



GLOW

**For Me : Anatomy to Sexuality from
Function to Protection
(Community Module 1)
Presenter: Dottie**



Anatomy & Sexuality

(1. Community Module)





OBJECTIVES

- Describe the structure and function of the female reproductive system
- Analyze the structure of gendered representations in messaging
- Articulate a critical understanding of the impact of gender and sexuality within their own lives
- Develop strategies to gain a healthy perspectives about our bodies and our sexual health



**Lets discuss some
basic information that
should have been given
to all women before
engaging in sexual
activity?**



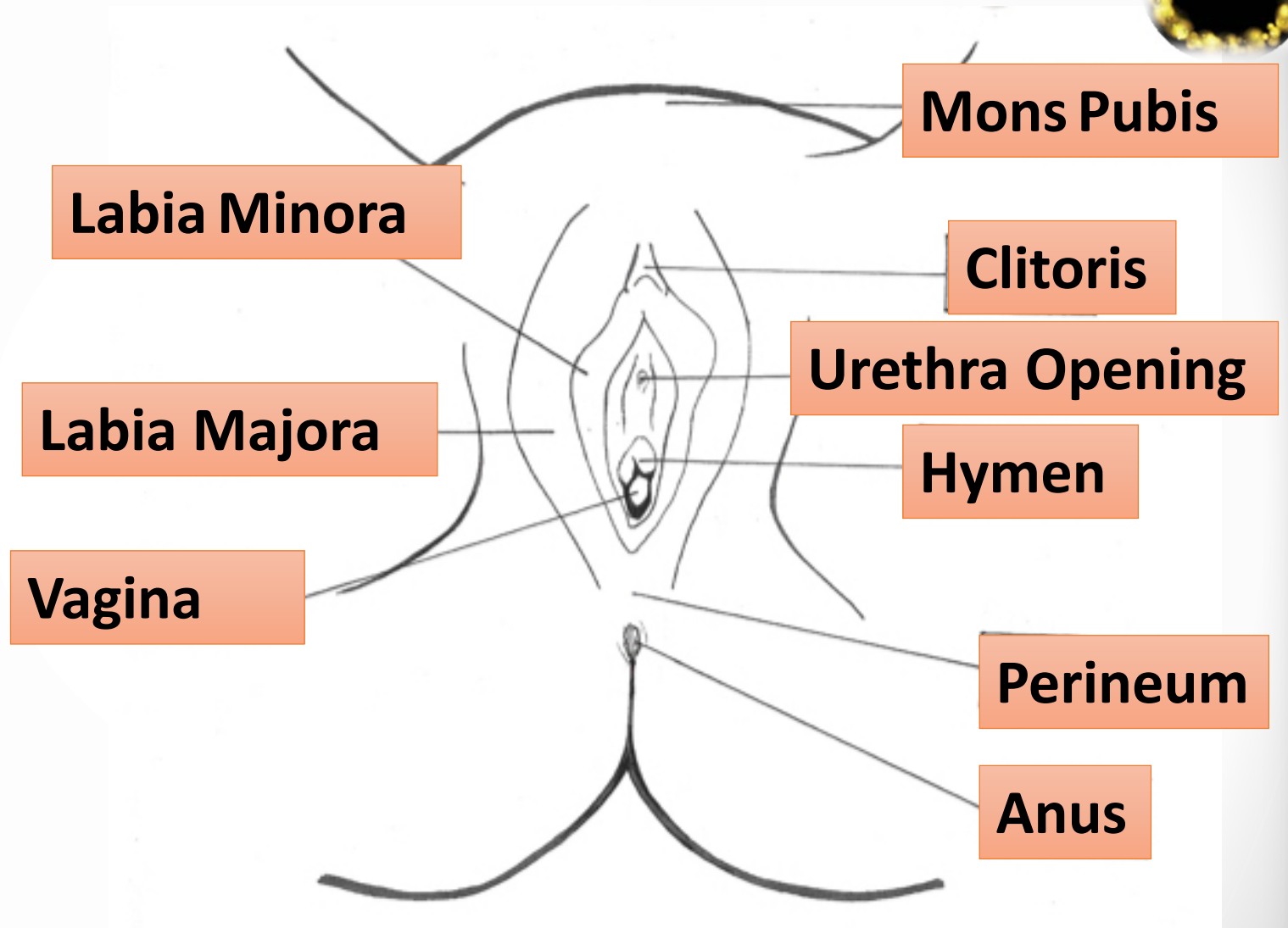
Body Basics

- What is “it”?
- Does “it” have a name?
- How does “it” function?



Names for the Female Anatomy

- Vagina
- Clitoris
- Urethra opening
- Labia Minora
- Perineum
- Anus
- Mons Pubis
- Hymen
- Labia Majora





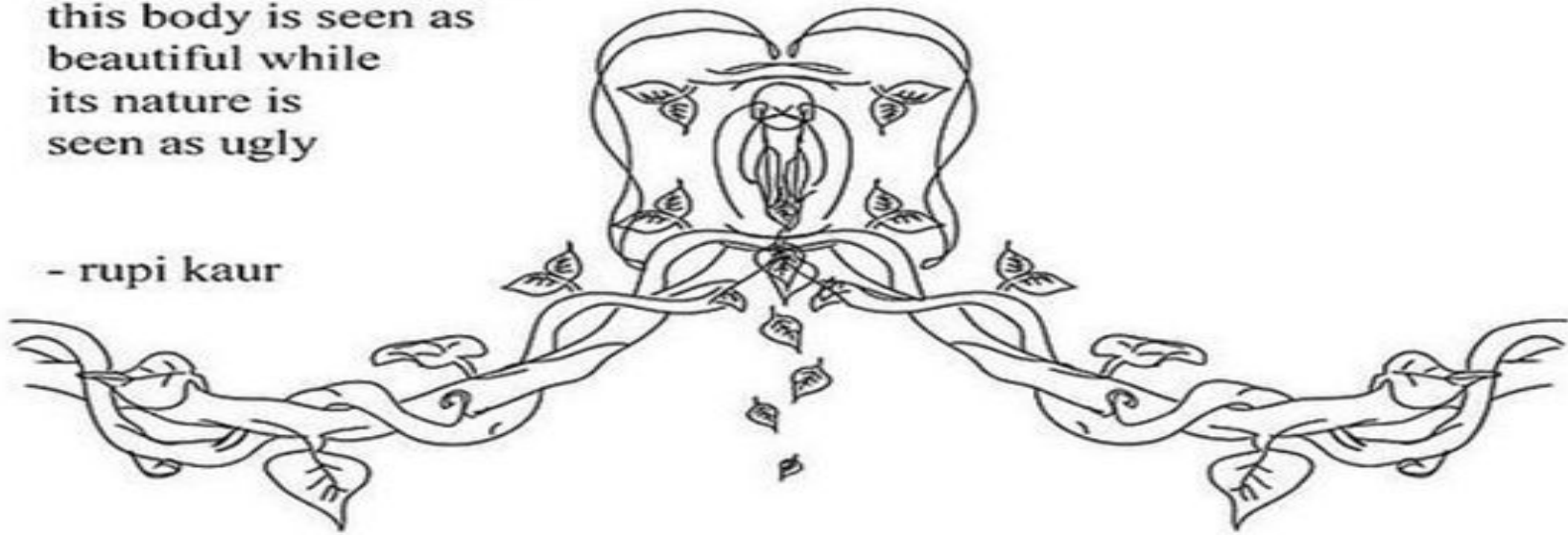
Now is the time
to talk about
*that time of the
month!*

apparently it is ungraceful of me
to mention my period in public
cause the actual biology
of my body is *too real*

it is okay to sell what's
between a woman's legs
more than it is okay to
mention its inner workings

the recreational use of
this body is seen as
beautiful while
its nature is
seen as ugly

- rupi kaur





Defining Menstruation

Menstruation is the technical term for getting your period. About once a month, females who have gone through puberty will experience menstrual bleeding.

This happens because the lining of the uterus has prepared itself for a possible pregnancy by becoming thicker and richer in blood vessels. If pregnancy does not occur, this thickened lining is shed, accompanied by bleeding.

Bleeding usually lasts for 3-8 days. For most women, menstruation happens in a fairly regular, predictable pattern. The length of time from the first day of one period to the first day of the next period normally ranges from 21-35 days.

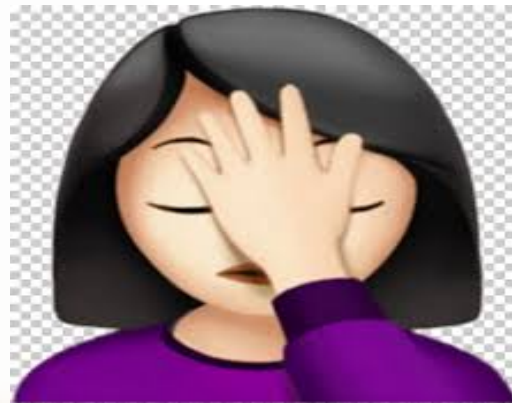
Names for the Menstrual Cycle

- Aunt Flow
- The Curse
- Mothers Natures Gift
- Shark Week
- Girl Flu
- Crimson Tide
- The Time of the Month
- Moon Time



What were some of the messages you received about your Menstrual Cycle?

- The Curse
- Unclean
- Ashamed
- Disgust
- Embarrassed



- Sacred
- Powerful
- Strong
- Its Normal
- Celebrated





Myths about Menstruation

Myth No. 1: *You can't get pregnant when you're on your period.*

The Truth: Au contraire, friend. Despite the popularity of this myth, it's simply not true. Some people believe that you can't get pregnant on your period because your uterus is shedding its inner lining, which is your body's way of saying, "No baby in here!"



Myths about Menstruation

Myth No. 2: A tampon can get lost inside of your vagina.

The Truth: Um, no. Let's put this menstruation myth to bed right now. While you can get a tampon *stuck* inside of your vagina, you definitely cannot lose one. Your vagina is not nearly as deep as you might think. It opens more when you're aroused in order for a penis to enter, but even so, it still can't go anywhere. Your cervix is at the base of your uterus and prevents *anything* you put up there from going too far in.



Myths about Menstruation

Myth No. 3: *You can't go swimming when you are on your period.*

The Truth: This myth may have originated when tampons were not around, and women worried that menstrual blood would contaminate the water. But, this is just not the case anymore. Swimming during your period is completely safe and actually encouraged to help ease menstrual cramps. However, it's important to use the proper feminine products while swimming to protect you and your swimsuit. Pads do not work in the water

Furthering The Messages Growing Up:

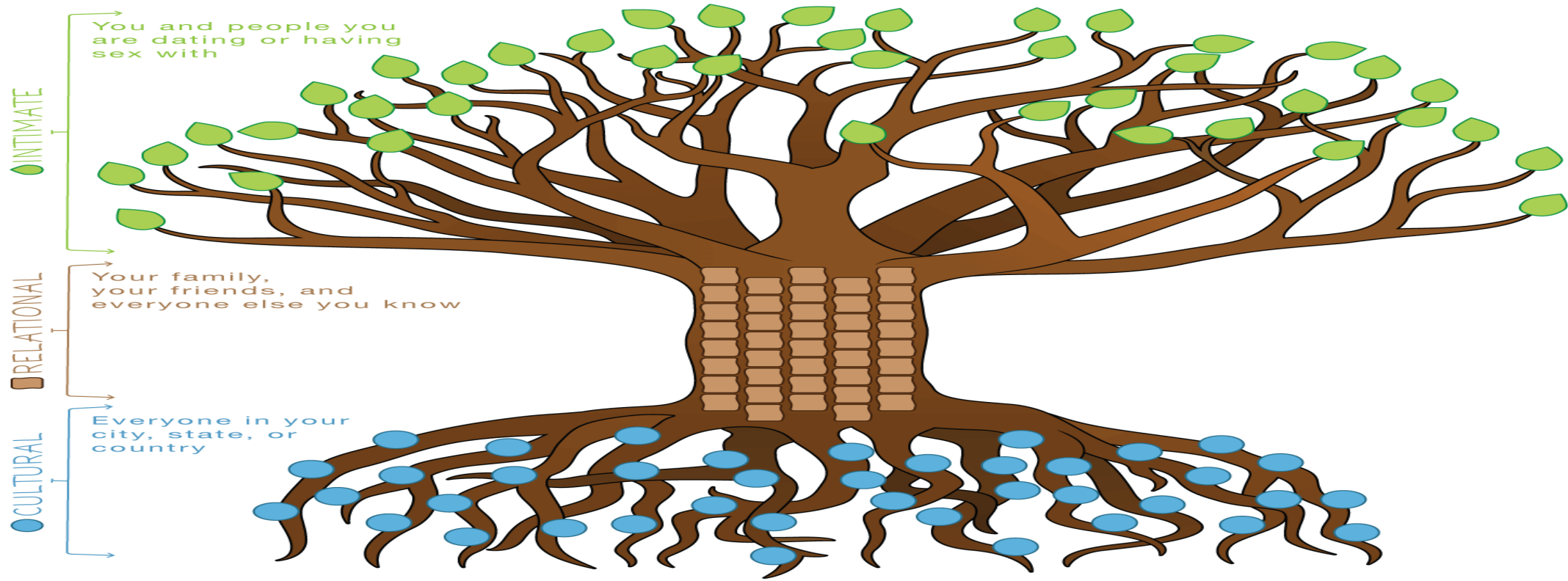
- **Your Body**
- **Self Exploration**
- **Sex**



THE SEXUALITREE by UNHUSHED & its pronounced METROsexual

Hard to get the early way Sex ed done right. Poster v1.0

The Sexualitree is a way to see how we experience sexuality in different ways. Sexuality affects us on different levels of our lives, and each person uniquely.



3 levels of sexuality (Intimate, Relational, Cultural), 45+ different elements. Each bubble (●, ■, ●) can be filled in with any of the numbers below, representing the ways you experience various aspects of sexuality.

- | | | | |
|-------------------------|-----------------------|--------------------------|----------------------------|
| 1. Abortion | 13. Family | 25. Medical Theory | 37. Sexual Anatomy |
| 2. Abstinence | 14. Fantasy | 26. Oral Sex | 38. Sexual Orientation |
| 3. Access to Healthcare | 15. Fashion | 27. Physiology | 39. Sexual Response System |
| 4. Age | 16. Fetish | 28. Pornography | 40. Sharing |
| 5. Anatomy | 17. Gender | 29. Psychological Theory | 41. Skin Hunger |
| 6. Body Image | 18. Healthcare System | 30. Puberty | 42. STI Prevention |
| 7. Caring | 19. Intercourse | 31. Race | 43. STIs |
| 8. Communication | 20. Laws | 32. Rape | 44. Technology |
| 9. Consent | 21. Liking | 33. Religion | 45. Vulnerability |
| 10. Contraception | 22. Loving | 34. Reproduction | 46. _____ |
| 11. Disability | 23. Masturbation | 35. Risk Taking | 47. _____ |
| 12. Education | 24. Media | 36. Sex Toys | 48+ _____ |

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What's missing?
Add your own!



How do
those
messages
impact:

Our Health?

Sexual Health?

Intimate Relationships?



How do we disrupt some of those negative messaging that we were taught?

How do we have a healthy perspective on sexuality?



Q&A

grew