# Do Prazer à Maternidade - "Ccompreendendo a relação entre sexo e gravidez"

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# O que é sexo?



# Oque é sexo?

A atividade sexual é um conjunto de interações físicas e emocionais entre duas pessoas que envolvem estímulos sexuais. Isso pode incluir beijos, carícias, relação sexual, entre outras formas de intimidade. É uma expressão saudável e natural da sexualidade humana, mas é importante que seja praticada com consentimento, respeito mútuo e responsabilidade.



# Consentimento sexual

Ambos devem expressar claramente sua vontade de participar, sem pressão, coerção ou manipulação. Por exemplo, se uma pessoa disser "sim" para uma atividade sexual, isso não significa automaticamente que ela está concordando com outras atividades ou que o consentimento é válido para sempre. O consentimento deve ser contínuo e pode ser retirado a qualquer momento.

exemplo: se um casal estiver envolvido em uma atividade íntima e um dos parceiros expressar desconforto ou pedir para parar, é crucial que o outro respeite essa decisão imediatamente. O consentimento não deve ser presumido e é fundamental garantir que todos os envolvidos se sintam seguros e confortáveis.



# Saúde Sexual e Reprodutiva:

Saúde sexual: A saúde sexual e reprodutiva abrange diversos aspectos relacionados à saúde física, mental e emocional em relação à sexualidade e à reprodução. Isso inclui a prevenção de doenças sexualmente transmissíveis, o acesso a métodos contraceptivos, o planejamento familiar, a educação sexual, o apoio durante a gravidez e parto, entre outros.

A realização regular de exames para detectar doenças sexualmente transmissíveis, como o HIV, sífilis e hepatite. Isso ajuda na prevenção, diagnóstico precoce e tratamento adequado, é necessário o acesso a métodos contraceptivos para que as pessoas possam tomar decisões conscientes sobre sua vida reprodutiva. Isso inclui desde preservativos até métodos contraceptivos de longo prazo, permitindo que as pessoas escolham o que melhor se adequa às suas necessidades e circunstâncias.



# Infecções Sexualmente Transmissíveis (IST)

são causadas por vírus, bactérias ou outros microrganismos, existem diversos tipos de infecções sexualmente transmissíveis, mas os exemplos mais conhecidos são:

- Herpes genital
- HPV
- Gonorreia e infecção por Clamídia
- Sífilis







Herpes Genital
Sintomas: coceira,
bolinhas, dor ao urinar,
febre



Clamidia Primaria
Úlcera indolor (cancro) no local de infecção,
que pode ser nos órgãos genitais, ânus,
boca ou outras áreas do corpo.



Verrugas genitais ou anais, Coceira, desconforto ou dor na área afetada



Gonorreia e Clamídia
Dor ao urinar, Secreção espessa,
amarelada ou esverdeada que sai do pênis
ou da vagina, dor abdominal ou pélvica

Elas são transmitidas, por meio do contato sexual (oral, vaginal, anal) sem o uso de camisinha masculina ou feminina, com uma pessoa que esteja infectada. A transmissão de uma IST pode acontecer, ainda, da mãe para a criança durante a gestação, o parto ou a amamentação. De maneira menos comum, as IST também podem ser transmitidas por meio não sexual, pelo contato de mucosas ou pele não íntegra com secreções corporais contaminadas.

# **Metodos Contraceptivos:**

Os métodos contraceptivos têm como objetivo prevenir a gravidez, permitindo que as pessoas possam ter controle sobre o momento de ter filhos. Eles funcionam de diferentes maneiras, seja impedindo a ovulação, tornando o útero um ambiente hostil para a implantação do óvulo fertilizado, ou evitando que o esperma alcance o óvulo. Além disso, alguns métodos contraceptivos também ajudam a prevenir doenças sexualmente transmissíveis.



## **Metodos Contracptivos**



MÉTODOS NATURAIS



MÉTODOS DE BARREIRA



MÉTODOS HORMONAIS

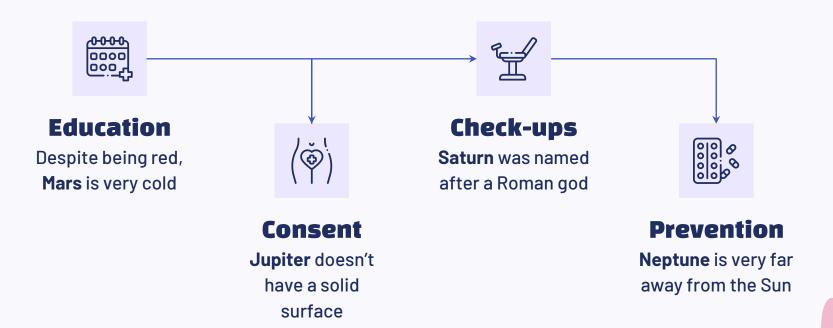


MÉTODOS DEFINITIVOS





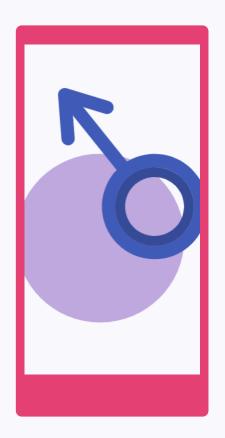
# Checklist for a good sexual health





# **Phone mockup**

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# 01

# Safe sex

You can enter a **subtitle** here if you need it



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### **Sexual education basics**



#### Reproduction

**Neptune** is the fourth-largest object by diameter in the Solar System

#### **Contraception**

**Saturn** is a gas giant and has several rings. It's composed of hydrogen



# **Pregnancy test methods**



#### **Blood test**

Mercury is the smallest one in the Solar System. Its name has nothing to do with the liquid metal



#### **Pregnancy test**

Venus has a beautiful name and is the second planet from the Sun. It's hotter than Mercury



#### **Ultrasound**

**Earth** is the third planet from the Sun and the only one that harbors life in the Solar System

## **Contraception methods**



#### Condoms

**Venus** has a beautiful name and is the second planet from the Sun



#### Birth control pills

**Earth** is the only one that harbors life in the Solar System



#### **Planning**

Despite being red, **Mars** is actually a cold place



#### Birth control injection

**Jupiter** is a gas giant and the biggest planet in the Solar System

# Key concepts that you need to remember



#### Female

**Mercury** is the smallest planet of them all



#### **In-vitro**

Despite being red, **Mars** is actually a cold place



#### **Gynecologist**

Venus has a beautiful name and high temperatures



#### **Spermatozoids**

**Jupiter** is the biggest planet in the Solar System



#### Male

**Earth** is the only planet known to harbor life



#### **Vagina**

**Saturn** is not the only planet with rings





# O2 STDs

You can enter a **subtitle** here if you need it





# Awesome words





# 4,498,300

Big numbers catch your audience's attention





# 333,000

**Mercury** is a small planet

# 386,000 km

**Venus** is a hot planet

# 9h 55m 23s

Earth is the planet with life



# Condoms versus birth control pills

85%

**Condoms** 

**Jupiter** is a gas giant and the biggest planet in the Solar System

91%

**Birth control pills** 

**Saturn** is the second-largest planet in the Solar System





# **Computer mockup**

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02

**STDs** 

You can **describe the topic**of the section here

05

**Orientation** 

You can **describe the topic** of the section here

# **Tablet mockup**

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# Countries that prioritize sexual health

Canada

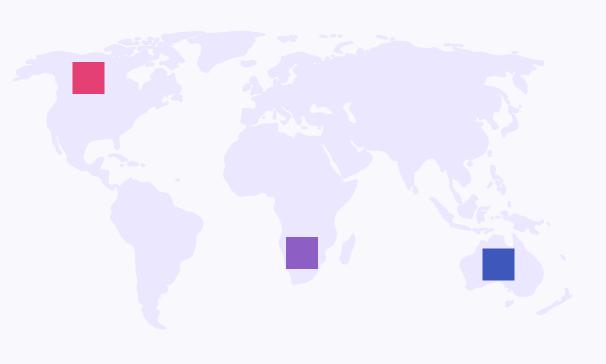
The **Sun** is the star that all planets orbit

Australia

The **Moon** is Earth's only natural satellite

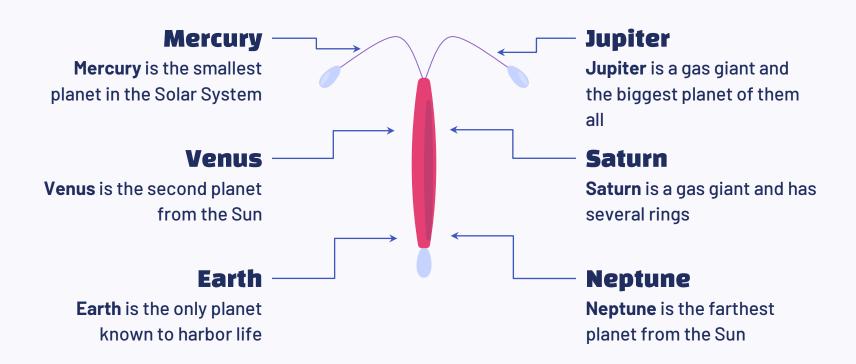
South Africa

**Pluto** is now seen as a dwarf planet





## Learning the basics about sexual health

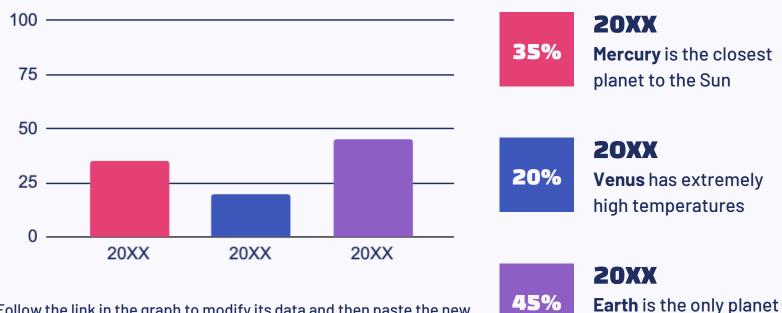




# Sexual health important concepts

Topic	Information	Importance
Safe sex	Use of <b>condoms</b> and contraceptives	Prevents STDs and unplanned pregnancies effectively
Consent	Mutual <b>agreement</b> and boundaries	Crucial for ethical and legal sexual interactions
Regular check-ups	Sexual health <b>screenings</b> and tests	Early detection of infections and diseases
STD awareness	Knowledge of common sexually transmitted infections (STDs)	Prevention and timely treatment for emergencies

# Sexual health through the years



that harbors life



Follow the link in the graph to modify its data and then paste the new one here. **For more info, click here** 



### **Our team**



Linda Thompson

You can speak a bit about this

person here



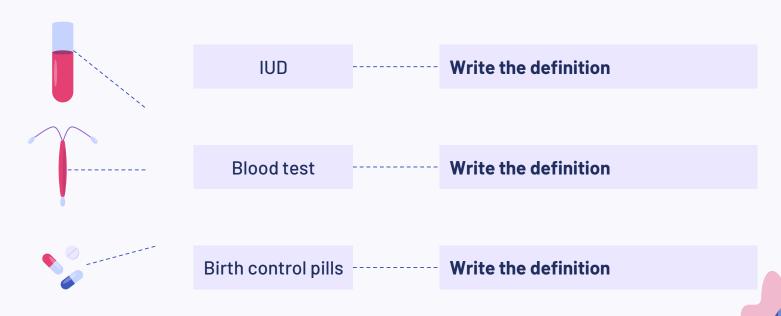
Michael Gray

You can speak a bit about this

person here

# **Exercise 1: Matching the image**

Instructions: Match the word with the correct image and add a brief definition



## **Exercise 2**

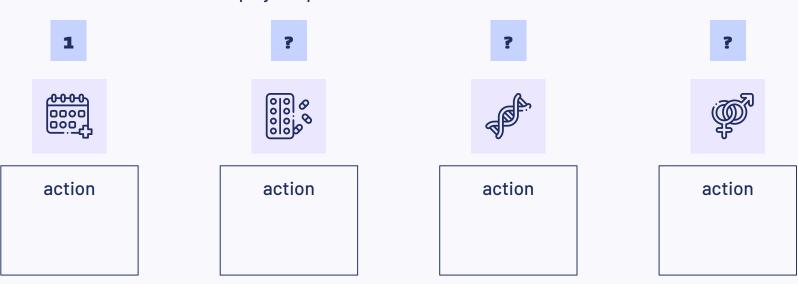
**Instructions:** Write the **advantages and disadvantages** about the contraceptive methods shown in the table

	Advantages	Disadvantages
Birth control pills	Write something	Write something
Condom	Write something	Write something
Vasectomy	Write something	Write something
Vaginal ring	Write something	Write something



### **Exercise 3**

**Instructions:** Erin is wondering about **what to do for her sexual health**, write an action for each icon and add a number to display the process





# **Exercise 4: Write your conclusions**

#### **Conclusion 1:**

Write a conclusion here

#### **Conclusion 2:**

Write a conclusion here

#### **Conclusion 3:**

Write a conclusion here



# Thanks!

#### Does anyone have any questions?

addyouremail@freepik.com

+91620421838

yourwebsite.com

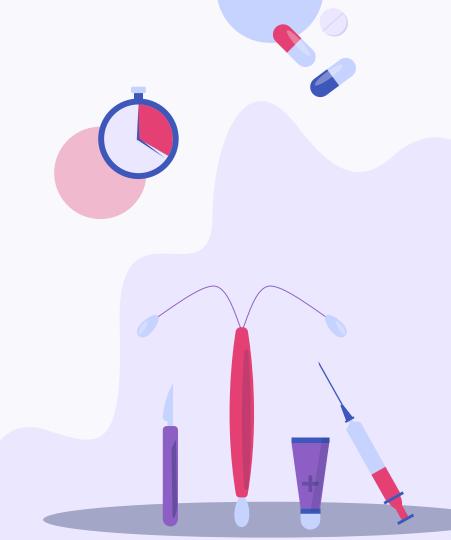






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- Close-up hand holding yellow condom with copy-space
- Side view doctor holding anatomic model
- Medium shot smiley doctor at work
- Nurse preparing for consult

#### **Vectors:**

- Flat design sex education infographic
- Sex toys element collection
- Gradient sex education landing page

#### lcons:

Icon Pack: Reproductive Health | Lineal



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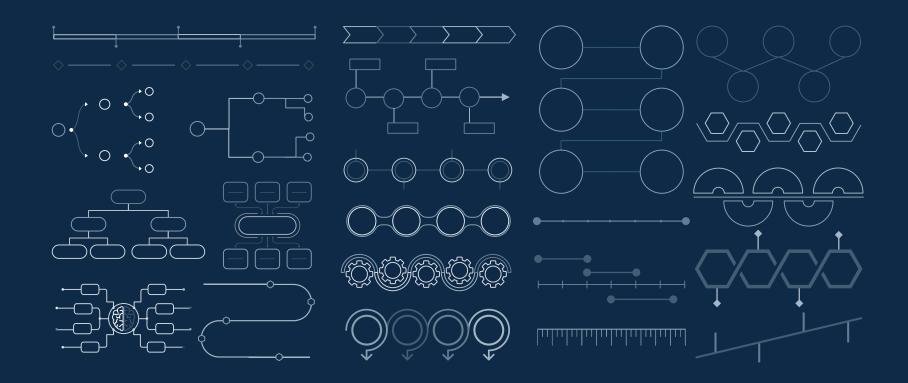
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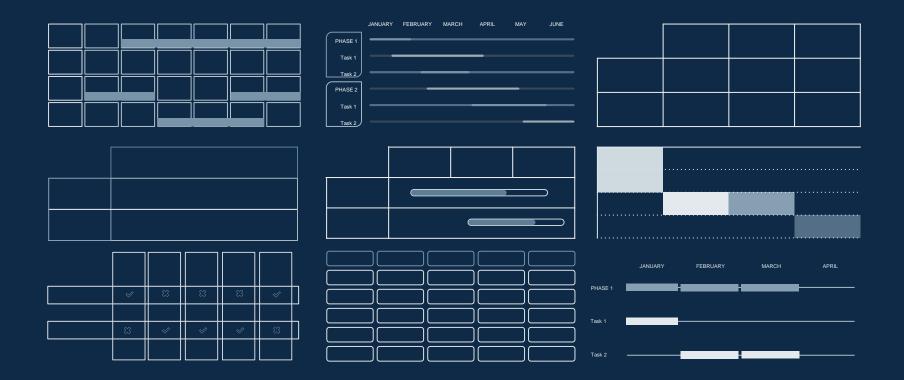
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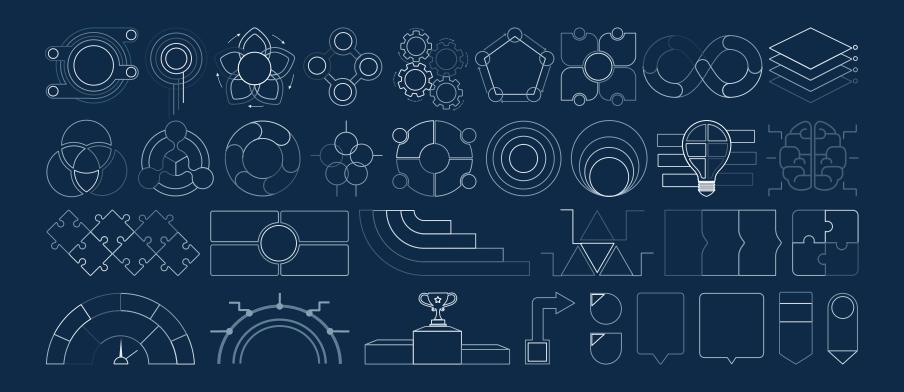
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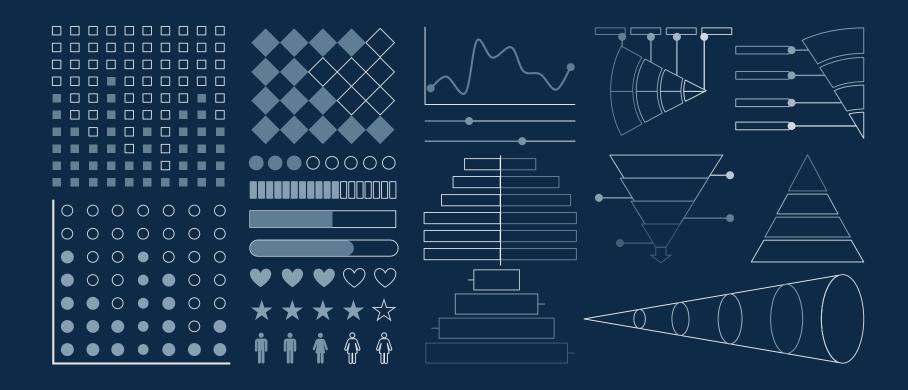












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