

INTRODUCTION

It has been accepted that the sex chromosomes of humans define the sex (male or female) and their secondary sexual characteristics. From childhood, we are controlled by our genetic makeup, which influences how we treat ourselves and others. Still, some individuals do not accept their innate sexual characteristics and tend to alter or change their sexual organs through medications and surgery. Aside from our genes, our society or the external environment helps shape our selves. This lesson aids us in better understanding ourselves as the development of sexual characteristics and behaviors is unveiled. Thus, at the end of this lesson, it is expected that you will be able to achieve the following:

INTENDED LEARNING OUTCOMES

1. Identify the different aspects, forces, and institutions that impact the development of the physical and sexual self;
2. Examine one's self against the different aspects, forces, and institutions influencing the physical and sexual self; and

MODULE 2.1 LESSON on Physical and Sexual Self

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Ready? Then you may begin, motivate yourself to learn more, and enjoy!



MOTIVATION

A. SENTENCE COMPLETION

I am beautiful because _____

B. HER AND HIM

Below is a table. Supply this table by listing the common secondary sexual characteristics of males and females.

Male Secondary Sexual Characteristics	Female Secondary Sexual Characteristics
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Did you know that you are beautiful? Beauty is found in so many aspects of the self. You did a good job of finding your beauty within.

Now, let us go to the lesson proper!



LESSON PROPER

FOCUS ON THE BODY

Beauty is in the eye of the beholder. What is irresistible to one may not be to the other. Beauty is personal. Our interpretation of beauty is guided by cultural influences and ideas of aesthetics determined by fashion dictates of that period. Women (and sometimes men) often go to ridiculous lengths and pain to achieve that indescribable beauty ideal.

It is not new because the quest for perfect looks has been as old as time. Nevertheless, culture plays a huge role in our ideas of beauty. Here are examples to show what one admires or repulses in a culture. Fairness is desirable in most Asian countries.

Attach here a picture of whoever is beautiful for you.

Natural flawless skin is the beauty ideal in Europe, while youthfulness is the beauty goal in the United States. A slender figure is considered beautiful in most parts of the world. However, in Africa, a larger figure is considered attractive. As the world becomes smaller and connectivity advances, people associate beauty with happiness and prosperity. Consequently, women from the East started to crave the Western ideal of beauty.

Technology is one powerful force that can define beauty in the hands of the people. Mobile phones allow people greater control of their images, including applications that can alter photos for fun, appearance, and entertainment. As to media and other outside influences, the youth look for ways to fit in. They might try to compare themselves with others, affecting their feelings.

Many aspects contribute to body image, such as a person's external environment, biological makeup, and genetic predisposition. The family can also influence body image. Some parents or family members criticize their kids' appearances, affecting their self-esteem, especially if they are sensitive to their observations and remarks. In school, teens may also experience hurtful teasing concerning their appearance, affecting body image.

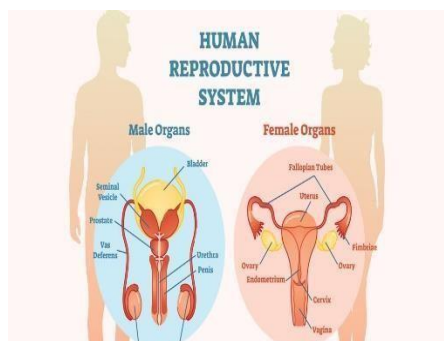


In addition to this, fashion and cosmetic industry giants dictate the rules of attractiveness. What is considered beautiful today may be mocked tomorrow. When society changes, our interpretation of beauty also changes. While culture alone is not responsible for a poor or negative body image, its impact on people's feelings about themselves and their bodies is significant. Being aware of your surroundings and understanding how culture and traditions may affect how you think and feel about your body, which can be helpful, especially in a conscious effort to build a positive body image and increase self-esteem (“How culture influences beauty,” 2016).

The body also experiences sexuality. The body is the primary site of knowing and expressing it. How often do you get conscious about your sexuality? How often do you think about it? These questions are important when you start learning more about your sexual existence.

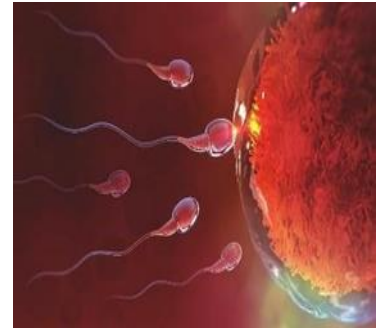
FOCUS ON THE SEXUALITY

According to Marieb (2001), the gonads (reproductive glands that produce the gametes: testis or ovary) begin to form until the eighth week of embryonic development. During the early stages of human development, the reproductive structures of males and females are alike and are said to be in an indifferent stage. When primary reproductive structures are formed, the development of accessory structures and external genitalia begins. The formation of male



or female structures depends on the presence of testosterone. Usually, the embryonic testes release testosterone once formed, and the duct system and external genitalia formation follow. In the case of female embryos that form ovaries, it will cause the female ducts and external genitalia development since testosterone is not produced.

Puberty is the period of life, generally between the ages of 10 and 15, when the reproductive organs grow to their adult size and become functional under gonadal hormones (testosterone in males and estrogen in females). After this, reproductive capability continues until old age and menopause in females. The changes that occur during puberty are similar in all individuals, but the periods they occur differ among individuals.



Most women hit the highest point of their reproductive abilities in their late 20s. A natural disease in ovarian function usually follows, characterized by reduced estrogen production that causes irregular ovulation and shorter menstrual periods. Consequently, ovulation and menses stop entirely, ending childbearing ability. This event is called menopause when females no longer experience menstruation. There is no counterpart of menopause in males. Although aging men show a steady decline in testosterone secretion, their reproductive capability seems unending. Healthy men can still father offspring well into their late 80s and beyond.

Human Sexual Behavior



Human sexual behavior is defined as any activity that could be solitary between two persons or in a group that induces sexual arousal (Gebhard, n.d.). Two major factors determine human sexual behavior: the inherited sexual response patterns that have evolved to ensure reproduction and become part of everyone's genetic inheritance and the degree of restraint or other types of influence exerted on the individual by society in the expressions of his sexuality.

The various types of human sexual behavior are usually classified according to gender and the number of participants. There is solitary behavior involving only one individual and sociosexual behavior involving more than one person. Sociosexual behavior is generally divided into heterosexual behavior (male with female) and homosexual behavior (male with male or female with female). If three or more individuals are involved, they can simultaneously have heterosexual and homosexual activity (Gebhard, n.d.).

It is important to remember that irresponsible sexual behavior has negative consequences like STDs. What are STDs?

Sexually Transmitted Diseases

Sexually Transmitted Diseases (STDs) are infections transmitted from one infected person to an uninfected person through sexual contact. Bacteria, viruses, or parasites can cause STDs. Examples include gonorrhea, genital herpes, human papillomavirus infection, Human Immunodeficiency Virus (HIV), Acquired Immunodeficiency Syndrome (AIDS), chlamydia, and syphilis.

STDs are a significant global health priority because of their overwhelming impact on women and infants and their inter-relationships with HIV and AIDS. STDs and HIV are associated with biological interactions because both infections may occur in the same populations. Infection with certain STDs can increase the risk of getting and transmitting HIV and modify how the disease develops.



Let us check if you can remember what you have read.



APPLICATION

Complete the sentence:

(1) I must do these three things, i.e., _____, _____, and _____ to maintain my inner and outer beauty.

(2) I promise not to engage in _____ to avoid future negative consequences.



BULLET IT!

Summarize your learnings into three points. Give three statements summarizing everything you have learned from this module.

- ❖ _____
- ❖ _____
- ❖ _____



DISCUSS IT

Discuss the cultural conceptions and standards of beauty of the face and body through the following questions:

- ✓ What does your body and sexuality tell about yourself?
- ✓ If you have the freedom, money, and time to alter your body, which part would you change? Why?



GUESS WHAT

The next topic will be about the self developed because of our properties and economic aspects. This self is called _ _ _ _ _ self.

RUBRICS for Discuss It

CRITERIA	Needs Improvement 76 – 85 pts	Sufficient 86 – 94 pts	Excellent 95 – 100 pts
Content Comprehensiveness 70%	There are, at most, two learned concepts presented and utilized.	More than two learned concepts are presented and utilized. The presentation of content merely shows logical organization but is not reflective.	More than two learned concepts are presented and utilized. The presentation of content shows critical and reflective thoughts.
Organization of Explanation 30%	There are many grammatical issues. Its readability is problematic.	There are a few grammatical issues. The flow of thoughts is at least easy to follow.	There are minor to no grammatical issues. The flow of thoughts is clear. The presentation of ideas is logical.

REFERENCES

Gebhard, P.H. (n.d.). *Human sexual activity*. Encyclopedia Britannica.
<https://www.britannica.com/topic/human-sexual-activity>

How culture influences beauty (2016). <http://www.dr.sunaina.com/blog/how-culture-influences-beauty/>

Marieb, E.N. (2001). *Essentials of human anatomy and physiology*. Pearson Education Asia Pte. Ltd.