

# Let's Talk about Sex

**Planning 10**

**Walnut Grove  
Secondary School**



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# Pop Quiz

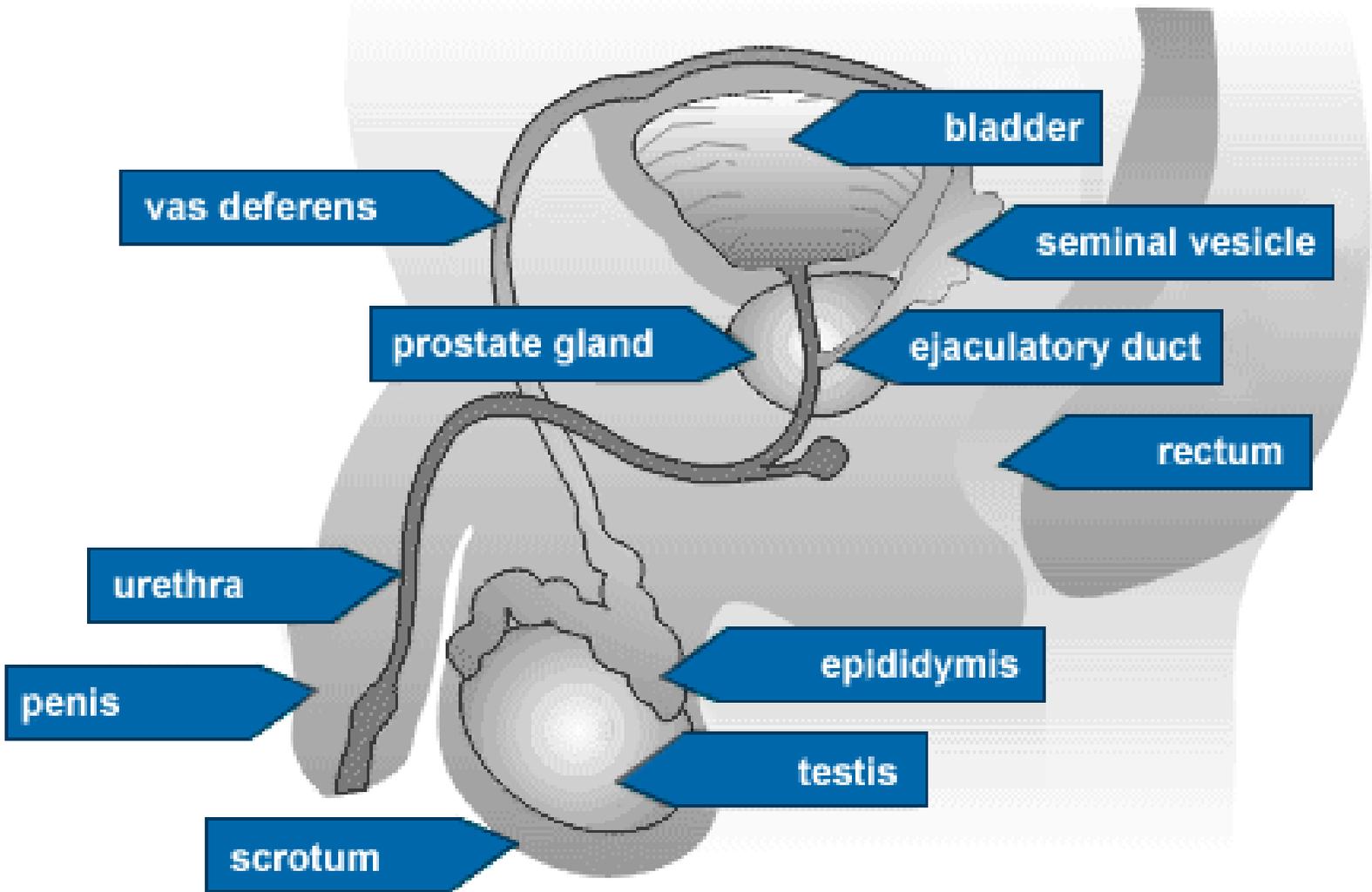
## Fact or Myth?

1. Oral sex is a safe alternative for not getting an STI as apposed to vaginal intercourse?
2. More than half of teen pregnancies happen with in six months of a women having sex for the first time.
3. Most BC youth lose their virginity around age 14.
4. You can not tell by looking at someone if they have a sexually transmitted disease.
5. If you masturbate, you are a sex maniac. Also you will grow hair on your palms and your growth will be stunted.
6. You cannot get pregnant if the male pulls out before he ejaculates.
7. 85% of girls wish they had waited until they were older to have sex.

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# Today's Line up

- Sexual Anatomy
  - Male Anatomy
  - Female Anatomy
- Pregnancy – how it happens
- Values, Beliefs and Boundaries



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# Male Anatomy

- Testicles
  - produce the sperm and sex hormone
  - constantly producing sperm.
- Epididymis
  - Stores sperm and matures sperm
  - If the male is not aroused the sperm simply dissolves
- Scrotum
  - the layer of skin that protects the Testicles
- Vas Deference
  - muscular tube brings the sperm up from the testicles and is stored
- Seminal Vesicle
  - secrete fluid that combines with the sperm to become semen.
  - rich in glucose providing energy to the sperm

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- Ejaculatory Gland
    - blocks the bladder from releasing urine when a man has an erection.
    - blocks the vas deferens from secreting semen if the man does not have an erection
  - Prostate Gland
    - stores and secretes a clear slightly alkaline solution.
    - solution helps to neutralize the vaginal tract allowing the sperm to travel better.
    - provides a bit of protein to the sperm is allowing them to live inside the female reproductive tract up to 5 days.
  - Urethra
    - The tube that exits the penis.
    - Carries urine and semen out of the penis
    - Never at the same time
  - Penis
    - External sexual organ
    - Used to transfer semen into a women's vagina
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# Semen

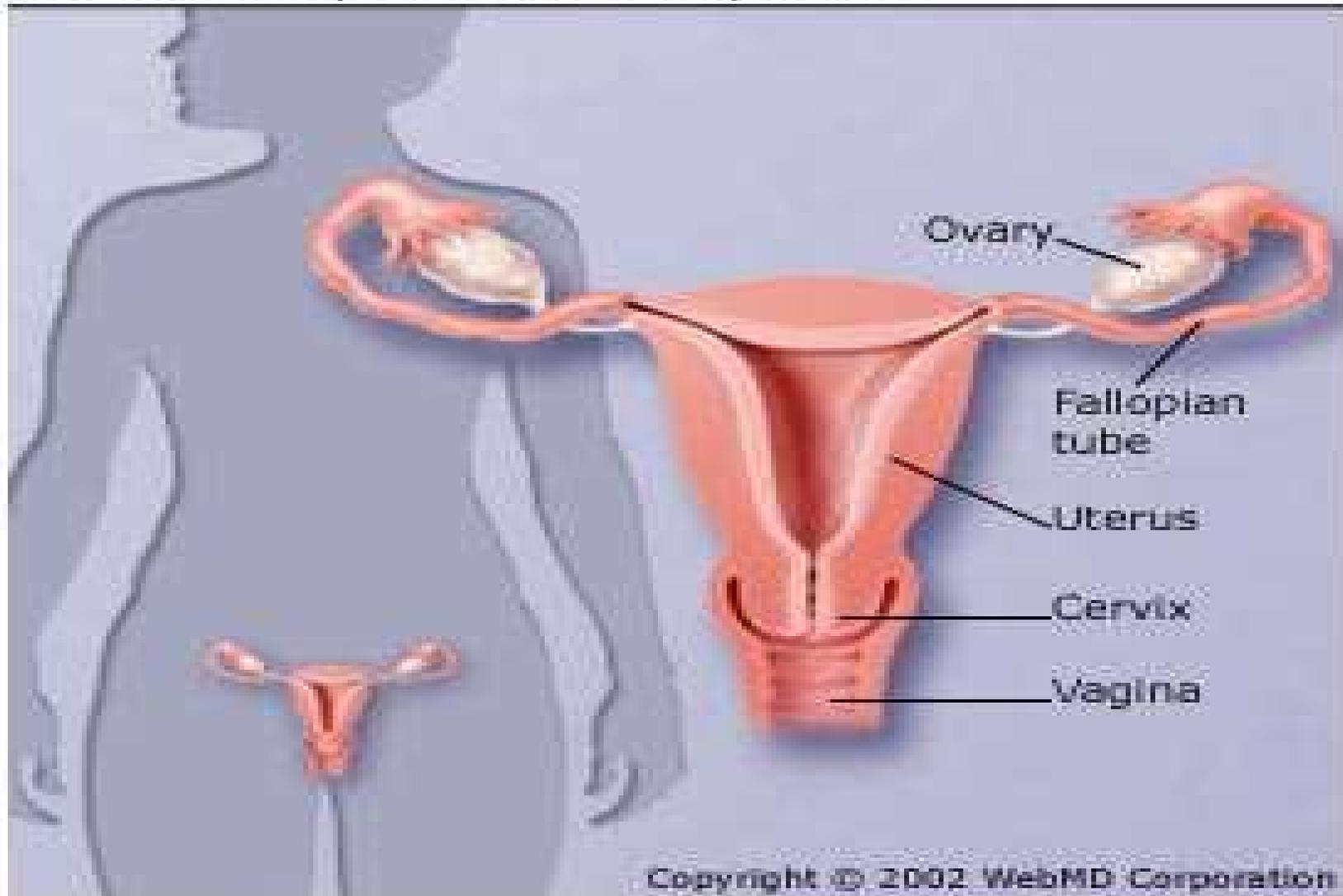
- Fluid consisting of sperm and seminal fluid
- Sperm contains the male genetic info
- Sperm mature in the epididymis and stored in the vas deferens before entering the urethra prior to ejaculation
- Seminal fluid provide nutrients (energy) and fluid (to assist travel)

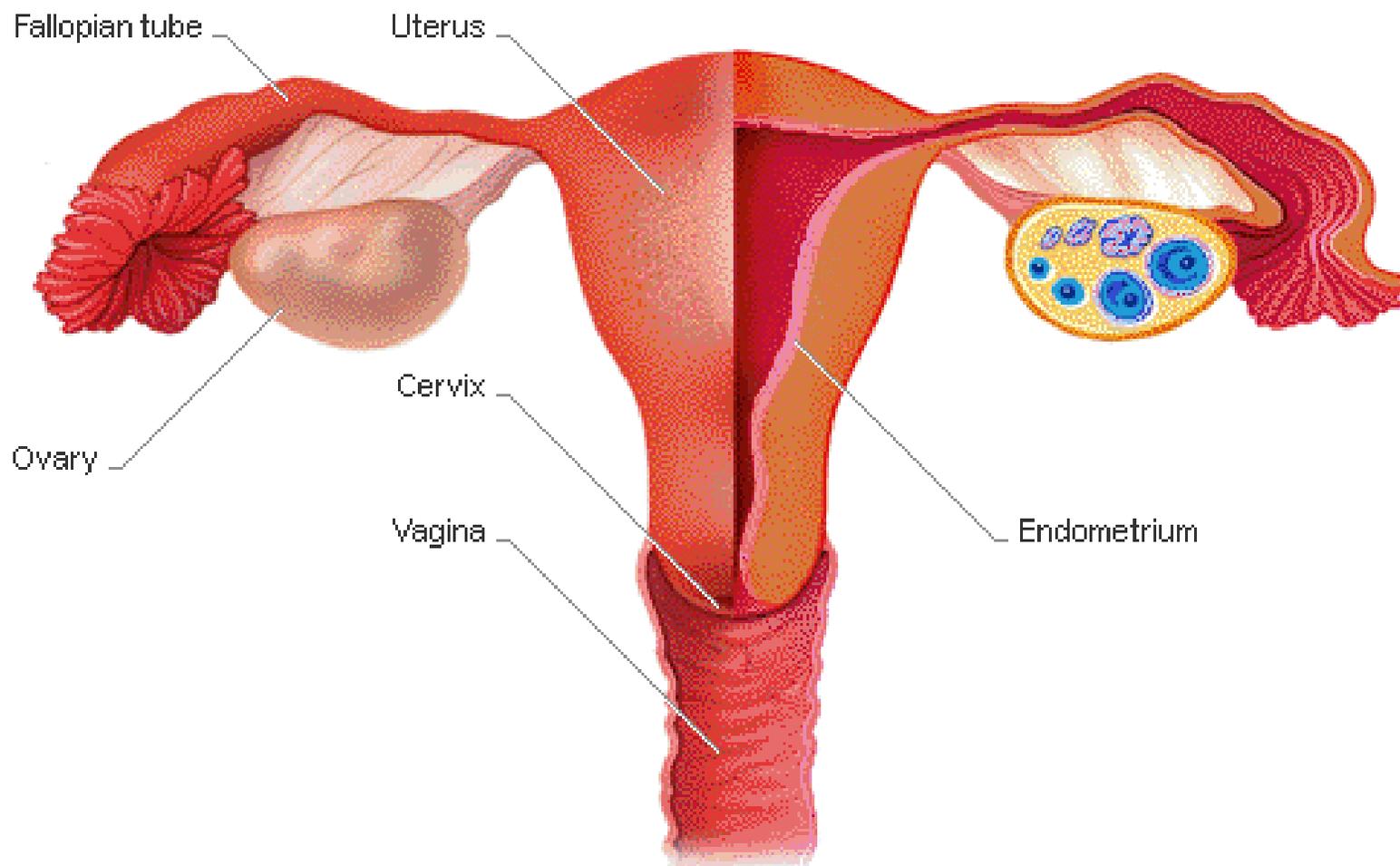
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# Reproductive Process for the male

- During arousal
  - Penis (erectile tissue) fills with blood and veins are compressed forcing blood to remain the in the penis (erection)
  - With enough stimulation ejaculation occurs (a muscle prevents the bladder from releasing urine)
  - Approx 3.5 ml of semen contain 400 million sperm
  - After ejaculation the erection will stop and the recovery period begins (time it lasts depends on age)

# Female Reproductive System





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# Female Anatomy

- Vagina
  - Muscular tube leading from the uterus to the exterior of the body
  - Where the penis will enter during intercourse
  - Also serves as the birth canal and exit for the menstrual flow
- Cervix
  - lower, narrow portion of the uterus
  - joins with the top end of the vagina
  - Most contraception sit close to the cervix preventing sperm from going into the uterus
    - Cervical cancer very common and Pap Tests need to be done
    - Pap Test should start once you are 21 or become sexually active
- Uterus
  - Also called the Womb
  - Where a baby will form and grow
  - Sperm travel through the uterus towards the fallopian tubes

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## ■ Endometrium

- The fertilized egg is implanted into the endometrium
- Provides nourishment to the growing baby
- If no egg is implanted then it will shed its lining once a menstrual cycle

## ■ Fallopian Tubes

- Two fine tubes connecting the uterus to the ovaries
- Carries the egg to the uterus
- Carries semen to meet the egg
- If the semen and egg fertilize, it will then start to divide into many cells

## ■ Ovary

- Where the eggs are stored
- Eggs mature each menstrual cycle and then are released to the fallopian tubes
- Usually the ovaries take turns maturing an egg each cycle

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# External Reproductive Organs - Female

- Vulva
  - Outer skin folds
  - Outer one called – labia majora – protects the opening to the vagina
  - Inner one called – labia minora
- Clitoris
  - Female arousal organ
  - Will fill with blood during stimulation
- Urethra
  - Exits but is separate from the female reproductive system (unlike men)

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# Uterine Cycle (Menstrual Cycle)

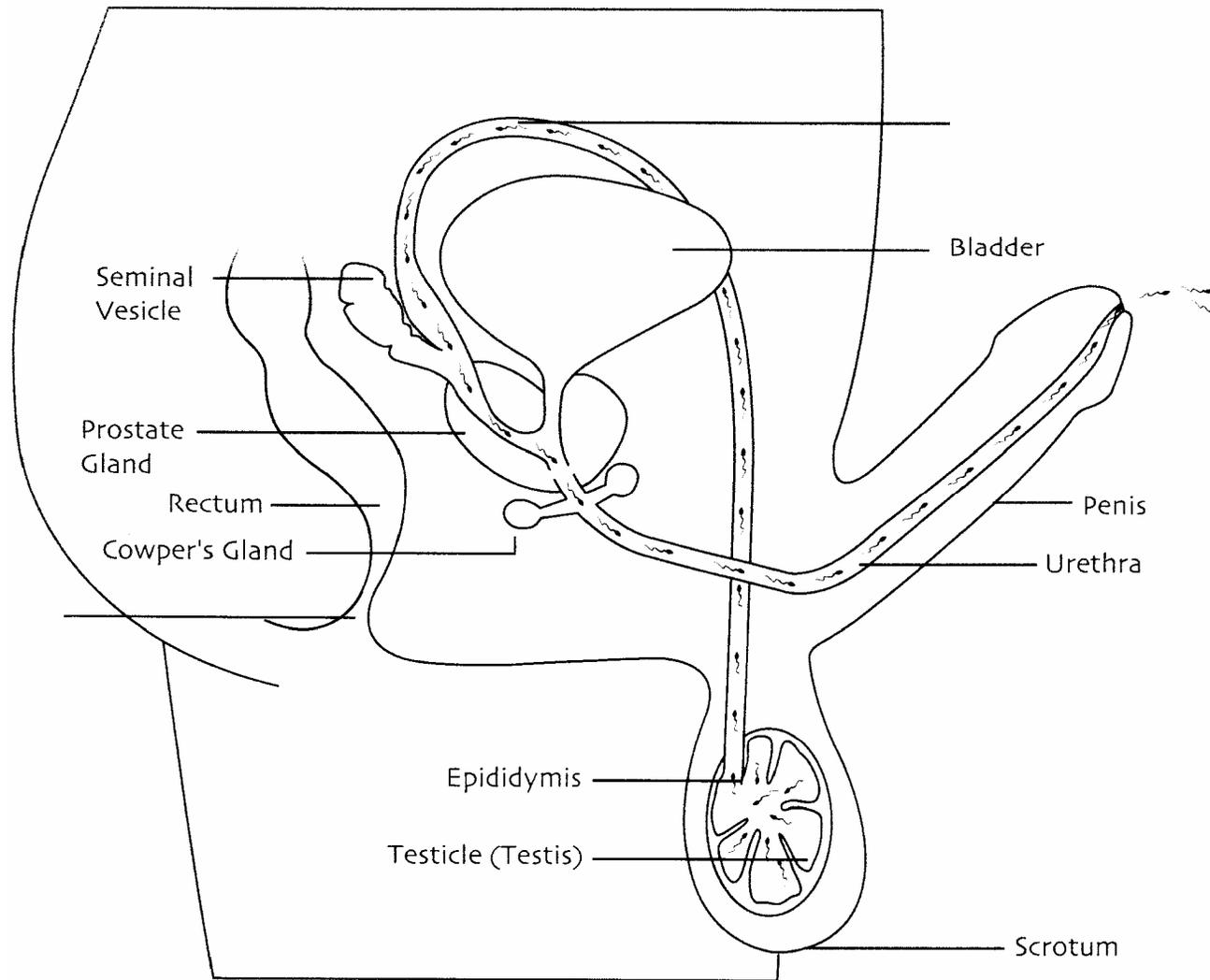
- Cycle takes about 28 days (can and will vary among teens/adults)
- Day 1-5
  - Menstruation occurs
- Day 6-13
  - Lining of the uterus start to thicken
- Day 14 (again will vary among individuals)
  - Ovulation occurs
    - Only one egg is released and ovaries alternate each month
    - If 2 or more eggs are released and fertilized this is when multiple births occur
- Day 15-28
  - Lining continues to thicken, preparing to receive a fertilized egg (embryo) should pregnancy occur
- Women are born with 2 million eggs
- By puberty there are 300,000 to 400,000 left
  - of those only about 400 are ever released as mature eggs

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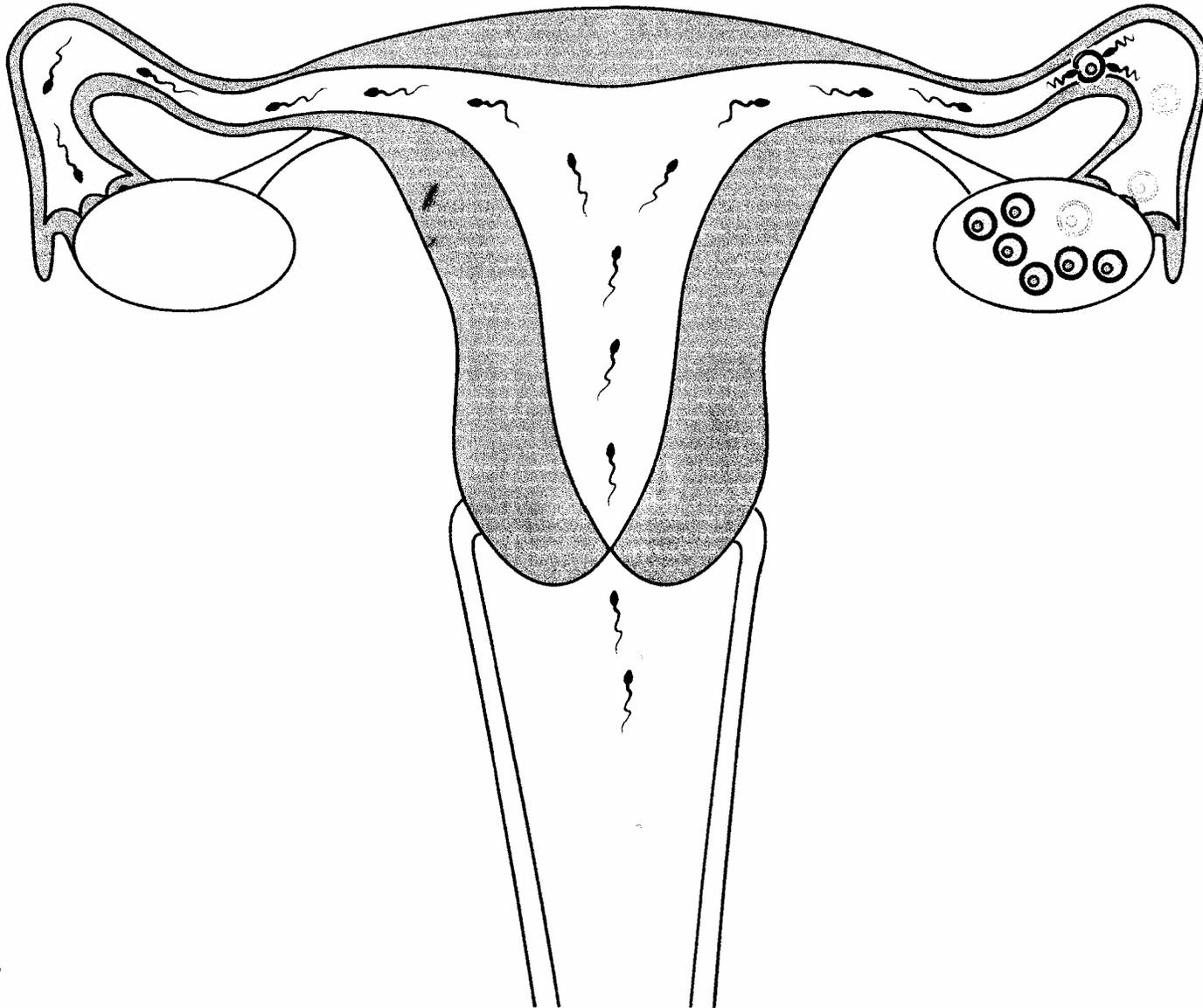
# Pregnancy

- Pre ejaculating or ejaculating inside the vagina
- Pre ejaculating or ejaculating outside the vagina
- Semen must travel into the females reproductive tract via
  - Vagina → cervix → uterus → both fallopian tubes
  - If an egg is released, the sperm will try to penetrate the egg
  - If successful the egg will now divide into 2 cells
  - Travels down the fallopian continuing to divide
    - Takes about 6 days
  - Fertilized egg implants itself into the endometrium where it gets its nourishment to grow
  - Hormones are sent out to stop the body from menstruating

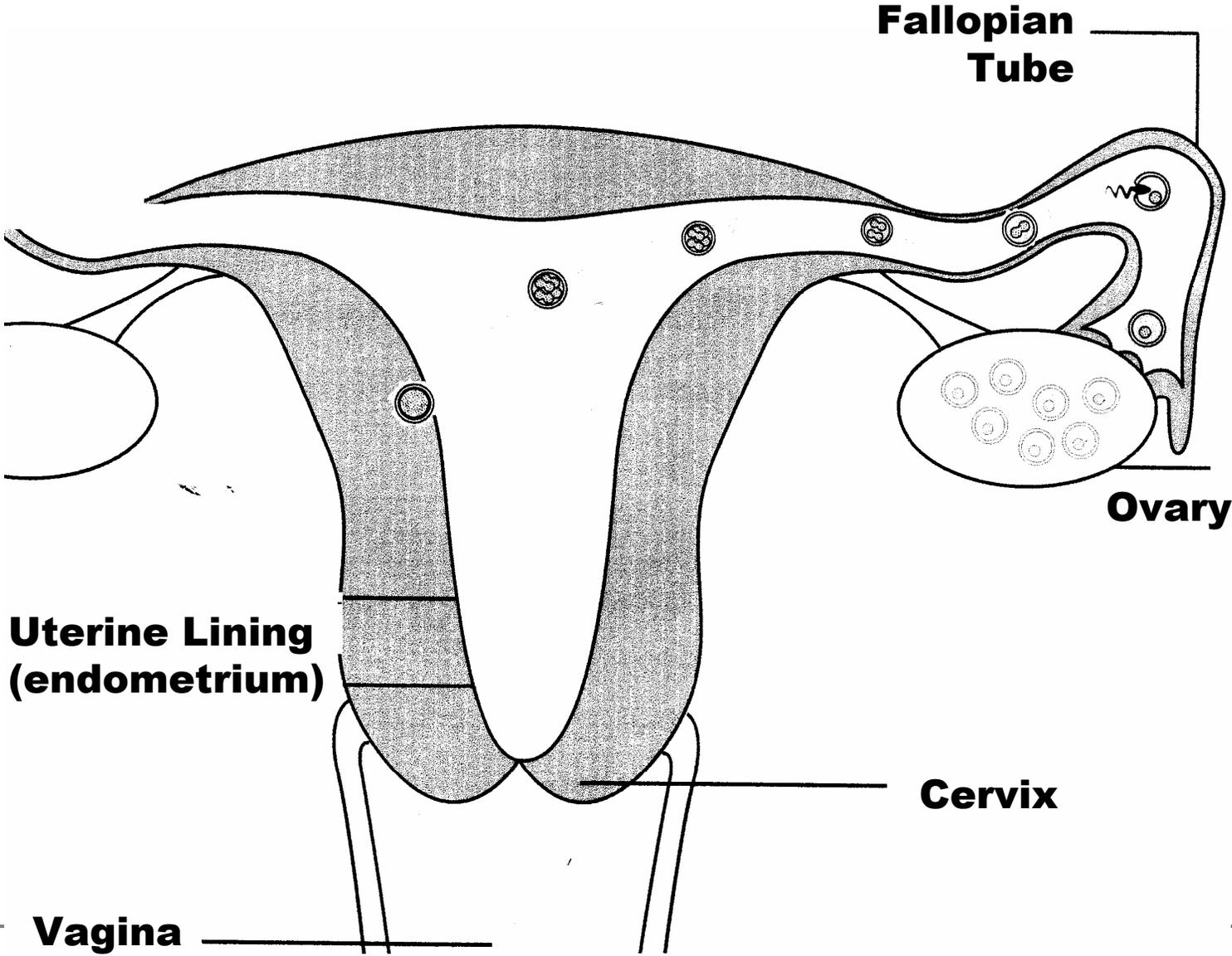
# Sperm Production



# Conception



# Implantation



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# Values – Beliefs – Boundaries

- When is the right time to have sex?
  - How do you know you are ready?
  - How do you know you are not ready?
  - What are your values, beliefs and boundaries towards Sex or Sexual Activity?
  
  - Set your values, beliefs and boundaries in place **BEFORE** you find yourself in a room (or else where) alone with someone at a party.

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# Questions to ask yourself

1. What do my family or religious values say about premarital sex?
  2. If I choose to delay sex, how will I avoid a compromising situation?
  3. Do I feel comfortable talking about sex with my partner? Do I trust him/her? Are we willing to get regular medical check ups?
  4. Do I feel forced or pressured to have sex? Am I being manipulated to have sex?
  5. Is sex the only thing keeping the relationship together?
  6. Am I ready to accept the consequences of being sexually active; i.e.. unplanned pregnancy or sexually transmitted diseases?
  7. Have I planned pregnancy and STI protection?
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1. Do I know how to buy and use condoms, or other contraceptives? Am I embarrassed buying them?
  2. Would I feel guilty or embarrassed if people found out I was having sex?
  3. Am I ready to deal with the emotional involvement of being sexually active? Losing some freedom?
  4. Am I having sex for the right reason? (reasons like “everyone else has so I better”, “It’s a good way to get back at my parents.” or “It’s grad” are definite NO-GOS!)