

### **Sexual Health**

- Includes healthy sexual functioning across the lifespan, satisfying intimate relationships based on mutual respect and trust, and the ability and resources to procreate if so desired
- Includes knowledge about sexuality and access to the information needed to make responsible decisions
- In the U.S., sexual attitudes are marked by an ongoing tension between the two poles of sexual restrictiveness and sexual freedom

### **Sexual Anatomy and Functioning**

- The biological functioning of sexuality is reproduction
- Sexual Anatomy: The sexual organs of males and females are very similar, and their purpose and functions are complementary

### **Female Sex Organs and Reproductive Anatomy:**

- The female sex organs are responsible for the production of ova and, if pregnancy occurs, the development of the fetus
  - **External Organs:** (Vulva)- the external genitalia
    - Mons Pubis- a mound or layer of fatty tissue that pads and protects the pubic bone
    - Labia Majora- (major lips) folds of tissue that wrap around the entrance to the vagina
    - Labia Minora- (minor lips) folds of tissue that wrap around the entrance to the vagina and form a protective hood over the clitoris
    - Clitoris- A highly sensitive, cylindrical body about 3 centimeters in length that fills with blood during sexual excitement located at the top of the vulva between the lips of the labia minora
      - Consisting of a glans, corpus, and crura
    - Urethral Opening- passageway for urine from the urinary bladder, located immediately below the clitoris
    - Hymen- a thin membranous fold, which may partially cover the opening of the vagina (not always apparent)
    - Vaginal Opening-
    - Perineum- the area between the bottom of the vulva and the anus and contains many nerve endings
    - Anus-
  - **Internal Organs:**
    - Vagina- a hollow, muscular tube extending from the external vaginal opening to the cervix
      - The walls of the vagina are soft and flexible and have several layers
      - Located on their side of the vagina under the labia are the crura, extensions of the clitoris
    - Cervix- produces a mucus that changes with different stages of the menstrual cycle

- The lower part of the uterus, extends into the vagina and contains the opening to the uterus
- Uterus- the organ in which a fertilized egg develops into an embryo and then a fetus
  - Made up of several layers of muscle and tissue (approximately the size of a pair)
- Endometrium- the layer that is shed during menstruation
- Ovaries- the female reproductive glands that store and release the ova (eggs) every month, usually one at a time; the process of ovulation
  - Also produce the female sex hormones, estrogen and progesterone
  - Located on either sides of the uterus
- Fallopian Tubes- (oviducts) the passageways through which ova move from the ovaries into the uterus
  - Extending from the upper sides of the uterus
  - Their openings are lined with fimbria, appendages with beating cilia that sweep the surface of the ovaries during ovulation and guide the ovum down into the tubes
- Mammary Glands (breasts)- also part of female sexual and reproductive anatomy
  - Consist of 15-25 lobes that are padded by connective tissue and fat
  - Within the lobes are glands that produce milk when the woman is lactating following the birth of a baby

### **Male Sex Organs and Reproductive Anatomy:**

- The male sex organs are responsible for producing sperm and delivering them into the female reproductive system to fertilize the ovum
  - **External Organs:**
    - Penis- When erect, is designed to deliver sperm into the female reproductive tract
    - The shaft of the penis- formed of three columns of spongelike erectile tissue that fill with blood during sexual excitement
    - Glans- head of the penis
      - An expansion of the corpus spongiosum (one of the three columns of erectile tissue in the penis shaft)
      - Contain a higher concentration of nerve endings than the shaft and is highly sensitive
    - Corona- a crownlike structure that protrudes slightly and forms a border between the glans and the shaft; highly sensitive
    - Frenulum- a fold of skin extending from the corona to the foreskin
    - Foreskin (prepuce)- covers the glans
      - Circumcision- involves removing this skin and leaving the head of the penis permanently exposed
    - Urethral Opening- both urine and semen pass (at different times); located at the tip of the penis in the glans
    - Urethra- runs the length of the penis from the urinary bladder to the exterior of the body
    - Scrotum- a thin sac composed of skin and muscle fibers; contains the testes

- Separated from the body to keep the testes at the lower temperature that is needed from sperm production
- Perineum- the area between the scrotum and the anus and contains many nerve endings
- **Internal Organs:**
  - Testes- the male reproductive glands located in the scrotum
    - Produce both sperm and male sex hormones such as testosterone
  - Epididymis- a highly coiled duct lying on the surface of each testes; once sperm is produced in testes they enter
    - As they move along the length of the epididymis, immature sperm mature and develop the ability to swim
  - Vas Deferens- another duct, which joins with ducts from the seminal vesicles to form the short ejaculatory ducts
    - Sperm are propelled from the epididymis to the vas deferens
  - Seminal Vesicles- located at the back of the bladder and produce about 60% of the volume of semen
  - Prostate Gland- a doughnut-shaped structure that encircles the urethra and contributes the remaining volume of semen
  - Urethra- semen is ejaculated through the urethra
  - Two Cowper's Glands- located below the prostate gland, produce a clear mucus that is secreted into the urethra just before ejaculation
    - The volume of semen in one ejaculation is about 2-5 milliliters, containing between 100 and 600 million sperm

### **Sexual Response:**

- In order for reproduction to occur, ova and sperm have to be brought into close association with each other; the psychological and motivational mechanism for this is human sexual response
- Sex Drive: (sexual desire or libido) a biological urge for sexual activity
  - Testosterone is the principal hormone responsible for the sex drive in both males and females
    - Stimulates increased release of the neurotransmitters dopamine and serotonin in the brain; they are thought to be involved in making external stimuli arousing
  - People usually seek to satisfy the sex drive through physical stimulation and release, either with a partner or through masturbation
  - Sex drive is also influenced by sexual imagery and sexual fantasies- can be stimulated by sights, sounds, smells, tastes, etc.
- Sexual Arousal: involves vasocongestion and myotonia; build up during sexual excitement and decrease afterward
  - Vasocongestion- the inflow of blood to tissues in erogenous areas
    - In men, the arterioles supplying blood to the rectal tissue of the penis are normally constricted- sexual arousal causes nerves in the penis to release nitric oxide, which in