

Where I Learned About Sex & Reproduction?!

Next to each item below, place the letter which corresponds to the appropriate place of origin for your sexual knowledge. Use the following categories: M=Mom, D=Dad, OF=Other family, F=Friends, TV=Television, SC=School/College, R=Religion, B=Books I've Read, P=Partner/s, or DK=Don't know where or did not know about it. You may list multiple origins if they apply. Simply place the one which applies the most first.

- 1. My sexual/reproductive organs
- 2. My sexual preferences
- 3. Conception and how it happens
- 4. Self-pleasuring, stimulation
- 5. Pregnancy, nine months gestation, and how it happens
- 6. Childbirth and how it happens
- 7. Sexually transmitted diseases
- 8. Types of contraception
- 9. The mechanics of sexual expression
- 10. What uterus, ovaries, and vagina are and how each functions
- 11. What penis, testicles, and scrotum are and how each functions
- 12. Why and how breasts develop for women and how breasts function
- 13. What a monthly period is, and how and why it functions
- 14. Why sex is "right" sometimes and "wrong" other times
- 15. My parents' sexual values
- 16. What a sexual climax is and how it happens
- 17. How I feel about love, commitment, and sex
- 18. How to prevent pregnancy
- 19. How to prevent the spread of diseases
- 20. That sex on TV is not always representative of sex in real life experience
- 21. The social and cultural pressures for or against sex
- 22. Various sexual techniques and practices
- 23. What a man is "supposed to do" in bed
- 24. What a woman is "supposed to do" in bed
- 25. What menopause is, why and how it happens
- 26. Why promiscuous people often get a "reputation"
- 27. Why, with whom, where, when, and how I choose to have sex
- 28. What sex means to the relationship
- 29. The role of kissing in sexual expression
- 30. The role of touch and caress in sexual expression
- 31. My own sexual boundaries (what I want and don't want)
- 32. My personal values on sex
- 33. My values on abortion
- 34. What virginity means to me
- 35. What abstinence means to me
- 36. The risks of premarital sex
- 37. The occurrence of sexual violence, rape, & abuse
- 38. The effects of sexual hormones on males and females
- 39. The processes associated with puberty, dreams, & fantasy
- 40. The point of view taught in my religion

NEXT PAGE

Once you have completed this assessment, place the item number into the corresponding origin boxes below. If you used more than one origin for an item, place that item in both boxes.

<i>M=Mom</i>	<i>D=Dad</i>	<i>OF=Other Family</i>	<i>F=Friends</i>	<i>TV=Television</i>
<i>Total # of items</i> _____				
<i>SC=School/College</i>	<i>R=Religion</i>	<i>P=Partner/s</i>	<i>B=Books I've Read</i>	<i>DK=Don't Know Where or Did not know about it</i>
<i>Total # of items</i> _____				

Answer these insight questions below:

1. Rank order the 10 categories above according to the number of items listed in each one. Put the categories with the most items in it first, the second most second, and so on.

Most Common										
--------------------	--	--	--	--	--	--	--	--	--	--

2. After looking at the order of the origins of your sexual knowledge, consider the impact these origins have had on your sexual experience. Would you change their order? If so, why?

- 3a. Go back to the 40 items. Pick the top 10 which you believe to be the most significant. List their item numbers in the top row of boxes below.

Your top 10									
Origin Code									

- 3b. Now take your top 10 picks and locate them on the origin boxes. Put the origin code below the item in the bottom row. Where did the most significant sexual knowledge originate for you? Would you change it if you could? Why, why not? Numerous studies of sexual learning indicate that most men and women learn about sex outside the home. How will you talk to your children about sex? Will you approach it the same way your parents did? Why, why not?

Television Messages about Sexuality

Many studies have established the fact that television viewing shapes our attitudes and outlook on life. Most in the U.S. are exposed to numerous TV messages watching 3-4 hours of television per day (that's 9.1 years equivalent by age 65). This project is designed to facilitate an understanding of the sexual messages you get from various television shows. Watch two separate shows from 7-11:00PM and use this table to analyze their presentation of sexuality and sexual issues.

Factors to Consider	Title of First Show:	Title of Second Show:
Actual count of sexual comments or innuendos?		
Actual count of sexual acts or acts leading up to sex?		
How many sexual jokes?		
Was sex presented in a relational or nonrelational context?		
Was there any discussion of pregnancy or STD prevention?		
How were sexual scripts & male and female stereotypes presented?		
Were both partners equally interested and involved? How?		
Would you feel comfortable knowing a 10 year old might be watching these shows? Why/why not?		
Were biased racial & ethnic stereotypes reinforced? How?		
Actual count of sexual messages in commercials:		
Do these TV messages about sexuality reflect your own values? Why/ why not?		
What was the purpose of sex in the plot of the show?		
Was sex shown as an activity done with alcohol, drug, or other substances?		
Was sex obtained through the use of violence?		
Overall what percentage of the show had sexual themes?		