

# Health 8

## Activity 1.1

Determine whether the given biological and physiological characteristics are observable in male or female. Write M for male and F for female.

Biological/Physiological Characteristic	Male or Female?
1. The onset of menstruation	
2. Presence of Adam's apple	
3. Presence of beard or moustache	
4. Development of breasts that usually lactate	
5. Widening of hips	
6. More massive bones	
7. Narrowing of the waist/hourglass-shaped body	
8. Broadening of the shoulders	
9. Development of bold/strong voice	
10. Narrowing of the hips	

## What is ADOLESCENCE?

**Adolescence** is a period when a person undergoes a lot of change. Primarily, teenagers experience physical changes that are very observable. Some physiological changes may also be observed such as the onset of menstruation for the females and the development of horse or bold voice for males.

This period may bring about many issues that teenagers may be curious about. Their reactions or attitudes on these issues may have a great influence on their lives. One of these issues is sexuality.

## What is HUMAN SEXUALITY?

**Human sexuality** may be defined as the measure of maleness and femaleness in one's individuality and physical makeup. The way we behave, how we express ourselves, and how we react and interact with all the things around us, including our own body are determined and affected by our sexuality.

**Sexuality** is something that is biological and natural.

To better understand human sexuality, it is important that we understand the words that are associated with sexuality such as sex and gender.

**Gender** is a social concept on how men and women should think, feel, and act. It refers to femininity or masculinity of a person's role and behavior as defined by society. Human sexuality is the quality of being male or female. It is the way in which we experience and express ourselves as sexual beings. (Department of Education, 2013)

**Gender and Sexuality** are two issues that influence your life as a young person. These two concepts have some significant impact on how you view yourself and deal with other people, especially with the other sex. Sexual feelings are normal and healthy. As a teen, you'll experience a heightened desire to explore your sexuality. This is completely healthy and normal. Remember that sexuality encompasses our whole being. Managing sexually-related issues should be set up on values particularly self-respect and respect for others.

The following are the key terms related to gender and sexuality:

**Sex** is the biological basis of being a male or female.

**Gender** is a social view on how men and ladies should think, feel, and act. It refers to femininity or masculinity of an individual's role and behavior.

**Gender Equality** grants man and woman equal enjoyment of human rights.

**Gender Role** refers to certain roles, characteristics, and expectations of how a person should feel, think, and act as influenced by parents, peers, and society.

**Sexuality** is a basic part of what we do and who we are; it is the way in which we experience and express ourselves as sexual beings. It is the entire expression of an individual's self-concept.

**Sex** is a major aspect of personality. It is closely related to emotional and social development and can be best understood by connecting it to the total adjustment of the individual in the family and society. The process of sexual development begins from birth to adulthood thus it is a continuous developmental process throughout life.

The purpose of gender and human sexuality education is to promote wholesome family and interpersonal relationships. It aims to provide knowledge and skills needed to establish and practice healthful behaviors. Finally, it aims to produce students who are responsible and have a healthy sexuality.

Your sexuality is naturally driven within yourself from birth, but there are factors that affect your points of view and practices in relation to your sexual manners. In this section, we will help you understand the idea about the different aspects that affect one's attitude and practices related to sexuality and sexual behaviors. Factors that affect one's attitude and practices related to sexuality and sexual behaviors:

**Family.** It is a factor that oftentimes determines your family values. Family, especially the parents are usually the first mentors of your sexual identity. They teach you about love, kindness and humility. Family's relationship lays the foundation of your personality, life options and total behavior. It can also affect the strength of your social, physical, mental and emotional health. Making a strong connection within your family is significant in nurturing yourself. Values and expectations are just two ways that family could influence your attitude and sexual behaviors. A family with defined values is able to withstand against other people's contrasting principles. You see how your parents interact with each other, make choices and determine right and wrong to develop moral self in the family. However, when you have a weak and or broken family, you may be astray and feel difficult in making right decisions and correct actions. In some families, setting expectations towards their children provide high regard of being successful and or depression depending on how you manage and understand the set standards.

**Culture.** Cultural background can affect your values regarding sexuality. Sexual identities and orientations, the contents of sexual behavior, and the social consequences of these behaviors vary largely across cultural contexts. Cultures all over the world recognized standards for individuals to match your sex role prescriptions and feel psychologically well adjusted. Culture looks at the entirety of any given society's belief organization, laws, customs, practices, language and attitudinal variables which makes people distinctive from others. What happened when you are conditioned in the ways of a specific culture? You start acting and behaving in ways that are suitable to such a culture. Your dress sense, grooming, language, belief system and attitude become shaped to suit into that society which causes you to become accepted by them. Just like for example, some ladies like wearing tiny shorts are normal, while in others, it is forbidden because of their family and religious beliefs. Some places allow males and females to mingle freely in public places, but others do not. This has a great impact on how you adapt the certain culture in your own community where you belong.

**Peers.** Like your family, your friends can also have an important impact on your views on human sexuality. Peers are the one of important sources of knowledge about sexuality, but they are not the most effective and efficient sources. As an adolescent, you may begin to spend more time with peers – friends and classmates in your age group. As a result, their values and beliefs may influence you. Choosing your peers are important because they influence you every day. During adolescence, this influence can be mainly tough as you spend more time away from home and you become more conscious of different values and morals like beliefs and about right and wrong. You feel the belongingness within your peers when you actually do the same thing what they're doing. You feel belong and accepted part of society by exposure to other people, their behavior and values. This socialization is an important part of growing up.

**Media.** Media plays a significant role in your lives as you regularly watch televisions, listen to radio, search the internet read newspaper, etc. Television and magazines are the main educational sources of youth's sexual relationships. Media plays a big role in shaping our sexuality because of how they portrait figures of females and males in music videos, magazines, commercials, television and many more. They create exaggerated standards which influence how you think in yourself.

## Activity 1.2. Status Symbol

Observe the symbols below and answer the following questions.



Guide Questions:

1. Are you familiar with the symbols above?
2. Where do you usually see these symbols?
3. What do these symbols represent?
4. What is the importance of these symbols?
5. Why do we use these symbols?

Activity 1.2 A. Gender Identity In your activity notebook, draw the male gender symbol (♂) if you think the phrase refers to the usual role of men and the female gender symbol (♀) if you think the phrase refers to the usual role of women.

1. Giving birth
2. Making a living
3. Fixing the broken faucet
4. Doing household chores
5. Helping the children with their homework

Activity 1.2 B.

1. Does knowing your gender and gender role help you in shaping your personality today?
2. Why is it important to know our gender role based on our sex and gender?
3. What are the roles of a male and a female at home?