

Educational Links (English):

- ❖ <http://www.uua.org/re/owl>
- ❖ <http://www.advocatesforyouth.org/publications/publications-a-z/2390-sexuality-education>
- ❖ http://www.newworldencyclopedia.org/entry/Human_sexuality
- ❖ <http://siecus.org/index.cfm?fuseaction=page.viewpage&pageid=521&grandparentID=477&parentID=514>
- ❖ <https://internationalspectrum.umich.edu/life/definitions>
- ❖ <http://www.apa.org/topics/sex/>
- ❖ <https://www.plannedparenthood.org/learn/sexuality>
- ❖ <https://www.plannedparenthood.org/learn/sexual-orientation-gender>
- ❖ <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex>
- ❖ <https://www.plannedparenthood.org/learn/birth-control>



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Educational Booklet: Human Sexuality

To understand the issue of human sexuality in its proper dimension, the first thing to distinguish are the concepts of sex and sexuality.

- ❖ **Sex:** it is a term that serves to classify humans into two large groups: male and female.

- ❖ **Sexuality:** refers to the set of relationships that individuals establish with each other and with the world by being sexed. Sexuality encompasses a series of cultural, social, anatomical, physiological, emotional, affective and behavioral conditions that characterize the human being decisively in all phases of his development.

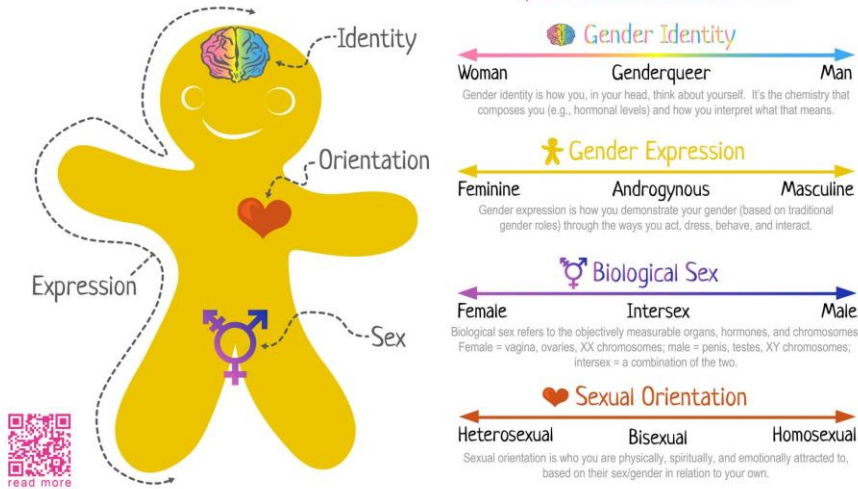
ELEMENTS OF SEXUALITY:

We can highlight some elements that fall within the concept of sexuality:

- ❖ **Sexual impulse:** The sexual impulse that is directed to both immediate sexual pleasure and procreation.
- ❖ **Sexual identity and sexual orientation:** They are understood as sexual tendencies in terms of aspects of the psychological relationship with one's body (feeling male or female) and as to sexual attraction to one sex, another or both (heterosexuality, homosexuality or bisexuality).
- ❖ **Social relationships:** In daily life, sexuality plays a very important role, since, from an emotional, affective and social point of view, it goes far beyond the reproductive purpose and compromises the life of a partner, family, and affective bonds interpersonal.

The Genderbread Person

by www.ItsPronouncedMetrosexual.com



Biological dimension of sexuality:

The biological dimension is crucial in different areas of sex life, such as: procreation, sexual desire, sexual response, etc. They are all influenced by sexual anatomy. Likewise, physical or physiological alteration (of functioning) can lead to different sexual disorders or diseases, affecting the sexual life of the person.

Psychological dimension of sexuality:

The human psyche plays a fundamental role in our way of living and feeling our sexuality. Our way of perceiving beauty, our ideas about what is right or wrong in terms of sex, our personality, our convictions, the temperament of each person, are decisive factors in our sexual relations. Our own sexual identity, our sexual orientation, depends in a great way on how we see and understand ourselves psychologically in relation to the sexual.

Social dimension of sexuality:

The social dimension encompasses the fundamental role played by family, friends, education received at school, religion, etc., on sexuality. Different societies have different models of understanding and living sexuality. Each society and culture establish a REGULATION whose purpose is to regulate and control the sexual behavior of its members and sexual ROLES which involve and, at the same time, define a particular image of Man - Woman and Relationship.

Ethical dimension:

The ethical dimension of the sexual being refers to the set of values that each one builds individually throughout his life, with which he commits himself, defining these the specific BEING and WHAT to MAKE specific to each person. The basis of individual ethics is in AUTO-VALUE: the human being values others by reference to the value he gives to himself. The reinforcement of SELF-ESTEEM is therefore a key point in the construction of this value scale.

Finally, sexuality is an integral part of the personality of every human being. Its full development depends on the satisfaction of basic human needs such as desire for contact, intimacy, emotional expression, pleasure, tenderness and love. Sexuality is built through the interaction between the individual and social structures. The full development of sexuality is essential for individual, interpersonal and social well-being. The exercise of human sexuality is recognized as a means of enjoyment, enjoyment, love and affection characteristic of the human species. It is the result of the interaction of biological, psychological, socioeconomic, cultural, ethical and religious or spiritual factors.

For questions or concerns, discuss it with your doctor.