



Handout II-1: Student Objectives & Agenda

Lesson II: Anatomy



Student Objectives:

By the end of this lesson, students should be able to:

1. Compare the perspective of the college students who were taking the human sexuality course in the video to their own thoughts.
 2. Discuss memories and experiences associated with the physical and emotional changes that took place in their bodies during puberty.
 3. List the medical terminology related to the human reproductive system and be distinguish these terms from vernacular slang terms.
 4. List places that are private and public.
 5. Understand the functions of both internal and external male and female reproductive anatomy.
 6. Understand the basic steps required to maintain female and male genital health.
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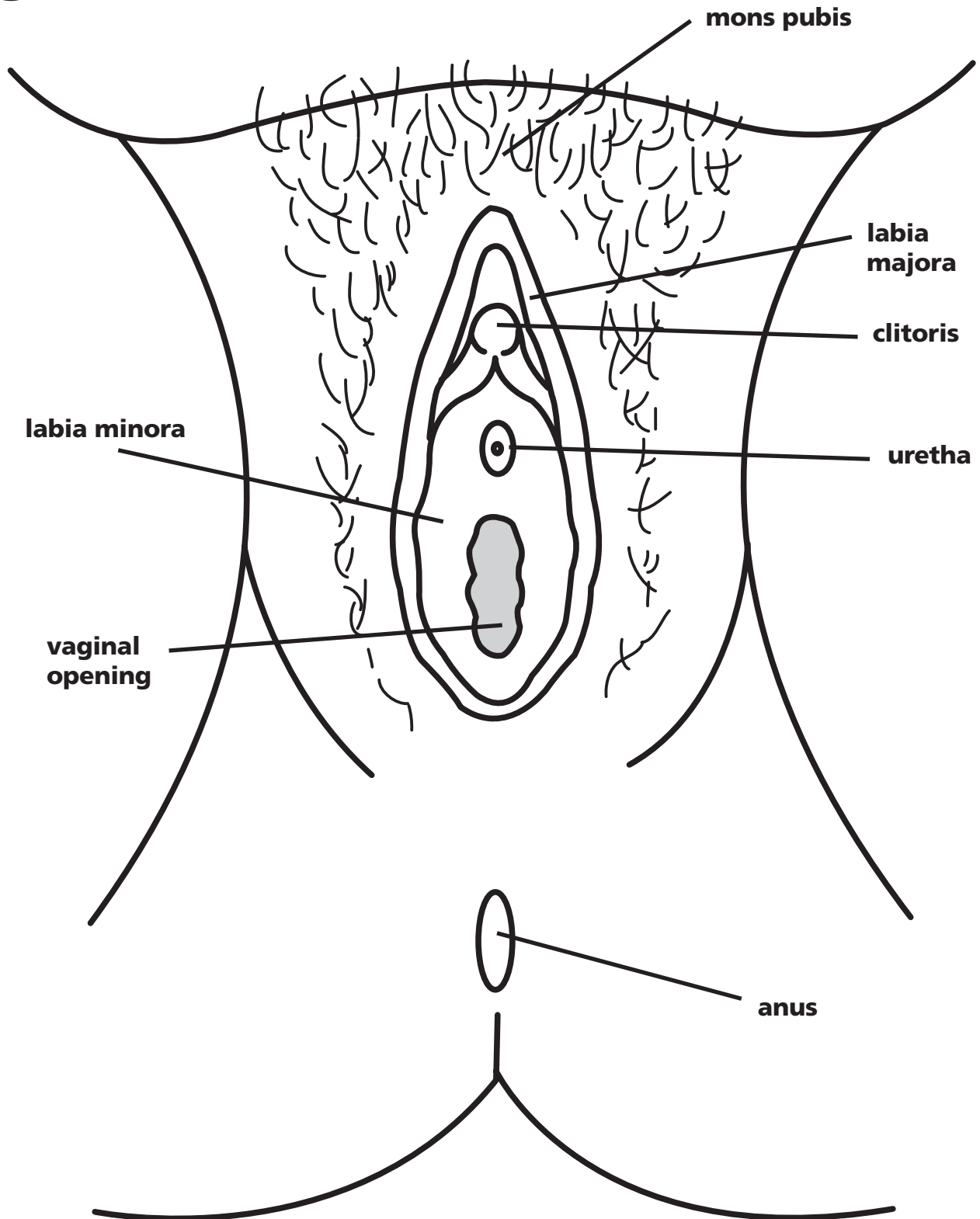
Agenda (a 10-minute break will be included):

- ___ Watch *NBC Today Show* video and discuss
- ___ Review last week's assignment
- ___ Group activity, *What Do We Call It?*
- ___ Sharing opinions on definitions of *private* and *public*
- ___ Review of female and male sexual anatomy and physiology
- ___ Outline of this lesson's assignment
- ___ File handouts in binder

Available break activities today are:

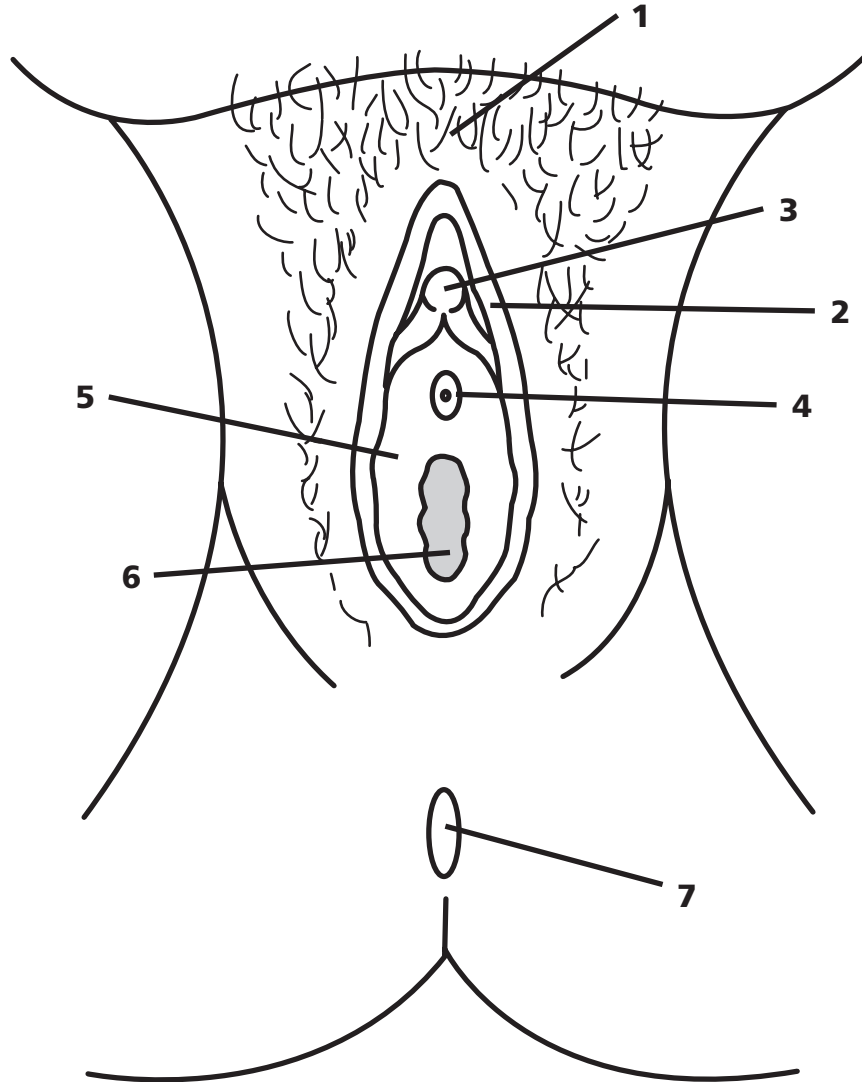


Handout II-2: Female Anatomy





Handout II-3: Fill in the Study Guide



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____ (not part of genitals)



Handout II-4: Female Anatomical Functions

Female Genitalia	Where to Find/Function	Can You See It?	Common Slang Word
Vulva	An area consisting of pubic hair, mons pubis, labia majora, labia minora, and clitoris. The vulva protects your sexual organs.	Yes	Pussy, genitals, Va-JayJay, Box, fanny (UK English), snatch
Pubic hair	Hair on the outside of the Mons Pubis which sole purpose is to cushion during sexual intercourse.	Yes	Pubes, bush, muff.
Mons pubis	Pad of fat tissue over the pubic bone about six inches below the navel. Beginning in puberty the mons is covered with pubic hair.	Yes	Mound
Labia majora	Two flaps or folds of hairy skin that cover and protect the labia minora, clitoris, urethral opening, and vaginal entrance; they are more or less pronounced for different women. For some, the skin of the outer lips is darker.	Yes	Lips
Labia minora	Two more hairless flaps or folds of skin located inside the outer lips. The color and texture vary across women from light pink to black and from fairly smooth to wrinkled. They are sensitive to touch and swell during sexual stimulation, doubling or tripling in size and changing color from flesh-toned to a deeper hue.	Yes	Inner lips
Clitoris	A bud-shaped organ about the size of a pencil eraser. The tip of the clitoris (the most sensitive part) is at the top of the inner lips. It may be partly or totally covered by a fold of skin called the clitoral hood (sometimes there is white matter under the hood called smegma – this is normal unless it smells bad, which may indicate poor hygiene or an infection). The shaft (rubbery, firm, but moveable cord) is under the skin directly above the tip. The function of the clitoris is pleasure and arousal. The size and shape of the clitoris, as well as the hood, vary widely among women. These variations have nothing to do with women's ability to respond sexually.	Yes	Clit, bean
Urethra	A small dot or slit right below the place where the inner lips attach to the clitoris; this is the opening of the urethra. The urethra is a short, thin tube about an 1-1/2 inches; it carries urine from the bladder.	Yes	Pee hole
Introitus	Below the urethra is a larger opening. This is the opening to the vagina and leads to the vagina.	Yes	Vaginal opening
Vagina	The vagina slopes upwards and slightly backwards; the passageway is between the uterus and the outside of the body. It is a muscular tube, about 3¾-4 inches long. Menstrual blood flows through it (tampons are inserted into the vagina). The vagina is the birth canal through which babies travel to the outside world (unless delivered by surgery). Normally, the walls of the vagina are relaxed and collapsed, but during sexual arousal, the inner two thirds of the vagina expand. Mucous membranes line the vagina, providing lubrication during arousal.	No	Vagina, birth canal, cave, hole
Hymen	Thin membrane just inside the vaginal opening that stretches across the opening and has one or more openings that allow for the passage of the menstrual flow during your period. The hymen looks different in different girls. The hymen disappears for different reasons and at different times. Exercising, using a tampon, and sexual activity can cause the hymen to disintegrate. It is impossible to tell simply by looking at a woman's hymen whether she has had sexual intercourse.	Maybe, if it is still there	Cherry
Anus	Opening into the digestive tract from the large intestine that allows solid waste (feces) to leave the body. It is close to the vulva but not part of it.	Yes	Butt hole

Adapted from information from The Boston Women's Health Book Collective (2005); Bell (1998); Madaras & Madaras (2007a); *Online Slang Dictionary* (www.onlineslangdictionary.com); Sex Lexis (www.sex-lexis.com).



Handout II-5: What Is Healthy for Females?

For females, regularly examining the vulva is a good habit to develop. The woman can observe what “normal” vaginal discharge looks and feels like and detect anything out of the ordinary to discuss with her health care provider. In a later class, we will also talk about regular medical exams and self breast examination.

- Normal discharge colors vary from white or milky to gray. The secretions change in consistency from thick to thin and clear (similar to egg white that is stretched out) over the course of the menstrual cycle.
- On the last day of the menstrual cycle, the discharge may be brown, watery, and sticky. This is normal.
- If the discharge has a distinct change of odor (e.g., becomes fishy or foul smelling), along with burning, bleeding between menstrual cycles, pain in the pelvic region, itching, or rash, call your health care provider to see if you have a bacterial infection. See also Lesson V for more details on sexually transmitted infections.

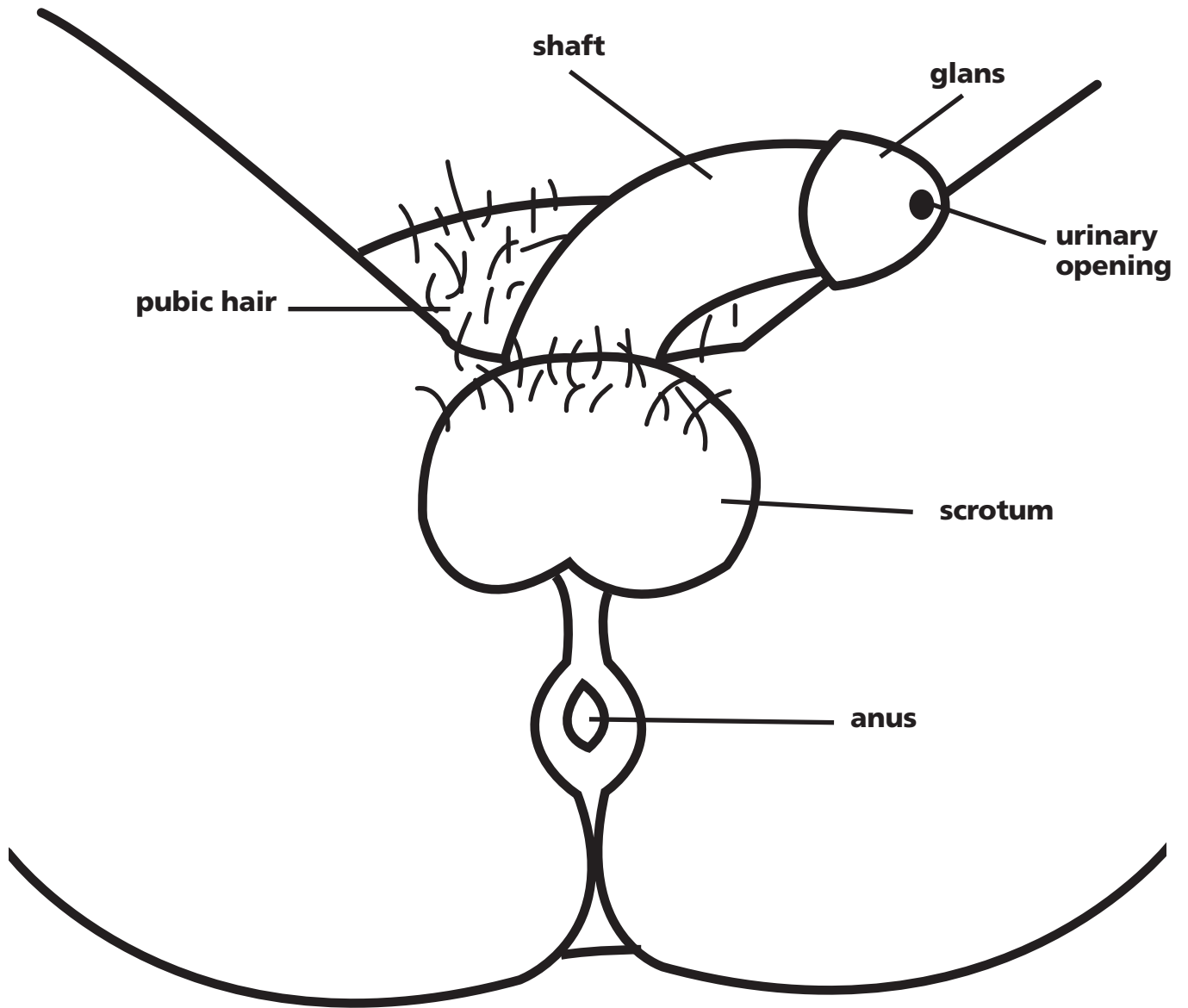
Rules for Keeping a Healthy Vagina

Gently wash your vulva and anus regularly (about once a day) with mild soap or unscented mineral oil. Pat your vulva dry after bathing and try to keep it dry. Don't use other people's towels or washcloths. Avoid talcum powder. If you take a bath, avoid using strongly perfumed soaps because they may irritate your vulva.

- Do not use douches or vaginal deodorants like scented tampons unless prescribed by your physician. They upset the natural chemical balance by altering the pH level or suppress the growth of normal bacteria leading to candida (yeast infection) (Stoppler, 2010). After a bowel movement, wipe the anus from front to back, away from the vagina, to prevent contamination with fecal bacteria.
- Wear cotton underpants and pantyhose with a cotton crotch. Nylon does not “breathe” and allows heat and moisture to build up, creating a place for infectious organisms to reproduce. Launder all underwear in hot, soapy water. Be sure to rinse thoroughly.

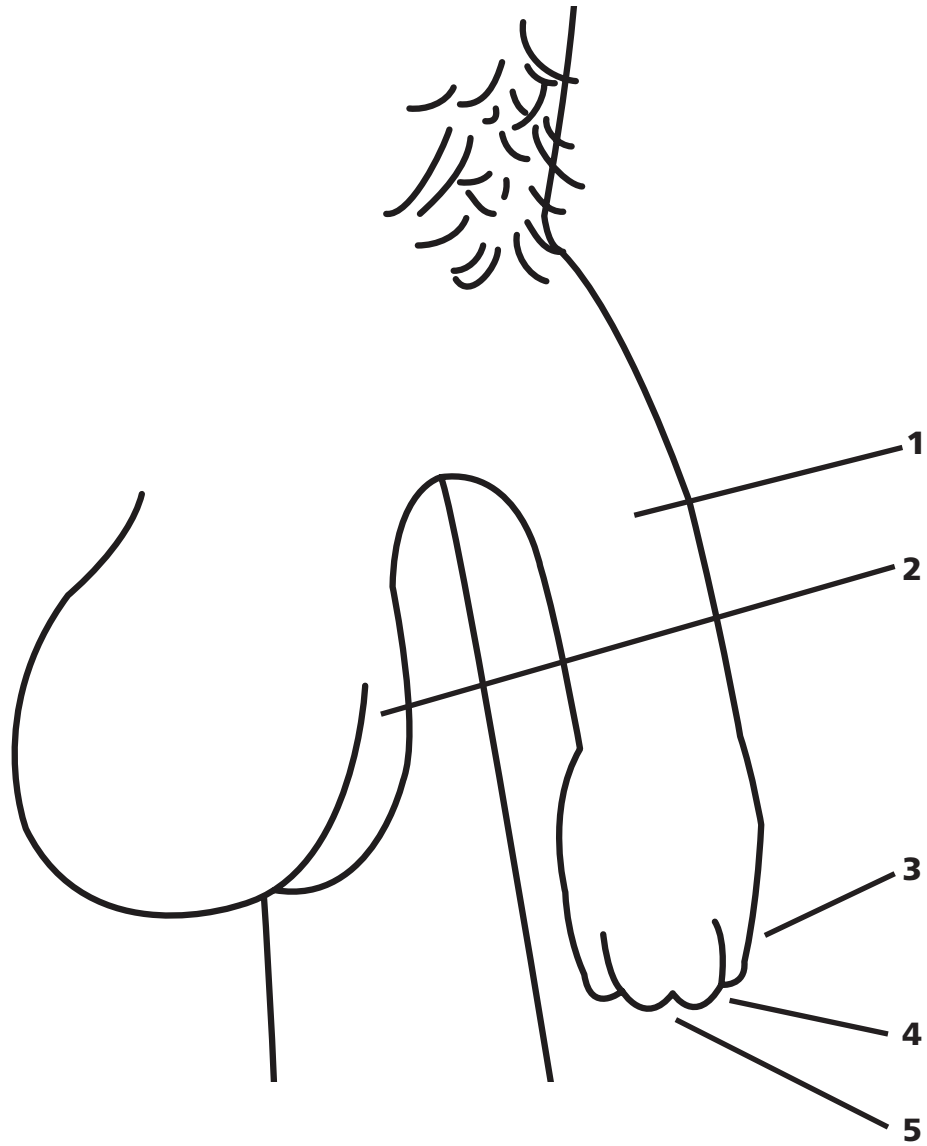


Handout II-6: Male Anatomy (circumcised penis)





Handout II-7: Study Guide for Male Genitalia (uncircumcised penis)



1. _____
2. _____
3. _____
4. _____
5. _____

Advocates for Youth. (2010). Used with permission.

From C. Davies & M. A. Dubie, *Intimate Relationships and Sexual Health*. Shawnee Mission, KS: AAPC Publishing. ©2012. www.aapcpublishing.net



Handout II-8: Male Anatomical Functions

Anatomical Name	Where to Find and Function	Can You See It?	Common Slang Word
Shaft or penis	Body of the penis; hangs freely. Usually soft except during an erection when it becomes larger and harder and sticks out from the body. Functions are sexual arousal, urine excretion, and ejaculation. Penises differ in size and width from man to man; may be straight or have a slight bend (this is normal). The average size of a flaccid (soft) penis is just under 4 inches. Erect penises vary between about 4 to 8 inches. It is common for teen males to have 11 erections a day and 9 more while sleeping. Adolescent boys often don't have control over when this happens, each erection only lasts a few minutes.	Yes	Dick, cock, prick, willy, member
Glans	The enlarged head of the penis at the end of the shaft. Most sensitive part of the penis.	Yes	Head, helmet
Corona	Ring or ridge of tissue that circles the lower edge of the glans.	Yes, if uncircumcised	
Foreskin	Loose skin that extends to cover the glans (unless surgically removed by circumcision). Can be pulled back to expose the glans. Glands beneath the foreskin produce a cheesy substance called smegma (this is normal unless it smells bad, which may indicate a hygiene problem or infection).	Yes	
Urethral opening	Tip of the penis, a small opening, which is the urinary opening to the urethra. The tube that leads to the bladder, where urine is stored before it exits the body. Sperm leaves the body through this opening too but never at the same time as urine.	Yes	Pee hole
Scrotum	Loose, wrinkly sac of skin behind and below the penis (contains the testicles). The skin of the scrotum varies in appearance.	Yes	Sac
Testicles	2 organs inside the scrotum that produce sperm and hormones.	Not directly, but can see shape inside scrotum	Balls, nuts, bullocks, gonads or nads, plums, goolies

Adapted from information from Madaras & Madaras (2007b); Strong et al. (2005); *Online Slang Dictionary* (www.onlineslangdictionary.com); Sex Lexis (www.sex-lexis.com).



Handout II-9: What Is Healthy for Males?

For males, regularly examining the shaft, glans, corona, and scrotum is a good habit to develop. We will talk about regular self-examination that all men should do in Lesson III.

- If you have never had sex, you may have little white bumps on the shaft of the penis. They are probably pimples or in-grown hairs. This is normal.
- White bumps can also appear on the glans of the penis or along the edge of the glans. This is normal, too.
- If you are having sex (e.g., oral, anus, or intercourse) now or had in the past, bumps on the penis may be a sign of sexually transmitted infections (STIs). They will be painful blisters, bumps, or ulcers. Seek medical attention immediately. We will learn more about STIs in Lesson V.

Rules for Keeping a Penis Healthy

- To protect your genitals from injury, use an athletic supporter (jockstrap) that hugs the genitals close to the body, supporting them and making them less vulnerable to injury during sports and other physical activity. A cup, which fits into the front of an athletic supporter, affords extra protection. Athletic supporters are sold in sports and department stores.
- Wear clean and dry cotton underwear. Be aware of a damp feeling, sore, red, itchy skin, or burning sensation around your testicles and on your inner thigh. This could be jock itch, also called jock rot. To avoid jock itch, don't wear pants that are irritating to your crotch. A little cornstarch may take care of jock itch in some cases, but it might require a fungicide. Fungicides are sold in the drugstore; ask your pharmacist for a recommendation. If the condition doesn't improve within two weeks (Mayo Foundation for Medical Education and Research, 1998-2010), contact your physician.
- For both circumcised and uncircumcised penises, males need to maintain clean genitalia by washing at least once a day.
- If uncircumcised, it is important to wash under the foreskin because there are several small glands that produce a cheesy substance called smegma. If smegma accumulates, it produces a foul odor and can irritate the penis or cause an infection. To wash the penis, lubricate with warm water and slowly pull foreskin back all the way, or as far it will comfortably go. Cleanse with mild soap and rinse thoroughly. Pat the area dry and return the foreskin to the natural position (Hudock, 2010).
- Always wash the penis after sexual intercourse even if you use a condom, to avoid build-up of bacteria and infection. Never directly use deodorant or cologne on the penis because it can cause irritation and lead to infection.



Handout II-10: Assignment

Below are seven websites about reproductive health. Pick two of the websites and find two facts about sexual health that people might find helpful or interesting. Write your facts below and bring to class to share next time.

Circle the two websites you picked below:

- Teen Health Fx (www.teenhealthfx.com); in search box ,type "Penis Size"
- Teen Health Fx (www.teenhealthfx.com); in search box, type "Breasts: They Come in All Shapes and Sizes"
- Planned Parenthood (www.plannedparenthood.org); in search box, type "Men's Sexual Health"
- Planned Parenthood (www.plannedparenthood.org); in search box, type "Women's Health"
- Healthination (www.healthination.com); under "video topics," search, "Breast Self-Exam"
- Young Women's Health (www.youngwomenshealth.org); in search box, type "Breast Health"
- Ehow (www.ehow.com); in search box, type "How to Do Testicular Self-Examination"

Two facts to share in class next session are:

1. _____

2. _____
