

REVIEW FOR EXAM 4 – HES 3523 HUMAN SEXUALITY – SPRING 2014

DEFINE

- **Public policy**
 - An attempt by authority or a government to address a “public issue”
- **Biological sexism**
 - Females tend to be more easily infected with STI
 - Females are less likely to show recognizable symptoms of STI
 - Females show more consequences when not treated
- **Pelvic Inflammatory Disease**
 - Vaginal infection that moves to uterus, ovaries, etc.

BECOME FAMILIAR WITH, UNDERSTAND, AND REVIEW

Sexuality & aging

- **Highlights from the T & F quiz**
 - Strongest predictor of sexual motivation and activity in a person’s later life is the importance and frequency of sexual activity in earlier life
 - Nursing and retirement homes are not typically welcoming or safe places for LGBTQ couples
 - The top 3 things that older women associate with satisfying sex are feeling close to a partner before sex, emotional closeness after sex, and feeling loved.
 - If an older heterosexual couple ceases sexual activity, it is usually because the husband requests that it ceases.
 - The majority of older adults report that although they would like to be able to talk to their physicians about sexual function, they don’t because they don’t believe their physician would be understanding.
 - Older couples report that the top four things that lead to longevity and happiness in their marriage is not sex but rather attachment, attraction, security, and commitment.
 - Between ages 35 to 40, the typical male requires direct penile stimulation in order to get an erection.
 - In most cases, the most significant change in an older person’s life is the loss of a long-time partner.
- **Developmental concerns of early adulthood, middle adulthood, & late adulthood**
 - **Early Adulthood**
 - Establishing sexual orientation
 - Integrating love and sex
 - Forging intimacy and making commitments
 - Making fertility/childbearing decisions
 - Practicing safer sex to protect against STI’s
 - Evolving a sexual philosophy
 - **Middle Adulthood**
 - Redefining sex in married or other long-term relationships within the context of competing obligations
 - Reevaluating one’s sexuality
 - Accepting biological aging process
 - **Late Adulthood**

- Loss of a partner
- Psychological
- Biological changes

Sexuality & people with disabilities:

- sexual needs, desires, and abilities
 - Have the same needs and desires as non-disabled people but have less abilities to fulfill them
- some characteristics of a sex ed student with developmental disabilities
 - Difficulty in understanding rules of society
 - Learning through incidental
 - Trouble with distinction between fact and fiction.
 - Fewer opportunities to practice skills
 - Lacking sexual vocab
 - Difficulty changing behaviors
 - Dependency on others for caregiving needs
 - Anxiety towards sexual healthcare
- basic findings of the Henault & Atwood study of sexuality & people with Asperger's Syndrome, & what the authors concluded
 - Large % had high sexual desire, high fantasy life, and high anxiety
 - The avg age at which sexuality became significant interest was 14.
 - The avg age of 1st sexual intercourse is 22.
 - 67% reported to express themselves through sexual behaviors.
 - Significant portion of surveyed had poor body image
 - General sex knowledge is small. Most knowledge is from media.
- goals & outcomes of sex ed for this audience
 - Accurate information
 - They don't get sex ed.
 - Self-esteem
 - Society doesn't think they need sexual attention.
 - Avoid sexual exploitation
 - Disabled people are victims of rape and coercion
 - Social Skills
 - Usually not taught how to act in certain social settings, like workplace
 - Avoid inappropriate social behavior
 - Insight & self-awareness
 - Enrich lives
 - Enjoyment of adult relationships & romance
 - Appropriate sexual expression
 - Prevention/health promotion
 - Distinction between health vs illness and normal vs not normal
 - Insight into the commitments
 - Parenting and marriage
 - Communication skills

Sexually Transmitted Infections (class & text):

- why folks diagnosed need to take medication as prescribed
- general symptoms/warning signs; what to do when a symptom goes away
 - Sore, bump, wart, blister
 - Burning during urination
 - Spotting between periods that can't be traced to other causes

- Atypical discharge from vagina or penis
 - Itching!
- how many people will get at least one by age 25
 - 1 in 2 (50%)
- which are curable and which aren't
 - Bacteria/Microorganisms are curable.
 - Viruses are treatable but not curable.
- the importance of getting tested
- the most common STI
 - HPV
- which are caused by a bacteria/microorganism & which aren't
 - Chlamydia
 - Gonorrhea
 - Syphilis
 - Trichomoniasis
- basic information about Trichomoniasis
 - For men, symptoms are rare and testing is difficult, if not impossible so if female partner has it, male probably does too.
 - The key is partner diagnosis.
- primary/common symptom of pubic (crab) lice
 - Itching
- pap tests – what they test for
 - screening test for cervical cancer
- the gonorrhea/chlamydia connection
 - If gonorrhea, then possible chlamydia
 - Possible drug resistant gonorrhea
- reducing the risk of getting an STI
 - Safe sex (abstinence, condoms, etc.)
- what can happen if a person with chlamydia is not diagnosed & treated
 - Infertility and early onset arthritis
- general implications for pregnant women
 - If a pregnant woman with an STI is not treated before giving birth, the STI can be passed to her baby and/or can cause serious health problems in the newborn.

HPV:

- how it is cured in most people
 - Immune system gets rid of it in 8-13 months
- what some strains can lead to
 - No risk
 - Moderate risk (genital warts)
 - High risk (dysplasia)
- what the HPV vaccine does
 - protects against the HPV types that cause 70% of cervical cancer and 90% of genital warts among those who hadn't already been infected with the virus

Genital Herpes:

- 1 in 5 Americans over age 14 has it
- general information (e.g., can it be cured)
 - Not curable but can be treated
 - Treatment makes blister outbreaks less common and makes you less infectious
- when it can be transmitted