

- The glans of the clitoris is in front of the openings of the urethra and vagina.

5. Define sexual response system terms. *A step-by-step description of an orgasm in a co-ed classroom of 14-year-olds*

Show the *Visual 5: Human Sexual Response* and briefly explain the 3 components: desire, arousal, release.

Now we're going to talk about human sexual response. Genitals are only one part of the sexual response system. It also includes emotions, the brain, hormones, the senses and the entire body.

Three important aspects of sexual response are desire, arousal and release.

Desire is the feeling of wanting to be sexually close to someone.

- A person who feels desire may or may not decide to be involved in sexual activity.

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Arousal is the experience of being sexually excited.

- Arousal can result from a person's thoughts and attractions, as well as from sexual activity with another person or during masturbation. People may have very different emotions during arousal depending on the circumstances.
- For most women, arousal often includes the clitoris becoming erect, the vagina getting wetter, and the labia swelling.
- For most men, arousal often includes the penis becoming erect, the scrotum moving closer to the body, and a small amount of fluid being released from the penis.
- For all, arousal often includes heartbeat and breathing getting faster, nipples getting erect, and skin becoming more sensitive.

Release is a reduction of sexual tension that can happen gradually over time, or more immediately during an orgasm.

- An orgasm is a release of sexual tension that results in muscle contractions in the pelvic area and a physical feeling of sexual pleasure. For most men, orgasm also includes ejaculation.
- Like arousal, orgasm is a physical response that sometimes happens during sexual activity with another person or during masturbation. People may have very different emotions during orgasm depending on the circumstances.

6. Conclude the lesson

Wrap up by asking questions about the common body parts between most male and female reproductive systems and sexual responses:

- What do the ovaries and testicles have in common?
Answer: Produce sex cells (sperm and egg); produce hormones (estrogen and testosterone).
- What do the sperm and egg have in common?
Answer: They are both sex cells and are both needed to for people to reproduce.