

Sexual Education

Course Information

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Sex Ed 101. This course is an introductory course for freshman to introduce students to the different aspects needed to know about sexual education. Students will learn about female and male bodies during puberty, how over time methods of contraception has changed, as well as natural hormonal changes and diseases. Students will also learn about what happens in the event of pregnancy, in both the mother and fetus.

Course Description

This course will explore the changing bodies of both males and females, including natural changes as well as diseases. There are many different things the body goes through during this time of fertility, in both the male and female body. As such, this course looks at the changes in both the male and female body, both externally and internally. It examines contraception and the changes it went through in time, as well as its availability for the different sexes. It also explores what happens if a female gets pregnant, looking at both the fetal development as well as how the mother changes.

Course Schedule

Unit 1: Birth Control and the Body

BIG Question: Should birth control be covered under insurance and available for all women of fertile age?

Argument of the Unit: Because of the high numbers of women and men engaging in sexual acts, as well as the risks posed in these times when they are very young, many women become pregnant due to them not having access to contraceptives like birth control.

Key Words: Puberty
Contraception (for male and females)
Hormones
Sexually Transmitted Diseases
Insurance Coverage

Source #1: [A Brief History of Birth Control in the U.S.](#)

Explanation of Source: This article about the history of birth control in the U.S. describes the beginning of birth control of many forms, how it started out and what it came to be as a plethora of different kinds of contraceptives, to the drawbacks of birth control and how this led to the creation of new models or forms. Due to availability of resources and machinery, different forms of birth control have been available at different times in history. And, because little was known back then when the first birth control pill was coming out about the correct dosage and the multiple side effects of giving incorrect dosages, there were many deaths caused, leading them to change how they were formulating it into what it is today. Many of these testings were not voluntary, but because of them, the doctors at the time were given great insight into how to make them better to fit the needs of the women more than they were prior.

Source #2: [Anatomy](#)

Explanation of Source: This book chapter with diagrams on the anatomy of both males and females, including before and after puberty and what the body goes through both internally and externally describes what happens to both sexes' bodies when it becomes fertile. There are many physical characteristics of the anatomy that change on the body to signal that the person is fertile and are often used to attract mates and to spread DNA to ensure genes continue onto the next line. There are many different body systems which play different roles and functions in life, some like the reproductive system changing to accommodate the changes in the growing body, especially in the case of changes in the systems of a female when she becomes pregnant, as her body must accommodate a growing organism inside her body.

Source #3: [HIV and AIDs](#)

Explanation of Source: This website on HIV and AIDs, the worst STDs people face, comes from the World Health Organization and describes facts of HIV and AIDs, as well as signs and symptoms of having STDs and what to do when

you have them, treatment wise. One of the main ways to prevent the spread of STDs is through limiting exposure to risk factors and being safe, explained in the website, like the consistent use of condoms as well as to get testing if suspected of having STDs to get treatment. If left untreated, STDs can be very dangerous, and can often lead to life threatening conditions due to it weakening the immune system.

Source #4: [The Different Stakes of Male and Female Birth Control](#)

Explanation of Source: This article of male and female birth control describes the differences of values of bodies between the male and the female. While females have many forms of birth control available to them, including internal birth controls as well as external, more non-invasive methods, males only have one option of birth control afforded to them, the condom. There have been trials for males to get a pill like the ones females take, though it was shut down due to the side effects, the same side effects the pill causes women to have. Even though the early forms of the birth control's side effects were very severe, these pills were still released to the public, and even when changed, there are still cases of women have very severe side effects under the new formula.

Unit 2: Fetal Development

BIG Question: What happens during the stages of child development, and should parents have a say in irreversible aspects of a child's life, if there are discrepancies?

Argument of the Unit: As a child matures, there are multiple stages in that development, some of which can lead to discrepancies in the outcome of the child, shown only externally, internally, or both. Because of these, some may not know how to classify these children and may make choices that can influence the child for the rest of their lives.

Key Words: Steroid Hormones (Androgens, Estrogens, Cortisol, and Progesterone)

Placenta

Intersex

Organizing Effects

Activating Effects

Source #1: [Three Minute Thesis: A Baby's First Roommate](#)

Explanation of Source: This Three Minute Thesis describes an often overlooked organ of pregnancy, the placenta. The placenta is a very important organ of the baby, as it is what allows the nutrients to pass through the mother's body and be absorbed into the fetus. Though some is known with the job of the placenta in the fetus's development, as with much of the rest of psychology and the body as a whole, a lot is still unknown as to the whole role of the placenta and its functions. The main function of the placenta that is known today is its role of being a crucial part in the development of the fetus, as without it or with it lacking, the fetus would not get enough nutrients to its body, nor get rid of excess waste into the mother's body to be disposed of.

Source #2: [You Can't Undo Surgery](#)

Explanation of Source: This article on intersex children and surgery describes how some things that a parent chooses for a child are irreversible, and may have lasting impacts on the child's development and life as a whole. When a choice like surgery or sex assignment is taken out of a person's hands, and they are raised to grow in a gender assigned to them that they are not biologically and hormonally assigned inside, there can be many problems externally for that individual. In times before today, doctors very often chose to perform surgery on infants because their parts may not fit typical sex characteristics, sometimes without informing the parents. But this has caused a stir in the community, as these intersex children are speaking out about human rights violations and saying they do not fit in their body, they have been assigned the wrong gender, as these outward appearances are not what is going on with them internally.

Source #3: [Baby Development Month by Month](#)

Explanation of Source: This video on baby development month by month describes how the fetus develops in the womb during the three trimesters. Different parts of the body develop at different times, and often what an infant comes out of the womb as is still developing, both internally and externally as shown by puberty and maturation. For the fetus in the womb, they start out smaller than a grain of rice with the sperm meeting the egg, and then develop over the course of around nine months, bearing no discrepancies in the fetal development, a healthy infant. There are stages for each part of the fetus to develop, they shape constantly changing and growing different limbs and internal structures as the pregnancy moves along, and often many are not fully developed until very late into the pregnancy, which is what accounts for many infant problems caused by early, as well as problems from late births.

Source #4: [Reproductive Behaviors](#)

Explanation of Source: This textbook Chapter on reproductive behaviors describes the development of the fetus in the mother, including sections of discrepancies that can happen during that time of development in the first trimester which can lead to conditions such as being intersex. All fetuses start out as having undifferentiated gonads, which in the presence or absence of certain steroid hormones, determine the sex of the baby. There are many changes that go on throughout the fetus in its development, both internally and externally, and much of what happens internally with hormones can affect a baby's outward appearance or behaviour and interaction with the environment. But, it is still largely unknown if conditions in the brain lead to some of these anomalies when things go wrong in fetal development, or if it is the fetal development which leads to the brain to change itself.

Unit 3: Pregnancy and Childbirth

BIG Question: Should care for mothers of any social status be readily available for various functions to prepare for childbirth or in the case of unwanted pregnancies or problems?

Argument of the Unit: There are many places for a first-time expectant mother to find information about how to care for a coming child, or what to do in the case of an unwanted child, so they may be more prepared in the time of childbirth.

Key Words: Lamaze
Contractions
Postpartum Depression
Crowning
Cesarean Section

Source #1: [Planned Parenthood](#)

Explanation of Source: This website for Planned Parenthood gives information on a large range of aspects of sexual interaction and pregnancy, including the access of contraceptives such as condoms and birth control, but its main focus is to care for women who, by unlikely circumstances, became pregnant. It deals with cases of both women who want to keep the child but also with cases of women who are trying to have abortions, despite much of the hate given on both the women trying to get abortions as well as the Planned Parenthood clinics for giving out abortions which are killing the fetuses. There are many other clinics available to upper and middle class women who are in need of access to care such as contraceptives or having problems with pregnancy, so Planned Parenthood deals mainly with the lower class neighborhoods and women having problems. Not only contraceptives and pregnancy, it also deals with cases of sexually transmitted diseases like HIV and AIDs.

Source #2: [Maternal Mortality - An American Crisis](#)

Explanation of Source: This article and video of U.S. maternal mortality describes the problems that can be associated with childbirth, and especially in the case with cesarean sections, or c-sections. Many mothers are at risk of serious injury and even often times death when giving birth, and in the U.S. these numbers are higher than dozens of other countries, despite it being a developed country. Some reasons why are linked to race and gender, and with this there are problems with the doctors and the system itself. Because women are seen as inferior to men, and oftentimes black, or African American, women are seen as even less than white women, doctors often do not listen to what the pregnant woman is saying when complaining about pain. There is also the problem with c-sections, which is the act of cutting open a woman to remove the child instead of having her go through with a natural childbirth, usually due to medical reasons, but often now just because it is faster than natural birth, which can cause even more health risks to the mother than natural birth.

Source #3: [Lamaze Birth Classes](#)

Explanation of Source: This website on lamaze birth classes gives a multitude of information of aspects of a pregnancy, like getting a mother and father prepared for the birth and what to expect during that time, including pages on what happens during birth among many other things. The main goal of Lamaze is to inform the expecting family as much as possible for the birth, including what to expect when it is time to deliver while the mother is still pregnant, to give enough time for it to become natural and to keep parents as calm as possible when the time comes, because it teaches them what to expect. It also gives information on the life of the baby after birth, including aspects like breastfeeding and how it supports both infant and mother. In these classes, expecting parents would get together with other expecting parents to know they are not alone in their time through pregnancy and to relate their feelings through other people and talking to professionals and experts for any questions that might arise.

Source #4: [Editorial: Postpartum Depression and Child Development](#)

Explanation of Source: This editorial about postpartum depression and child development describes the effects births may have on the mother, causing depression, which can lead to disruption of normal development of the infant, including the infant's interactions with the environment. Evidence can be shown in the editorial for different stages of the infant's development, showing from three different stages; early infancy in months two, four, and six, later infancy at 12 to 21 months, and lastly in early childhood at four to five years of age. In all three different changes of a child's life, including early infant development, later infancy, and early childhood, there is evidence showing that mothers with postpartum depression are more likely to have children with less than normal development, in both cognitive and emotional aspects. There also seems to be a difference in the development between female and male infants born of postpartum mothers.