Lesson 13: Anatomy & Physiology (Part 2)
Female Bodies & Sexual Response

OBJECTIVES

1. Students will find a common language with which to openly talk about issues of sex, gender and development
2. Students will be able to correctly label and describe the functions of the internal and external female sexual organs, including their role in generating sexual pleasure.
3. Students will be able to recognize that there is a wide variation in appearance of external organs associated with sex and reproduction.
4. Students will understand the sexual response cycle.

AGENDA

5 minutes Do Now
45 minutes Anatomy & Physiology (part 2): PowerPoint Presentation & Worksheet Completion
15-25 minutes (OPTIONAL) Brown Bag Activity
Homework Care for Down There: Female Bodies

MATERIALS

- Vocabulary Reference List
- Anatomy & Physiology: PowerPoint Presentation
- Anatomy & Physiology: PowerPoint Slide Notes
- Video: “Masturbation” (embedded in PowerPoint)
- Video: “Different is Normal” (embedded in PowerPoint)
- Worksheet: Internal Female Anatomy
- Worksheet: External Female Anatomy
- Homework: Care for Down There: Female Bodies

OPTIONAL ACTIVITY MATERIALS

- 4-8 bags filled with fruit, household objects, and office supplies.
- 4-8 outlines of a torso on butcher paper

CALIFORNIA HEALTH EDUCATION STANDARDS

1.1.G Describe physical, social, and emotional changes associated with being a young adult.
1.10.G Recognize that there are individual difference in growth, development, physical appearance, gender roles, and sexual orientation.
Lesson 13: Anatomy & Physiology (part 1)

DO NOW ACTIVITY  5 minutes

Materials
- Every student needs a notebook, journal, or paper and a pen
- Flipchart or whiteboard and markers
- PowerPoint slides #1 – 2

Activity
Write on board and have students complete the following question:
What might influence someone’s ability to enjoy and/or experience pleasure during sex?

If there is time, have a few students share their answers. Correct any misconceptions.

POWERPOINT SLIDES  45 minutes

Materials
- PowerPoint slides #3 – 46
- Worksheet: Internal Female Anatomy
- Worksheet: External Female Anatomy

Activity
Review the internal and external female anatomy by showing and discussing the PowerPoint slides.

Suggested Script:
So far we have discussed the male anatomy and physiology. Today we will discuss the female anatomy and physiology. Remember, people have all different words for these body parts – but we will be learning the medical terms so we are all using the same language and can understand each other.

The PowerPoint slides contain notes to assist you in presenting this material. Please refer to the notes in the slides for more information about each topic. The slides cover various topics. Here is the breakdown for topics, slide numbers, and approximately how long to spend on each topic.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Slides</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>External Female Anatomy</td>
<td>3-14</td>
<td>10 min.</td>
</tr>
<tr>
<td>Internal Female Anatomy</td>
<td>15-24</td>
<td>10 min.</td>
</tr>
<tr>
<td>Masturbation</td>
<td>25-27</td>
<td>5 min.</td>
</tr>
<tr>
<td>Sexual Response</td>
<td>28-43</td>
<td>10 min.</td>
</tr>
<tr>
<td>Is that True?</td>
<td>37-44</td>
<td>7 min.</td>
</tr>
<tr>
<td>Am I Normal</td>
<td>45-46</td>
<td>3 min.</td>
</tr>
</tbody>
</table>
**Female Sexual Anatomy and Physiology**

Review the internal and external female anatomy by showing and discussing the PowerPoint slides. Review the notes under each slide for more information. Students can fill out the accompanying worksheets as you go through the presentation.

**Teacher Tip:**
Before you start showing the anatomy slides, give each student a worksheet and ask them to label the worksheet carefully as you describe each part. Start with the external anatomy and then move to the internal parts.

**Masturbation**

Show the Planned Parenthood YouTube video “Ask the Experts: Masturbation” (Embedded on slide 27 of the PowerPoint. It’s also available here: [http://www.youtube.com/watch?v=kr2QilRJzBY](http://www.youtube.com/watch?v=kr2QilRJzBY))

**Sexual Response**

**Teacher Tip:**
 Sexual pleasure is an integral part of sexual function and behavior and is often not discussed by health educators or healthcare providers. While some adults may feel uncomfortable discussing the details of sexual pleasure and function, it is an important topic. For example, discussing pleasure promoted with condom use in addition to safer sex messaging results in increased condom use and safer sex. (See “Pleasure and Prevention: When Good Sex is Safer Sex.” Reproductive Health Matters. 2006; 14(28): 23-31.) For more information on talking to teens about sexual pleasure and dysfunction, please see pages 34 – 38 of the Adolescent Health Working Group’s “Adolescent Health Providers’ Sexual Health Toolkit,” available for free download at: [http://www.ahwg.net/assets/library/104_sexualhealthtoolkit2010bw.pdf](http://www.ahwg.net/assets/library/104_sexualhealthtoolkit2010bw.pdf)

Using slides 28-36 about sexual response, point out that the human body includes organs designed for both reproduction (starting a pregnancy and making a baby) and for giving and receiving sexual pleasure. While there is overlap (for instance, the penis can insert sperm into the vagina for reproduction, but it is also sensitive to touch and the uterus is where a pregnancy grows, but many females find uterine contractions pleasurable during sex), they are not the same thing. For instance, the sole purpose of the clitoris in females is to provide pleasure.

**Am I Normal?**

Show the Planned Parenthood YouTube video "Different is Normal" (Embedded on slide of the PowerPoint). It’s also available here: [http://www.youtube.com/watch?v=t9tFk835vjo](http://www.youtube.com/watch?v=t9tFk835vjo)

**OPTIONAL: BROWN BAG ACTIVITY**

**Materials**

- 4-8 bags filled with fruit, household objects, and office supplies.
- 4-8 outlines of a torso on butcher paper
- Students’ completed worksheets on internal and external female anatomy

Be Real. Be Ready.


Activity
This activity is an interactive way to learn more about human sexual anatomy and physiology – what our sexual body parts are – inside and out, what they are for and how they work.

Divide the class into 4-8 groups. Give each group labeled anatomy/physiology handouts, and outline of a torso, and a “brown bag.” Assign each group one of the following to model, using brown bag supplies, the female sexual system. Have the students create the female sexual system using the materials in the brown bag. Encourage students to get creative; there is no right or wrong way to complete this activity!

When groups have finished, have them present their models to the whole class, explaining what each part is and what it does. Correct any misconceptions and provide interesting facts about the anatomy and physiology. Or, if time is limited, when the groups have completed their models have the students walk around and view each other’s creations.

HOMEWORK

Care for Down There: Female Bodies
1. **Desire**: A strong feeling of wanting to have something or wishing for something to happen. The first stage of the sexual response cycle.

2. **Excitement**: The second stage of the sexual response cycle where arousal occurs and the body physically prepares for sexual activities.

3. **Hymen**: A thin layer of skin, or pieces of skin, that partially cover the opening to the vagina in some females.

4. **Masturbation**: The act of someone touching their own body, usually the genitals, for pleasure.

5. **Menstruation**: When the lining of the uterus (endometrium) sheds and leaves the body through the vagina. Also known as a period. This usually happens once every month for females after puberty.

6. **Orgasm**: The fourth stage of the sexual response cycle. This is a climax of sexual excitement, characterized by feelings of pleasure centered in the genitals. Quick cycles of muscle contraction occur in the muscles surrounding the genitals.

7. **Os**: The opening to the uterus.

8. **Ovulation**: The release of an egg from the ovary. This usually happens once every month.

9. **Plateau**: The third stage of the sexual response cycle. The period of sexual excitement prior to orgasm.

10. **Pleasure**: A feeling of happy satisfaction or enjoyment.

11. **Resolution**: The fifth, and final stage of the sexual response cycle. The body relaxes from the excited state to a resting state.

12. **Sexual response cycle**: The stages humans go through during sexual interaction. There are five stages in the sexual response cycle, including desire, excitement, plateau, orgasm, and resolution.

13. **Vaginal discharge**: Clear, white, or off-white secretions from the vagina that help keep the vagina clean.

14. **Vaginal fluids**: The liquid that is produced inside the vagina during arousal.
Worksheet: External Female Anatomy

Name: ___________________________________  Period: ______________________

Directions: Write the name and letter of each part on the correct line above.

A. Clitoral Hood
- Covers and protects the glans of the clitoris

B. Clitoris
- Highly sensitive gland that can become erect during arousal
- Densely packed with pleasure-sensitive nerve endings

C. Inner Labia
- Inner folds of skin, spongy tissue, and nerve endings that cover and protect the openings to the vagina and urethra
- Lined with pleasure-sensitive nerve endings

D. Mons
- Fatty tissue that sits above the pubic bone and helps protect the body
- Often covered with pubic hair

E. Outer Labia
- Outer folds of skin, fatty tissue, and nerve endings that cover and protect the vulva
- Lined with pleasure-sensitive nerve endings

F. Urethra
- This is the tube that connects the bladder to the outside of the body

G. Vaginal Opening
- This is the opening to the vaginal canal.

H. Vulva
- All “outside” female genitals combined
- Includes labia, clitoris, vaginal and urethral openings

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Lesson 13: Anatomy & Physiology (part 2)

Worksheet: Internal Female Anatomy

Name:_______________________________________________ Period:____________________

**Directions:** Write the name and letter of each part on the correct line above.

A. **Cervix**
   - Base of the uterus - joins the top of the vagina
   - Can be felt at the back of the vagina – shaped a little like a nose
   - The cervical opening (os) is usually closed, but opens a little for sperm & menstrual blood
   - The os opens to 10 cm to give birth

B. **Endometrium**
   - Lining of the uterus, made of blood and tissues
   - This is shed during menstruation (period).
   - Where a fertilized egg plants itself; this is when pregnancy starts
   - Nourishes and cushions a fetus as it grows

C. **Fallopian Tubes**
   - Has “fingers” (fimbriae) that grab an egg that has been released from the ovaries
   - Passageway where the egg travels to the uterus
   - Where sperm and egg meet (fertilization)

D. **Ovaries**
   - Produce the hormones estrogen and progesterone, and contain eggs.
   - During puberty, start maturing and releasing ova (eggs), usually one per month

E. **Uterus**
   - Strongest muscle in the female body
   - About the size of a fist (before a pregnancy)
   - Where a fetus can grow & develop
   - Contracts during both orgasm & childbirth

F. **Vagina**
   - Stretchy, muscular passage connecting the vulva and uterus
   - Menstrual blood flows through here
   - Penis may go here during vaginal sex
   - Has very few nerve endings (little sensation)
   - A spongy tissue may be felt about 3 inches into the vagina on the upper side towards the belly. Called the G-spot, some people find it pleasurable and have orgasms when it is stimulated, other people do not

*Be Real. Be Ready.*
Homework: Care for Down There: Female Bodies

Name: ____________________________________________________________
Period: ___________________   Date:________________________

Directions: Answer the questions below using the information found on these websites:
- http://www.scarleteen.com/article/advice/out_out_damn_uti
- http://www.plannedparenthood.org/health-info/womens-health/
- http://kidshealth.org/parent/growth/growing/menstrual_problems.html#cat20015

#1. What are three things a female-bodied person can do to take care of their body?

#2. What is a urinary tract infection (UTI)? What are some things a female-bodied person can do to avoid UTIs?

#3. What are two cancers that can affect female-bodied people? How are these detected?

#4. What are some common questions people have about their periods and menstrual cycles?
**Lesson 13: Anatomy & Physiology Slide Notes**

**Slide 1:**

Female Anatomy & Physiology

**Slide 2:**

**DO NOW:**

What might influence someone’s ability to enjoy and/or experience pleasure during sex?

Have students complete the do now question.

**Slide 3:**

External Female Anatomy

Let students know that you will be reviewing the external anatomy of the female body. Have students follow along by filling in the blanks on their worksheets.

For each part, first ask students what the part is and then click to reveal the answer.

**Slide 4:**

- **Vulva (H)**
  - All “outside” female genitals combined
  - Includes labia (lips), clitoris, vagina and urethral openings

“Vulva” is the correct term for the external female genitals. Often people say “vagina,” but that is not correct.
Lesson 13: Anatomy & Physiology (part 2)

Slide 5:

**Definition**
- The mons (or mons pubis) is the fatty tissues that covers the pubic bone.

**Function**
- Helps protect the body (during sexual activity)
- It splits to become the outer labia

**Fun Facts:**
- Hair usually grows on the mons during puberty
  - Some people choose to remove their pubic hair, but people do not have to remove it for medical reasons
  - People need to take care when removing hair from the mons as this skin is delicate
- The mons tends to get larger during puberty

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Slide 6:

**Definition**
- The outer labia are folds of skin and fatty tissue on the outside of the vulva.

**Function**
- These labia cover and protect the vulva and the openings to the body (urethral and vaginal)
- Lined with nerve endings for sexual pleasure.

**Fun Facts:**
- Often called "lips"
- Hair usually grows on the outer labia
  - Some people choose to remove their pubic hair, but people do not have to remove it for medical reasons
  - People need to take care when removing hair from the mons as this skin is delicate
- The outer labia are not symmetrical – one side is usually larger or lightly different in shape than the other side.
- The outer labia will change in appearance as a female develops during puberty – they may get bigger.

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Slide 7:

**Definition**
- Inner folds of skin, spongy tissue, and nerve ending.

**Function**
- These labia cover and protect the vulva and the openings to the body (urethral and vaginal)
- Lined with nerve endings for sexual pleasure.
- Engorge with blood during and become erect when a female is aroused

**Fun Facts:**
- Often called “lips”
- Hair usually does not grow on the inner labia
- They tend to always be a little moist because they are a mucous membrane (like lips on the mouth)
Sometimes a white material can build up on the inner labia – this is a mixture of dead skin cells and natural oils. It is a healthy idea to wash this away.

The inner labia are not symmetrical – one side is usually larger or lightly different in shape than the other side.

The inner labia will change in appearance as a female develops during puberty – they may get bigger.

For some people the inner labia are bigger than the outer labia. For others the outer labia are bigger than the inner labia.

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**Slide 8:**

**Clitoral Hood (A)**

- Covers and protects the glans of the clitoris

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**Definition**

- The clitoral hood covers the clitoris and is formed by the inner labia coming together at the top of the vulva.

**Function**

- This helps to protect the clitoris

**Fun Facts:**

- It may be difficult to see the clitoris if it is fully covered by the clitoral hood
- When a body is highly aroused and close to orgasm, the clitoris might pull back under the clitoral hood because it is so sensitive

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**Slide 9:**

**Clitoris (B)**

- This is a gland that is highly sensitive and is made out of erectile tissue that can become erect during arousal.

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Only a tiny portion of the clitoris is visible from the outside. The clitoris is much larger than what can be seen on the outside. The clitoral legs extend into the body along the sides of the opening to the vagina. This slide shows the entire structure.

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**Slide 10:**

**Urethra (F)**

- This is the tube that connects the bladder to the outside of the body

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**Definition**

- This is the tube that connects the bladder to the outside of the body

**Function**

- This is where urine leaves the body

**Fun Facts:**

- The urethra is located below the clitoris and above the opening to the vagina
- It can be difficult to see the urethral opening on some bodies
- It is much smaller than the vaginal opening
- Some females release a fluid during sexual activity, sometimes called “female ejaculation.” This fluid leaves through the urethra.

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### Slide 11: Vaginal Opening (G)

**Definition**
- This is the opening to the vaginal canal located below the urethra

**Function**
- This is a stretchy passage way into and out of the body.
- Allows things to go in for reproductive and sexual purposes – and allows things out (such as menstrual blood, vaginal discharge)

**Fun Facts:**
- Designed to be stretchy – If someone chooses to become pregnant and have vaginal childbirth, this can stretch enough for the baby to come out through the vaginal opening
- This cannot get overstretched from someone having sex or using tampons
- This is surrounded by muscles that support this entire area

### Slide 12: The Hymen

**Definition**
- A thin layer of skin or pieces of skin that partially covers the opening to the vagina in some females

**Function**
- No known function

**Fun Facts:**
- There are different types of hymen
- Some females are born with a hymen – but not all
- It is very rare to have a hymen that fully covers the entire vaginal opening
- The hymen may stretch if something (fingers, penis, dildo, speculum) is inserted into the vagina for the first time
- There may be a drop of blood if the hymen stretches a lot
- If someone does not bleed the first time they have sex it doesn’t mean they are not a virgin.

### Slide 13: The Perineum

The perineum is rich in nerve endings and can be sensitive to pleasure
Lesson 13: Anatomy & Physiology (part 2)

Slide 14:

**The Anus**
- The opening to the rectum where feces leaves the body

**Definition**
- Anus: The opening to the rectum. Feces leaves the body through the anus. This is part of the digestive system – not part of the reproductive system.

**Function**
- This opens and closes to allow the passage of feces.
- The anus and the area between the anus and the vulva, called the perineum, are rich in nerve endings and can be sensitive and can feel pleasurable.

**Fun Facts:**
- There are two sets of muscles that surround the anus – one is voluntary (which means it can be controlled) and one is involuntary (which means the person cannot control it).
- During orgasm, the muscles in the anus spasm (contract and release).
- Since the anus is not part of the reproductive system, if someone choose to have anal sex without a condom/protection, pregnancy would not be possible. However, infections can spread from unprotected anal sex if one of the partners has an infection.

Slide 15:

Let students know that you will be reviewing the internal anatomy of the female body. Have students follow along by filling in the blanks on their worksheets.

For each part, first ask students what the part is and then click to reveal the answer.

Slide 16:

**Ovaries (D)**
- Produce the hormones estrogen and progesterone
- Contain eggs
- During puberty, start maturing and releasing eggs, usually one per month

**Definition**
- Produce the hormones estrogen and progesterone
- Contain eggs
- During puberty, start maturing and releasing eggs, usually one per month

**Function**
- If an egg is fertilized by a sperm, it will begin to divide and this may result in a pregnancy

**Fun Facts:**
- The eggs are stored in the ovaries
- Females do not make eggs like males make sperm – they are born with all of their eggs: about 500,000
During puberty, each month a few eggs will start to mature and then one will be released by the ovary and pulled into the fallopian tube. The egg always carries an X sex chromosome.

**Fun fact:** Has "fingers" (fimbriae) that grab an egg after it is released from the ovaries.

The uterus is the strongest muscle in the female body. In a female who hasn’t given birth, it is about the size of a fist. If a woman is having cramps during her period, this is usually what is cramping – it is contracting to shed its lining.

The cervix can be felt at the back of the vagina – shaped a little like a nose.
Lesson 13: Anatomy & Physiology (part 2)

Slide 22:
Vagina (F)
- Stretchy, muscular passage connecting vulva & uterus
- Often becomes wet during sexual arousal, and may be penetrated as a part of sex
- Can stretch to accommodate a baby during birth
- Menstrual blood flows through here

Has very few nerve endings
A spongy tissue may be felt about 3 inches into the vagina on the upper side towards the belly. Called the G-spot, some people find it pleasurable and have orgasms when it is stimulated, other people do not

TO TEACHERS: To learn more about the vagina, vaginal lubrication and the g-spot, see scarleteen.com at http://www.scarleteen.com/article/body/anatomy_pink_parts_female_sexual_anatomy

Slide 23:
Vaginal Discharge
- Vaginal discharge refers to secretions from the vagina
- It helps keep the vagina clean and free of harmful bacteria, and maintains a healthy acid balance
- This discharge varies greatly in scent, color and consistency depending on where a female is in the menstrual cycle
- Because the vagina is “self-cleaning” there is no need for douching (washing the vagina out) or for using “feminine sprays” – in fact, these can be irritating and harmful

Slide 24:
Vaginal Fluids
- When a female is sexually excited, the vagina will usually get wet
- It can be painful or irritating if the vagina does not get wet enough before a finger, penis, or sex toy is inserted in the vagina
- Lubricant can be added for extra comfort
- About 1 in 10 females sometimes ejaculate (release a clear fluid through the urethra) during or before orgasm

Slide 25:
MASTURBATION
Lesson 13: Anatomy & Physiology (part 2)

Slide 26:

About Masturbation

- Masturbation is when someone touches themselves for pleasure
- Many people masturbate, some people don’t – either way is normal & healthy
- All people can choose to masturbate
- People can use self-exploration and masturbation to get to know their bodies – this can help them to communicate to their partner what they like and don’t like

Slide 27:

Video embedded in this slide. Source:
http://www.youtube.com/watch?v=kr2QiRJzBY

Slide 28:

Sexual Response Involves the Mind, Body, & Emotions

Suggested Script:
People chose to have sex or not have sex for many different reasons. One reason people might chose to have sex is for pleasure. Most people will have questions about pleasure and issues like orgasms and sexual arousal. This section will help us explore some of the answers to these common questions.

Slide 29:

“Sex is mostly between your ears, not your legs. The largest, most important and most active sexual organ of the body isn’t a penis or vagina, it’s the brain.”

- Heather Corinna, Scarleteen.com

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Slide 30:

Sexual Response & Pleasure
- In addition to genitals, many body parts can provide physical pleasure – nipples, arms, back, buttocks, ears, feet, fingers, legs, neck.
- People differ in what they find pleasurable
- We all have the right to control our bodies, including when and if we will have sex.

Slide 31:

- Psychological and emotional factors can influence sexual response
- More common for females to go back and forth between phases and to have resolution (satisfaction) without orgasm
- Males have a refractory period = the time frame before being capable of another orgasm. This period increases with age.

Slide 32:

Desire can be influenced by many things.
People desire sex and sexual contact for many different reasons. It’s possible to experience desire and not act on feelings, only enjoy them.

Slide 33:

Body changes that can occur in this stage include:
Blood gathers in the genitals, enlarging the clitoris or penis (erection);
The vagina becomes wetter and lengthens; the Cowper’s Gland releases a clear fluid called pre-ejaculate or pre-cum that washes out the urethra.
Males who experience an erection will not be harmed if they don’t ejaculate. (While they may feel discomfort, there is no such thing as “blue balls”.)

Slide 34:

This phase is characterized primarily by the intensification of all of the changes begun during the excitement phase.

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Slide 35:

**Stages of Sexual Response**

Can be gradual or fast. It begins with orgasm, a 3-10 second series of muscle contractions triggered by the brain, accompanying by a feeling of great pleasure or release.

- When a female has an orgasm, the uterus and vaginal muscles contract.
- When a male has an orgasm, the abdomen and penis muscles contract.
- Most males will ejaculate with orgasm (but these two things do not always happen at the same time for males).
- Between 10-69% of females also ejaculate a clear liquid during or before orgasm from ducts through and around the urethra. This may feel like peeing but the fluid is different from urine.
- Some females (and fewer males) experience several orgasms quickly in a row (multiple orgasms).

Slide 36:

**Stages of Sexual Response**

The body returns to resting levels of heart rate, blood pressure, breathing, and muscle contraction. Swelled and erect body parts return to normal and skin flushing disappears.

This is marked by a general sense of well-being and enhanced intimacy and possibly by fatigue as well.

Slide 37:

**IS THAT TRUE?!?**

Go through the slides to test students on their knowledge about desire, arousal, and masturbation.

- Have students vote or share if they think the statement is true or false.
- Click to reveal the answer.

There are 7 true/false questions.

Slide 38:

**You can tell by looking at someone’s body if they want to have sex or not.**

**FALSE**

You can tell by looking at someone if they want to have sex or not.

**False** – While some changes that happen during arousal are easy to see on the outside of the body (such as a penis becoming erect), the true indicator of whether someone wants to have sex or not is how they are feeling – not what their body is doing. Also, many arousal changes cannot be seen (such as the vagina lubricating). If someone wanted to know if their partner desired sex or not – the best way to find out is to ask.
Slide 39:
If someone gets an erection, it means they want to have sex; if someone’s vagina lubricates, it means they want to have sex. **False** – Erections and lubrication can occur for no reason or for reasons not related to desire. For example, many males wake up with an erection in the morning. Teenage boys often get spontaneous erections that are not related to sexual desire or excitement.

Slide 40:
Everyone's level of sexual desire changes over time and with different circumstances. **True** – “Normal” levels of sexual desire vary widely and change. Sexual desire is affected by physical, emotional, and social factors. If someone’s level of desire is causing them a problem, they can talk with a parent/guardian, trusted adult, or sexual health professional.

Slide 41:
If someone desires sex, their body will become sexually excited and aroused. **False** – Sometimes people do desire sex but do not become sexually excited. This situation happens to most people at some point. It is not something to worry about.

Slide 42:
People can “make love” and have orgasms without having sexual intercourse. **True** – “Making love” can consist of many behaviors (caressing, kissing, massage, manual stimulation). People may reach orgasm from touching or rubbing themselves and/or each other without engaging in intercourse. People have sex in a variety of different ways.
If someone is aroused and then does not have sex (sometimes called "blue balls") it could cause serious problems for their body. **False** – If the body becomes aroused and then the person does not have sex, orgasm, or ejaculate – that is fine. There may be some discomfort in the genitals when they go from being aroused to relaxed, but it is not causing any harm to the body.

Masturbating frequently is a problem. **False** – There is no problem with masturbating frequently. The only time masturbation can be considered a problem is if it gets in the way of other things the person should be doing or if the person is disturbing other people or otherwise causing harm to themselves.

Video embedded in this slide. "Different is Normal" from Planned Parenthood. Source: http://www.youtube.com/watch?v=t9tFk835vjo