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_researched human sexual behavior and responses, and found that sexual behaviors were shaped by social and cultural forces.

Part of Kinsey’s research focused on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ zones of the body… or parts of the body involved in sexual arousal. Those and current research findings

have concluded that the lower the socioeconomic class, the more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the sexual behavior.

3. In 1966, William \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and Virginia\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ published their book *Human Sexual Response.* It summarized the research they did over a 30 year period starting in the late 1950’s. Their primary contribution has been to help define sexuality as a healthy human trait and the experience of great pleasure and deep intimacy during sex (rather than just to procreate) is a socially acceptable goal.

4. Sexuality in human beings is influenced by society, but not all societies agree on what they consider appropriate or desirable. There are 3 categories of laws in the United States that govern sexuality:

A. These outlaw public sexual activity that is found \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, such as exhibitionism (displaying one’s genitals to those not wanting to view them), voyeurism (peeping), locations of strip clubs, sex shops, etc., and obscenities (vulgar language or gestures).

B. These focus on protection of the person, based on the element of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Society views minors (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_), mentally ill, and mentally handicapped individuals as too immature or incapable of giving consent.

Others *choose* not to give consent, and sex with these individuals is called \_\_\_\_\_\_\_\_\_\_.

Sexual \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is any type of sexual activity that a person does not agree to, including unwanted touching; putting something into the vagina; sexual intercourse; rape; and attempted rape.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to sexual assault by a ‘date’ or ‘an acquaintance’, rather than by a stranger. Date rape, or ‘club drugs’ are sometimes used by the perpetrator to facilitate rape., making the victim weak, confused, or passed out.

C. Some laws focus on sexual \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.Laws concerning sexual conduct and morality are far more extensive in the U.S. than any other nation, but are controversial. There are strong opinions that sexual behavior among consenting adults is private and not subject to public scrutiny. These laws address a wide variety of sexual practices, including….

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(having sexual relations with someone too closely related by blood to be married to)

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (sexual acts sold for money)

c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (contact with an animal)

d. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (dressing like the opposite sex),

e. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (written and pictorial material intended to sexually excite)

f. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (same sex contact).

5. **Male reproductive system**: The male \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are the parts that are visible from the outside of the body.

B. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is the sac behind the penis that holds the gonads, or testicles. Muscles attached to the scrotum raise it up or lower it away from the body, to regulate the temperature that is ideal for sperm production. Sperm cannot be produced if the testicles are too hot or too cold.

C. There are two egg-shaped \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (or testes) in the scrotum.

Each is filled with compartments called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and each lobule is filled with seminiferous tubes where sperm are produced.

D. The male hormone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is also produced in the testes.

E. On the outside of each testicle is a coiled tube called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ where sperm are stored and allowed to mature. One end connects to the testicle; the other end connects to the vas deferens.

F. The male \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or reproductive cells called gametes, have 3 parts: the head that contains the genetic information from the male; the midpiece serves as an energy source, and the tail or flagellum provides locomotion. The coating on the head of the sperm contains an enzyme which allows it to penetrate the outside of the female egg.

G. About 100 million sperm are deposited inside the female vagina during sexual

intercourse when the male has an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Unhealthy or limited numbers of sperm can be caused by smog or other environmental toxins, cigarettes, alcohol, illicit drugs, or anabolic steroids.

H. There are two tubes called \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, each leading from the epididymis on the side of the testicle to the urethra.

I. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ secretes a milky substance that mixes with and makes up around 20 – 30% of semen. It also has muscles that help to expel the semen during ejaculation.

J. The two \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hold the liquid that mixes

with sperm to form \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (Semen contains fluid from the epididymis, seminal vesicle, prostate gland, and vas deferens)

K. The two bulbourethral glands, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_glands are roughly the size of a pea and are located at the base of the penis. They have ducts that lead to the urethra. When the male is sexually aroused, the glands produce a few drops of a mucous like fluid called pre-ejaculate. The pre-ejaculate fluid is a viscous, clear, and salty liquid that lubricates and neutralizes any residual acidity in the urethra. The now neutralized urethra is a better environment for the sperm to travel in.

L. The male \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a narrow fibromuscular tube that conducts urine and semen from the bladder and ejaculatory ducts, respectively, to the exterior of the body through the penis. It has an average length of about 8 inches, extending from the bladder to the

opening or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

M. The human \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ contains 3 chambers surrounded by a sheath called

the \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Before sexual arousal, the penis hangs \_\_\_\_\_\_\_\_\_\_\_ (soft and limp). During sexual arousal, the brain sends messages to the nerves in the penis, causing muscles to relax and allowing blood to flow into the chamber filled with erectile tissue. The blood creates pressure, allowing the penis to expand and extend away from the body. This

is called an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

N. At birth the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (foreskin) is attached to the rounded head of the

penis, called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ penis. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the surgical removal of this foreskin, sometimes done for hygiene and/or religious reasons.

O. At the base of the glans is a ridge called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The glans is

covered in nerve endings, creating sensitivity to stimulation. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a lubricant, accumulates under the prepuce.

6. **Female reproductive system**: The female genitalia are also called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. The \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are two larger folds of skin extending from the front of the vaginal opening to the back of it. The outer surfaces of the folds have darker-colored skin and stronger hairs, while the inner folds are smoother.

B. Inside the labia majora are the \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, two folds of skin that also extend down from the clitoris and around the vaginal opening. The labia provide protection over the vaginal opening and help with the cleaning of the vagina, eliminating the need for internal cleansing or douching in the average woman. The fatty tissue over the pubis

bone, covered by pubic hair, is called the \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_, are also part of the vulva.

C. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the female sexual organ found where the labia minora meet. It consists of a rounded area or head, called the glans, and a longer part, called the shaft, which contains chambers similar to those of the penis.

The tissue of the inner lips normally covers the shaft of the clitoris, which makes a \_\_\_\_\_\_\_\_\_\_, or prepuce, to protect it. There is a high concentration of nerve endings in the clitoris and in the area immediately surrounding it, making it very sensitive to direct or indirect touch or pressure. When a woman becomes sexually aroused, both the glans and the shaft fill with blood and increase in size.

D. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is a muscular passage that connects the uterus to the exterior of the body, where the opening is protected by the labia. The vagina is lined with mucous membranes, with ‘wetness’ influenced by hormones. Mucous levels increase during sexual arousal; they decrease with aging. During ovulation, the mucous becomes the consistency of egg whites.

E. The vagina can expand to allow insertion of the male penis during sexual intercourse, or in functioning as the birth canal. It is also the passageway for a woman's menstrual flow from the uterus. Most of the nerve endings are at the entrance to the vagina. The two pea-sized

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ located on either side of the vaginal opening

produce a small amount of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a lubricant during sexual excitement.

The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a thin membrane that surrounds the opening to the vagina at birth. It normally allows for the discharge of menstrual blood; but may break completely during stretching from vigorous exercise, sexual intercourse, etc.

F. The 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are ductless glands, firm and smooth and about the size

of an almond, in which the female reproductive cells called \_\_\_\_\_\_\_\_\_\_ are produced. Each

ovary is divided into compartments called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, each containing an immature ovum.

During ovulation, a follicle expels a ripened egg under the stimulation of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hormones (LH and FSH). The now-

empty follicle or the \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ secretes the sex hormones

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which regulate menstruation.

G. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a female reproductive organ located between the bladder and the rectum, in the pelvic area. The uterus has three layers: the inner lining (endometrium); the middle muscular layer (myometrium) that helps push a baby into the birth canal during delivery; and the outer layer (perimetrium). The main purpose of the uterus is to house and protect a fetus prior to birth. In menstruating females, the ovaries release eggs which travel via the fallopian tubes to the uterus. If fertilized, the eggs will implant/bind themselves to the wall of the uterus and the fetus will develop.

The top portion of the uterus is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

H. One of the two \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ will carry an egg from the ovary to the uterus. Each fallopian tube is about 4–5 inches long and 0.2–0.6 inch in diameter. The channel of the tube is lined with a layer of mucous membrane that has many folds and projections of tissue.

I. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are fingerlike branches at the end of the tube sweeping over the ovaries, catching and channeling the released egg from the ovary into the hand-like portion

called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ connects the ampulla to the fundus of the uterus.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_occurs if a sperm fertilizes an egg in the fallopian tube within approximately 24 hours after the egg is released from the ovary.

J. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the uterus attaches the vagina to the uterus. It is made of cartilage. The cervix produces a mucus that aids in carrying sperm from the vagina to the uterus. When the woman isn't ovulating or menstruating, the cervical mucus thickens. Normally, the cervical opening is about the diameter of a pencil. During childbirth, the cervix thins out (effacement) and dilates to 10 centimeters to allow the baby to pass through the birth canal. Once the baby is born and the placenta (afterbirth) is expelled, the cervix begins to thicken and close.

K. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the tissue overlying the chest (pectoral) muscles. Women's breasts are made of specialized tissue that produces milk, mammary glands, and fatty tissue.

The mammary glands are organized into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, where milk is produced. The milk travels through a network of tiny tubes called ducts, which eventually exit the skin in the nipple.

The dark area of skin surrounding the nipple is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.Prompted by

the hormone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the first secretion from the breast is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a thicker yellow substance that provides easily digestible nutrition and the mother’s immunities. About 3 days later, milk is secreted.

7. The average woman has a \_\_\_\_\_\_\_\_\_\_\_day fertility cycle. Day 1 is assigned to the first day of her menstrual period, which lasts an average of 5 days. From day 6-12 or 13, a new egg is maturing inside an ovarian follicle, and a new lining is forming inside the uterus in preparation for a fertilized egg. On day \_\_\_\_\_\_\_\_\_\_or so, the mature egg erupts from the follicle and is swept up and into the fallopian tube. Any sperm that were already present in the tube or that newly enter the tube may fertilize the egg during the next 24 hours. If the egg is not fertilized, it dissolves and the uterine lining continues to thicken. If the egg IS fertilized, it implants itself in the uterine lining.

The empty follicle, filled with corpus luteum, now produces large amounts of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to signal the body that a pregnancy is proceeding.

8. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cycle is hormonally driven, and can be divided into

approximately two halves: In the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ phase, secretions of LH and FSH and estrogen support the growth of the follicle (the cell complex that surrounds and nurtures the egg) in the ovary and build up the lining of the uterus to receive a fertilized egg. At mid-cycle, when the egg is ready, a surge of LH and FSH chemically signals the ovary to release the egg.

This stage is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and is the optimum time for fertilization to take

place. In the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ phase, the remnants of the follicle (corpus luteum) keep secreting estrogen and progesterone to maintain the readiness of the uterus. If the egg is fertilized, then the luteal phase continues throughout pregnancy. If the egg is not fertilized, then the corpus luteum dies, the uterus sheds its lining, menses begins.

9. The first menstrual period a woman has is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. When

menstruation ceases, it is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

10. Women wear a pad externally or a tampon internally to collect the menstrual flow. A tampon

should be changed every 4-8 hours to avoid TSS (\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_syndrome), a potentially deadly disease.

11. If cervical mucus is thick, sticky, and cloudy, it has a closely knit fiber structure, low water-content, and is acidic. Sperm are caught up in it, and are immobilized by the acidic environment. Only if cervical mucus is in a thin, slippery, less acidic state will sperms be able to penetrate, and survive the fluid, and that is only naturally possible during ovulation. This fertile quality mucous is referred to as \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ cervical mucous.

12. Sexual intercourse, also called \_\_\_\_\_\_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, is the reproductive act in which the male penis enters the female vagina. If the reproductive act is complete, an average of 100 million sperm are ejaculated from the male body into the female.

13. In human beings, a pattern of physiological events occurs during sexual arousal and intercourse. These events take place in 4 stages or phases:

A. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (activities creating sexual arousal are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. )

B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (the climax of sexual response)

D. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

14. Men equate satisfaction more with having an orgasm or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

satisfaction, while women report more importance on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ satisfaction. Many human beings, however, prefer sexual intimacy *within a loving relationship* to achieve full satisfaction.

15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ occurs when one sperm makes its way into the Fallopian tube and burrows into the egg…fertilizing the egg. The egg changes so that no other sperm can get in.

At the instant of fertilization, the genetic information is passed on, and the sex of the infant is determined. All eggs carry the X chromosome, so the gender is determined by the sperm.

X egg fertilized by X sperm = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ baby

X egg fertilized by Y sperm = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ baby.

16. The fertilized egg, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, stays in the Fallopian tube for about three to four days, but within 24 hours of being fertilized it starts dividing very fast into many cells.

17. An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pregnancy is one in which the fertilized egg stays in the fallopian tube instead of moving into the uterus. This can cause life-threatening bleeding or loss of fertility, and an abortion may be advised.This type of abortion would be referred to as a

‘\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ abortion’ (one for medical reasons, such as to save the life of the mother), rather than an ‘elective abortion’ (by choice).

18. The divided zygote, called a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, moves into the uterus. It burrows

into the uterine wall called the endometrium; a process is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Human Chorionic Gonadotrophin (hCG) is a pregnancy hormone present in the woman’s blood from the time of conception; it is produced by the cells that form the placenta. A blood or urine test will usually detect hCG.

19. Couples not wanting to have a baby may choose to use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or methods of birth control.Birth control failure rates are directly related to the degree of human error possible with each method.

20. **Natural methods of birth control**:

A. The ONLY 100% effective method of birth control, which also prevents sexually

transmitted diseases, is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_… choosing NOT to have sexual intercourse.

B. \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is body temperature when fully at rest. During the two or three days when basal body temperature rises (less than one degree), is when ovulation is occurring. Intercourse should be avoided.

C. The ‘calendar method’ or ‘\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_method’ of birth control is simply charting the woman’s fertility cycle, and avoiding unprotected sex during the 3 days or so around predicted ovulation. If the woman does not have regular periods, this method is very ineffective.

D. Some women use the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ method to determine the days of greatest fertility. When cervical mucous is clear and slippery, and stretches between the fingers, unprotected sexual intercourse is avoided.

21. **Hormonal methods of birth control:**

A. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a single, thin rod that is inserted under the skin of a women’s upper arm. The rod contains a progestin that is released into the body over 3 years.

B. Women get an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or shots of the hormone progestin in the buttocks or arm every three months from their doctor.

C. \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ also called “the pill,” contain the hormones estrogen and progestin OR the ‘mini pill’ contains progestin only. They are prescribed by a doctor. A pill is taken at the same time each day. If you are older than 35 years and smoke, have a history of blood clots or breast cancer, your doctor may advise you not to take the pill.

D. This skin \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is worn on the lower abdomen, buttocks, or upper body (but not on the breasts). This method is prescribed by a doctor. It releases hormones progestin and estrogen into the bloodstream. You put on a new patch once a week for three weeks. During the fourth week, you do not wear a patch, so you can have a menstrual period.

E. The hormonal or contraceptive \_\_\_\_\_\_\_\_\_\_\_\_\_\_ releases the hormones progestin and estrogen. You place the ring inside your vagina. You wear the ring for three weeks, take it out for the week you have your period, and then put in a new ring.

22**. Barrier methods of birth control:**

A. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is shaped like a shallow cup. The cervical cap is a thimble-shaped cup. Before sexual intercourse, you apply spermicide and insert them inside the vagina over the cervix. They block or kill sperm. The doctor must fit them, as they come in different sizes.

B. Worn by the man, a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ blocks sperm from getting into a woman’s body. Condoms are made of latex, other synthetics, or natural/lambskin. They help prevent pregnancy; latex and synthetics help prevent sexually transmitted diseases (STD’s). Condoms can only be used once and cannot be used with massage oils or oil-based lubricants.

C. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ work by killing sperm and come in several forms—foam, gel, cream, film, suppository, or tablet. They are placed in the vagina no more than one hour before intercourse. You leave them in place at least six to eight hours after intercourse. You can use a spermicide in addition to a male condom, diaphragm, or cervical cap.

D. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_helps keeps sperm from getting into her body. It is packaged with a lubricant. It can be inserted up to eight hours before sexual intercourse. It may help prevent STDs.

E. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ interfere with implantation of a fertilized egg. The IUD is placed in the uterus by a doctor, and can be left in place for years. Some types of IUD’s release a small amount of hormone, while others do not.(not a method consistent with pro-life beliefs)

23. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is NOT a regular method of birth control, but can be used after no birth control was used during sex, or if the birth control method failed, such as if a condom broke. Women can have the non-hormonal type of IUD inserted within five days of unprotected sex, or take emergency contraceptive pills up to 5 days after unprotected sex. Three different types of emergency contraceptive pills, referred to as ‘morning after pills’, are available in the United States; some are available over the counter. (not consistent with pro-life beliefs)

24. **Sterilization techniques:**

A. Female Sterilization—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or “tying tubes”— A woman can have her fallopian tubes tied (or closed) so that sperm and eggs cannot meet for fertilization. The procedure can be done in a hospital or in an outpatient surgical center; activities can be resumed in a few days.

B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sterilization— A thin tube is used to thread a tiny device into each fallopian tube. It irritates the fallopian tubes and causes scar tissue to grow and permanently plug the tubes over a period of about 3 months.

C. Male Sterilization– \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - The vas deferens are cut and tied, so the man’s ejaculate never has any sperm in it that can fertilize an egg. The procedure is done at an outpatient surgical center; activities can sometimes be resumed the next day.

25. Not all men and women express their sexuality through intercourse, for various reasons: curiosity, fear of pregnancy, lack of suitable partner, low sexual libido (desire) around partners, fear of STI (sexually transmitted infection) or medical conditions that make intercourse painful or cause erectile dysfunction.

Ways to achieve sexual satisfaction, without intercourse, might include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sex

(mouth to genital contact), anal sex (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; using the anus instead of the

vagina for penetration), \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (self-stimulation of the genitals), fantasizing, massage, use of sexual devices (vibrator or dildo/phallus/representation of erect penis), use of pornography, etc.

**No man or woman should ever participate in any expression of sexuality against their will, or that makes them feel uncomfortable. Sexual expression should always be a choice to be respected.**





