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5 Components of Sexuality

Human Development:

- Reproductive Physiology and Anatomy
- Puberty
- Reproduction
- Climacteric and Menopause
- Body Image
- Sexual Orientation
- Gender Identity and Roles

Sexual Health:

- Abortion
- Reproductive Tract Infections, STIs and HIV/AIDS
- Genital Care and Hygiene
- Breast Self-Exam
- Testicular Self-Exam
- Prevention of STIs/HIV and Unwanted Pregnancy
- Prenatal Care
- Infertility
- Sexual Dysfunction
- Contraception

Relationships and Emotions:

- Families
- Friendships
- Loving, Liking, and Caring
- Attraction and Desire
- Flirting
- Dating and Courtship
- Raising Children
- Intimacy

Sexual Behavior:

- Masturbation
- Kissing
- Touching and Caressing
- Sexual Intercourse
- Abstinence
- Pleasure and Human Sexual Response
- Fantasy

Sexual Violence:

- Sexual Abuse
- Incest
- Rape
- Manipulation through Sex
- Partner or Domestic Violence
- Harmful Practices
- Sexual Harassment
- Gender Discrimination

This was an interesting assignment to me, as it really causes you to think about different subtopics that could fit into more than one component in one's opinion. Looking at my partner's list, I found just that, we all look to put different subtopics in different components. I did not really have any thoughts or feelings doing this assignment, it was just challenging to decide where some of these words should we place. I mostly had struggle between Sexual Health and Human Development. Between all the subtopics and the components in which they belong, it shows how sexual intercourse is such a small percentage of sexuality. There are so many things that go into sexuality, other than sexual activity, which I find to be very interesting. It definitely challenges what I thought of sexuality and I'm sure it is the same for others. I feel like the component I knew the most about were Human Development and Sexual Behavior. In my opinion, human development is the component students are most educated in, in classes such as health. I feel like sexual behavior is also one of the most I know about because of the society we live in. It is such a sexual society, where we learn about these things at early ages, and ourselves and our peers begin engaging in sexual behaviors early, as it is our innate desire. The component that raises the most questions for me is sexual violence. I am not curious about what it is, but I

am curious about how it affects your sexuality after these events happen to you and in what ways it does. I think this is not something that is not really taught in schools. Overall, these 5 components were very interesting to look more into and even discover, I was not aware of these different components of sexuality.