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

(1. Community Module)
• 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
Let's discuss some basic information that should have been given to all women before engaging in sexual activity?
• 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!”
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.
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

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.

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

What's missing? Add your own.

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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