

INTRODUCTION TO HUMAN SEXUALITY



LESSON INTRODUCTION:

The purpose of this lesson is to introduce the unit and reinforce classroom ground rules to ensure that students feel safe while discussing human growth and development. Students discuss a wide variety of aspects that comprise human sexuality. Students will be able to differentiate between biological sex, sexual orientation, and gender identity and expression. Students will be able to define terms related to understanding the scope of human sexuality.



OBJECTIVES:

Students will be able to...

- Define sex, gender and sexuality.
- Analyze terms related to understanding the scope of human sexuality.



VOCABULARY

- Behavior
- Biological Sex
- Biology
- Feelings
- Gender Role
- Gender Identity
- Intimacy
- Sex
- Sexual Orientation
- Sexuality



STANDARDS:

Wisconsin Standard for Health Education

- Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Sexuality Education Standards

- **ID.12.CC.1** Differentiate between biological sex, sexual orientation, and gender identity and expression
- **ID.12.CC.2** Distinguish between sexual orientation, sexual behavior and sexual identity.

GRADE: High School

LENGTH OF LESSON: 60 min

SEQUENCE: 1



ACTIVITIES:

- 1.1** Discuss classroom ground rules and the Anonymous Question Box
- 1.2** Sex, Gender, and Human Sexuality
- 1.3** Human Sexuality Carousel
- 1.4** Human Sexuality Carousel Discussion and Assessment



MATERIALS/TECHNOLOGY:

- Large paper
- Markers
- Quarter sheets of blank paper
- "Human Sexuality Terms" Student Handout
- "Human Sexuality Terms Definitions" Student Handout
- Assessment Rubric



Activity 1.1:

Discuss classroom ground rules and the Anonymous Question Box (10 minutes)

If this is one of the last units in most health classes, you probably have established classroom ground rules. Let students know that for the next two weeks you will be learning about human growth and development. Ask them to reflect on the idea of the classroom ground rules and think about whether any of the rules need to be added or changed based on the content of the human growth and development unit. Ask them how the rules feel and sound. Write down any reactions shared by the students. Be sure to highlight those rules that you think will be the most important in establishing a safe and supportive classroom environment. Restate how rules are enforced in your classroom. Some rules that may be particularly relevant to human growth and development are:

- Use active listening
- Use respectful, courteous language, and proper terminology
- Respect others' opinions, beliefs, attitudes, and cultures
- Keep personal, private business of self and others confidential: respect privacy
- Treat others' comments/questions seriously
- Be kind
- Pay attention and get the facts straight

Additionally, the classroom will have an anonymous question box. Students may write questions anonymously and put them in the question box or give them directly to the teacher prior to, during, or after class.

Anonymous Question Box (recommended)

If you are setting up an anonymous question box, review with the students the meaning of the word anonymous (not identified by name), and encourage students to use this box before, during, or at the end of a lesson. Let students know when you will be addressing the answers to the questions that are put in the box.



Activity 1.2: Sex, Gender, and Human Sexuality (20 minutes)

Write the words **sex**, **gender**, and **sexuality** on the board. Have a discussion with students around the following questions:

- What do you think the term **sex** means?
- What do you think **gender** means?
- What do you think the term **sexuality** means?
- In what ways are the terms similar?
- In what ways are the terms different?

Clarify for students that **sex**, **gender** and **sexuality** are different concepts.

Sex refers to whether a person is biologically male or female, with male or female anatomy, chromosomes, and reproductive parts. The term sex can also mean sexual intercourse or sexual activity of various kinds.

Gender refers to the social and cultural expression of sex; not biological sex.

Sexuality refers to the total expression of who people are as human beings, including gender, sexual orientation, biological sex, intimacy, relationships, love and affection.

Break it down further for students by defining the following terms:

- **Gender identity:** An individual's innermost sense of self as male or female, as lying somewhere between these two genders, or as lying somewhere outside gender lines altogether.
- **Gender expression:** The ways in which an individual communicates gender identity to others through behavior, clothing, hairstyle, voice, and/or the emphasis or de-emphasis of bodily characteristics. Not an indication of sexual orientation. Behaviors and traits used publicly to express gender identity—as masculine or feminine or something else.
- **Sexual orientation:** A feeling of attraction to others, based on biological sex and gender expression, over which individuals have no choice. Different from sexual behavior; romantic, sexual, and emotional attraction to others, categorized by the sex of the person to whom one is attracted—such as: heterosexual (attracted to the opposite sex); homosexual (attracted to the same sex); or bisexual (attracted to individuals irrespective of their sex).

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- **Biological sex:** The biological state of having: 1) female or male genitalia (vulva, labia, clitoris, and vagina for females; penis and testicles for males); 2) female or male chromosomes (XX for females; XY for males); and 3) female or male hormones (estrogen and progesterone for females; testosterone for males); perhaps one in 2,000 babies is born with the biological characteristics of both sexes or of neither sex entirely (see intersex); see also gender and gender identity which are different than biological sex.
- **Intimacy:** a close, familiar, and usually affectionate or loving personal relationship with another person.

Reiterate that sexuality begins at birth and ends at death. Biological sex, gender identity and expression, sexual orientation, and intimacy are all elements of human sexuality. Additionally, knowledge, attitudes, and values affect people's sexuality. How people express their sexuality is influenced by their families, culture, society, and beliefs.

Ask students to think about the benefits of respecting individual differences in relationship to the various components that make up a person's sexuality, including sexual orientation, gender identity and expression, sexual abstinence, sexual activity, growth and development, and physical appearance. Relate it back your classroom ground rules – all are welcome here, all are accepted and respected.



Activity 1.3: Human Sexuality Carousel (15 minutes)

Post the following terms around the room on large pieces of butcher block paper (one on each paper): **Biology, Feelings, Behavior, Identity,** and **Society.**

Teach the following concepts:

Biology: refers to the anatomy and physiology that is related to sexuality. Ask students to define what anatomy is (structure).

Feelings: Ask students what feelings are (emotions). Ask how feelings apply to sexuality. For example: being “in love” would constitute a feeling.

Behavior: This is what people do based on feelings or perception of identity. Being in relationships, having sex, or how they dress would be an example of behaviors.

Identity: This is how people see themselves or what groups they belong to based on how they perceive their sexuality. This could be if they perceive themselves as male or female. This can change throughout a person’s lifetime.

Society: Society is the community in which you live, the cultural beliefs that a community adopts, etc. Different societies have different expectations related to sexuality and sexual behavior. Ask students how they feel society shapes people’s perceptions of sex and sexuality. Societies often define cultural norms around sexual behaviors like age of consent, what the act of sex is, as well as what is included in sexuality education.

Let students know that to analyze these concepts more deeply, the class will do an activity called the **Human Sexuality Carousel.** Pass out the **Human Sexuality Terms Handout.** Break the class into small groups of four-to-six or create five groups. Have each group stand in front of one of the large sheets on the wall. Give each group a marker. Ask the groups to write down any terms from their handout that they feel fit on the corresponding large sheet of paper in front of them. Explain that some of the terms on their handouts may go on more than one sheet of paper that is hung on the wall. Keep the energy high and have groups rotate to a new sheet of paper (making each rotation shorter as the sheets get filled). Ask students to circle any terms they would like explained further or that their groups did not agree on the categorization.

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Activity 1.3: Human Sexuality Terms Handout

Abstinence	Chromosomes	Erotica/porn	Marriage	Queer
Age	Circumcision	Fantasy	Masturbation	Relationships
Anus	Clitoris	Flirting	Menopause	Romance
Assault	Condom	Gay	Monogamy	Sex
Asexuality	Consent (health care)	Gonads	Orgasm	Straight
Attraction	Consent (sex)	Harassment	Pansexual	Transgender
Bisexual	Contraception	Health	Penis	Vagina
Body hair	Dating	Health care	Pleasure	Values
Body image	Disease	Hugging	Polyamory	
Breasts	Ejaculation	Laws	Pregnancy	
Cisgender	Gender role	Love	Puberty	



Activity 1.4:

Human Sexuality Carousel Discussion and Assessment

(15 minutes)

Once students have rotated through all the sheets, have them return to their seats. Discuss each of the sheets as a large group, addressing all the terms and paying attention to the terms that are circled. Pass out the **Human Sexuality Terms Definitions Handout**.

Discuss society's values and attitudes as an important piece of whether people are honest about their sexual behavior, particularly when it comes to getting tested for sexually transmitted infections and HIV or expressing different identities.

Ask students to keep in mind the complexity of human sexuality and how it may change over the course of a person's lifetime. Also explain the complexity of society and how micro-cultures or sub-populations within a society may view human sexuality differently.

Tell them that for the duration of the Human Growth and Development unit, the curriculum will go more in depth into many of the terms listed on their handouts. Remind them of the anonymous question box that will be available throughout the unit and that it's available to address any questions or concerns they may have.

Use the following rubric to assess student learning in this lesson:

Student name:			
Learning Outcome	Not Present	Developing	On Target
Define sex, gender and sexuality.	Student participation and work reflects minimal to no understanding of the objective.	Student participation and work reflects some understanding of the objective.	Student participation and work reflects thorough understanding of the objective.
Analyze terms related to understanding the scope of human sexuality.	Student participation and work reflects minimal to no understanding of the objective.	Student participation and work reflects some understanding of the objective.	Student participation and work reflects thorough understanding of the objective.
Teacher comments:			



Activity 1.4: Human Sexuality Terms Definitions Handout

Abstinence: the act or practice of abstaining from sexual activity or sexual intercourse

Age: one's chronological age, number of years since birth

Anus: the opening from the rectum from which solid waste leaves the body

Assault: unwanted physical contact, of a sexual nature in reference to sexual assault

Asexuality: the lack of sexual attraction to others, or low-to-absent interest in, or desire for, sexual activity; a normal sexual orientation

Attraction: evoking interest, pleasure, or like for someone or something

Bisexual: feeling romantic, emotional, and sexual attraction to both males and females; a normal sexual orientation

Body hair: hair that develops on the human body during and after puberty

Body image: the subjective picture or mental image of one's own body, encompassing your beliefs about your own appearance and how you feel about your body

Breasts: sex organs on the front of a female body that secrete milk after pregnancy and birth

Cisgender: denoting or relating to a person whose gender identity corresponds with their birth sex

Chromosomes: a threadlike structure in one's DNA cells carrying genetic information in the form of genes; the typical male chromosome is XY and the typical female chromosome is XX, though there are many natural variations

Circumcision: the removal of foreskin from the penis, sometimes performed on male babies shortly after birth; may also refer to female circumcision involving the removal of the clitoris from the vulva

Clitoris: a small erectile organ located at the top/front of the vulva, right next to the urethra

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Condom: a thin rubber sheath used during sexual intercourse as a contraceptive or as protection against infection; a common barrier method of contraceptive that also protects against many sexually transmitted infection

Consent (health care): agreeing to receive health care services; young people of reproductive age can consent to receive confidential reproductive health care services in Wisconsin

Consent (sex): agreeing to sexual activity; consent should be sought and affirmed by all parties engaged in a sexual act every time; also refers to the age of consent for sexual activity; in Wisconsin the age of consent to sexual activity is 18

Contraception: birth control methods that prevent conception during sexual intercourse; examples include: IUD, birth control pills, condoms, the implant (Nexplanon), and the emergency contraception pill (Plan B/Ella)

Dating: when someone is going on dates; actively getting out there and meeting people and spending time with them; “dating someone” means you're seeing somebody specific, with purpose and on a regular basis

Disease: a condition that impairs healthy functioning and is typically manifested by distinguishing signs and symptoms; also known as a sickness or infection

Ejaculation: most commonly refers to the release of semen from the penis during orgasm; can also refer to the release of fluid from the vagina during orgasm

Gender role: culturally or socially determined sets of attitudes and behaviors that are expected of an individual based on their biological sex

Erotica/porn: printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate erotic or sexual feelings of arousal

Fantasy: in a sexual context, refers to mental images of an erotic nature that can lead to sexual arousal; private mental imagery associated with explicitly erotic feelings, accompanied by physiologic response to sexual arousal; a sexual fantasy may be defined as an erotic yearning or constellation of mental images that evoke sexual arousal

Flirting: a social and sometimes sexual behavior involving verbal or written communication, as well as body language, by one person to another, either to suggest interest in a deeper relationship with the other person or, if done playfully, for amusement

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Gay: feeling romantic, emotional, and sexual attraction to the same sex; a normal sexual orientation; often refers specifically to men who are attracted to other men, as opposed to women who are attracted to other women (lesbians)

Gonads: an organ that produces gametes; a testes or ovaries

Harassment: in a sexual context, the making of unwanted sexual advances or obscene remarks about an aspect of someone's sexuality

Health: one's state of physical, mental, and social well-being

Health care: the maintenance and improvement of physical and mental health, especially through the provision of medical services

Hugging: squeezing someone tightly in one's arms or holding them close to one's own body, typically to express affection

Laws: the system of rules that a country or community recognizes as regulating the actions of its members and may enforce by the imposition of penalties

Love: an intense feeling of deep affection; may include feelings of a deep romantic or sexual attachment to someone

Marriage: the legally or formally recognized union of two people as partners in a personal relationship

Masturbation: stimulation of one's own genitals for sexual pleasure

Menopause: the ceasing of menstruation; typically occurs between 45 and 50 years of age

Monogamy: the practice or state of being married to one person at a time, or of having a sexual relationship with only one partner at a time

Orgasm: a climax of sexual excitement, characterized by feelings of pleasure centered in the genitals

Pansexual: a normal sexual orientation that is not limited in attraction or sexual choice with regard to biological sex, gender, or gender identity; a term of choice for people who do not self-identify as bisexual, finding themselves attracted to people across a spectrum of genders

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Sex: refers to whether a person is biologically male or female, with male or female anatomy, chromosomes, and reproductive parts; the term sex can also mean sexual intercourse or sexual activity of various kinds

Penis: the male genital organ, carrying the duct for the transfer of sperm; consists largely of erectile tissue and serves also for the elimination of urine

Pleasure: a feeling of happy satisfaction and enjoyment, sensual gratification

Polyamory: the philosophy or state of being in love or romantically involved with more than one person at the same time

Pregnancy: the condition or state of being pregnant; having a fetus developing in the uterus

Puberty: the period during which adolescents reach sexual maturity and become capable of reproduction

Queer: formerly an exclusively derogatory term for all LGBT people; now proudly used by some as an umbrella term for the entire LGBT community; also used by those who see their own gender identity, sexual identity, and/or sexual orientation as not fitting the widely recognized pattern of straight, gay or lesbian, bisexual, transgender, or questioning

Relationship: an emotional, romantic, and/or sexual association between two people

Romance: a feeling of excitement and mystery associated with love

Straight: slang term for a person with heterosexual orientation; feeling romantic, emotional, and sexual attraction to the opposite sex; a normal sexual orientation

Transgender: an umbrella term for all who feel that they are outside the boundaries of biological sex and culturally determined gender expression; may include transsexuals, crossdressers, Two-Spirit people, drag performers, etc., and people who do not identify with their biological sex

Vagina: the muscular tube leading from the external genitals to the cervix of the uterus in females

Values: a person's principles or standards of behavior; one's judgment of what is important in life