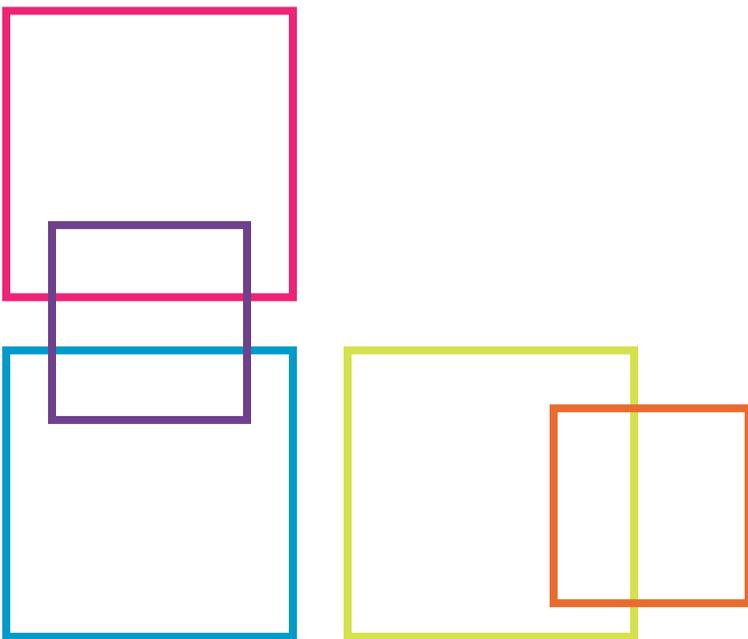


# MODULE 8



**TELL IT LIKE IT IS**

Sexual Health + Wellness Education



## “Let’s Talk About Sex”— Salt-N-Pepa

### **CHECK-IN**

- Briefly review the main concepts covered during the previous module
- Address any question or concerns that participants may have at this time
- Introduce the concepts that will be covered during this module

### **TOPICS TO BE COVERED:**

- Body Parts and their Functions
- Masturbation
- Intimacy, Sex and Pleasure
- Consent

### **INTRODUCTION**

Our bodies are special and private. All bodies are unique and come in all shapes, sizes, and colours. It’s important to be curious about our bodies to learn about them. The more we know about our bodies, what feels good, and what doesn’t, the better we can take care of them. In Module 3 we talked about many of our body parts. Today we will talk about our private body parts in more detail. We will also talk about our bodies and the choices we can make to ensure that we are healthy, experiencing pleasure and good feelings, and keeping ourselves and others safe.

## **BODY PARTS AND THEIR FUNCTIONS**

Our private parts are usually covered up by underwear or covered when we are in a public place. Review the following body parts:

### **Female Body Parts (See Appendix 6.0)**

- Vulva: The outside of a female's private parts is called the vulva.
- Labia (majora and minora): labia majora and minora are soft folds of protective skin that cover and protect the clitoris, urethra and vaginal opening. Labia come in all shapes and sizes. At the top is the pubic mound, which is covered in pubic hair.
- Clitoris: A sensitive, pea-sized organ. It enlarges slightly when it is touched or when a girl has sexual thoughts or feelings. It can feel very nice when the clitoris is touched during sex or masturbation.
- Vagina: The passage from the uterus to the outside of the body.
- Ovaries: Two small sacs that are connected to the uterus by the fallopian tubes. The ovaries hold the ova or eggs which are very tiny. Once a female goes through puberty and begins menstruating (or having a period), eggs are released once per month. This is called ovulation.
- Fallopian Tubes: These carry the eggs from the ovaries to the uterus.
- Uterus: The muscular organ that holds a baby while it grows. When eggs leave the ovaries and travel to the uterus, the lining of the uterus thickens with blood and fluid to support a growing baby. If the egg is not fertilized by a sperm, the egg, blood, and fluid leave the body through the vagina. This is called menstruation, and it happens about every 28 days and lasts about 3-7 days.
- Cervix: The lower part of the uterus. The cervix helps control what enters and exits the uterus. The cervix allows the flow of menstrual blood from the uterus into the vagina, and also directs the sperm into the uterus during sex.
- Urethra: The tube through which pee leaves the body. Pee or urine is stored in the bladder and travels out of the body through the urethra.
- Anus: The anus is the hole that is between the bum cheeks. The anus is where waste (poop) is released from the body.
- Breasts: Either of the two soft, protruding organs on the upper front of a woman's body (boobs).

## Male Body Parts (See Appendix 6.0)

- ❑ **Penis:** When a man is sexually aroused, extra blood fills the spongy tissue in the penis causing it to get bigger and stiffen or get hard. This is called an erection and sometimes referred to as a “boner”. Some penises are uncircumcised and others are circumcised. Males are born with a hood of skin, called the foreskin, covering the head of the penis. Some males have had a circumcision as babies. Circumcision is when foreskin is surgically removed to expose the end of the penis. Penises come in all shapes and sizes.
- ❑ **Scrotum:** The scrotum is a sac that is behind the penis. The scrotum holds the testicles. The scrotum also protects the testicles and keeps them at the right temperature to produce sperm. The testicles are two oval shaped glands that make testosterone and sperm (the male reproductive cells that join with a female’s egg to create a baby). These are sometimes referred to as “balls”.
- ❑ **Urethra:** The tube through which pee leaves the body. Pee or urine is stored in the bladder and travels out of the body through the urethra. During sex or masturbation, muscles force semen out of the body through the urethra. This is called ejaculation. Pee and semen never leave the body at the same time.
- ❑ **Prostate Gland and Seminal Vesicle:** Both add fluid to the sperm to create semen.
- ❑ **Vas Deferens:** Tubes that carry sperm from the testicles to the prostate gland.
- ❑ **Anus:** The anus is the hole that is between the bum cheeks. The anus is where waste (poop) is released from the body.

## MASTURBATION

People may sometimes enjoy touching their genitals. This is called masturbation. People do it because it feels good. Masturbation is a natural and normal. Most people think about sexy things when they masturbate. Different people think about different things. People may also look at sexy pictures or watch sexy videos. This is called pornography, or porn for short. When someone masturbates they get warm and tingly. These sensations may get stronger and can lead to having an orgasm. An orgasm happens at the peak of sexual arousal and is an intense burst of sexual feelings.

Females can touch their clitoris or insert a finger or safe item into their vagina in any way that feels nice. When they masturbate they might have an orgasm, and notice a wet liquid that comes out of the vagina, or that their nipples are hard. This means that what they are doing feels good. Males can also touch themselves in any way that feels good. Often rubbing the penis up and down feels good, and the penis will grow bigger and longer. This is a sign that what they are doing feels good. The male may have an orgasm, which will often result in semen coming out of the tip of the penis. This is also called ejaculation.

Whether you are male or female, masturbation should always feel good for you. It is an activity that should be done in a private place like your bedroom or bathroom. Wash your hands before and after masturbation and remember to close the door and curtains. It should never be done in a public place such as a shared washroom, a park or in a car.

## **INTIMACY**

When we are in a healthy relationship or dating someone we trust and feel safe with, we may feel ready to become more intimate with our bodies. It's important to talk about what we are comfortable with.

Once we have expressed our desires and readiness to become more intimate, we may start to hold hands, kiss, hug, and cuddle more often. We may also enjoy kissing for longer periods of time, often referred to as making out, and touching each other's bodies and private parts. This is natural and normal and should feel good for everyone involved. Being intimate, like making out or touching private parts should always be done in a private place.

The good feelings and pleasure we experience from intimacy and closeness may make us feel warm, excited, and ready for sex.

## **TYPES OF SEXUAL ACTIVITY AND PLEASURE**

The term sex is shorthand for sexual intercourse. Having sex is an important decision and everyone involved must feel ready, comfortable, and safe. There are many different types of sexual activity that people could engage in. These may include:

- Vaginal intercourse or vaginal sex: When an erect (hard or stiff) penis is inserted into the vagina for pleasure, to try to get pregnant, or both. The term for inserting a penis is often called penetration.
- Anal sex: When an erect (hard or stiff) penis is inserted into the anus for pleasure.
- Oral sex: Using the mouth to pleasure male or female genitals
- Fingering: Inserting a finger or fingers into the vagina or anus
- Sex may also involve penetration or pleasure with a dildo or sex toy

Any form of sexual activity we choose to engage in should feel good and pleasurable. Sex should never feel painful or uncomfortable. If sex is ever painful or doesn't feel good be sure to tell your partner or your doctor.

## **KEEPING YOUR BODY SAFE AND HEALTHY**

Before acting on any sexual feelings, it is important to know how to protect yourself from sexually transmitted infections or unintended pregnancy. To protect against sexually transmitted infections (STIs) you should always use a barrier method. These include the male condom or female condom for intercourse, as well as male condoms and dental dams for oral sex. You can get them in different flavors, sizes, and styles. You can even get non-latex ones if you have a latex allergy. To protect against unintended pregnancy there are many options. Barrier methods such as those described above or diaphragms can be used with spermicide methods (sponges, film, or spermicidal gel). You can also use barrier methods in combination with hormonal contraception such as birth control pills, intrauterine devices/systems (IUD/IUS), the shot, the patch, or the ring. You should talk to a nurse or doctor about which would be best for you.

You should never double up on male/female condoms. Using two male condoms, or a male and female condom together can cause them to tear. Using barrier methods and hormonal birth control together decreases your chances of pregnancy but these methods are never 100% effective! If you are sexually active, you should get tested for STIs regularly.

## **GIVING CONSENT OR PERMISSION**

Sometimes we have to make important decisions about our bodies and personal boundaries. Decision making about our bodies is referred to as consent. Consent means giving permission for something to happen. Every person has the right to consent or give permission. When it comes to sexual activity, we have the right to decide when, where, how, and with whom we want to do it. The only thing that matters is whether or not the people in the moment of sexual activity are comfortable, in complete agreement, and have consented, or said yes, willingly and freely. When it comes to consent, it's important to remember that the law in Canada indicates:

- A person has to be awake, conscious, and sober enough to make a clear decision. Someone can't give consent when they are asleep, passed out, or under the influence of drugs or alcohol.
- If someone indicates no through their words or actions that's just as good as saying "No".
- Every person has the right to change their mind and stop anytime during sexual activity. Someone may initially say yes and then change their mind and say "no" or "stop", and their partner must respect their decision.
- People in positions of authority or trust, such as a coach, teacher, or doctor, can't abuse their position of power to get sexual activity.
- 16 is the official age of consent.
- Anyone under 12 years of age is unable to consent under any circumstance.

## **CHECK-OUT**

- Review the main "takeaways" from today's module
- Address any question or concerns that participants may have
- This may be a good opportunity to complete a "Head, Heart, and Hands" check-out. Head explores elements of 'what' and 'why', heart explores values, beliefs, and feelings, and hands explores practical skills and tools. Invite participants to pause and reflect on their learning experience, and ask:
  - Head: What's one thing you learned?
  - Heart: What's one thing you are feeling?
  - Hands: What's one thing you can do?

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