

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

## **Activity: Understanding the Sexual Self**

**Objective:** To deepen understanding of the sexual self, including human reproductive systems, phases of sexual response, and methods of contraception.

### **Instructions:**

1. **Read and Reflect:** Carefully read the chapter on "The Sexual Self" provided above.
2. **Group Discussion:** Form small groups and discuss the following questions:
  - How do Freud's psychosexual stages relate to the development of the sexual self?
  - What are the primary differences between the male and female reproductive systems?
  - How do erogenous zones contribute to sexual arousal and satisfaction?
  - What are the various phases of sexual response, and what physiological changes occur during each phase?
  - How do different forms of sexual behavior (heterosexuality, homosexuality, bisexuality, transsexuality) reflect the diversity of human sexuality?
  - What are the pros and cons of natural vs. artificial methods of contraception?
3. **Create a Diagram:** Draw and label diagrams of the male and female reproductive systems, indicating the primary functions of each part.
4. **Role-Playing:** Create scenarios where each group member explains different contraception methods (both natural and artificial) to a partner, emphasizing their effectiveness, usage, and potential side effects.
5. **Quiz Preparation:** Review the key concepts and terms for the quiz that follows.

Upload the Results to this Link:

[https://drive.google.com/drive/folders/1KmU7YBEyPyIYQnqQGgt\\_zkCLip-G14s7?usp=sharing](https://drive.google.com/drive/folders/1KmU7YBEyPyIYQnqQGgt_zkCLip-G14s7?usp=sharing)