

Lesson Plan: Arousal and Orgasms

Course: Personal Development and Career Planning	Grade: 9/10
Unit: 2	Lesson Title: Arousal and Orgasms
Curriculum Connections	
General Outcomes: 2.0 Students acquire the knowledge and skills required to make choices related to sexual health.	Specific Outcomes: 2.2 Examine the skills needed to initiate, discuss, and negotiate sexual health and well-being. 2.3 Explain factors that can affect an individual’s decisions about sexual activity.
Facts for Educators	
<ul style="list-style-type: none"> - A pleasure-based approach to sexuality education can help students identify their own sexual needs, preferences, boundaries, and desires. It can contribute to their ability to say “no” to sex when it does not feel right and to say “yes” to sex when it does (Mark, Corona-Vargas & Cruz, 2021). - Multiple studies across Canada reveal youth expressing a desire for their sexual health education to include sexual pleasure as a topic (Causarano et al, 2010; Cormier & O’Sullivan 2018; Narushima et al., 2020). - In a recent study conducted by Fowler et al. (2022), sexual pleasure was found to be the second most common theme discussed by teenagers on the social media platform, TikTok. Within these discussions, orgasms and arousal constituted the most common subtheme. - For transgender folks, gender-affirming hormone treatment may induce short-term changes in sexual desire and arousal (Defreyne, 2020). - Sexual arousal is connected to an increase in sexual risk-taking, including engaging in unprotective sex (Prause & Lawyer, 2014). 	
Inclusivity for 2SLGBTQI+ Students	
<ul style="list-style-type: none"> - Use language that includes a diversity of bodies when discussing arousal and sexual stimulation. <ul style="list-style-type: none"> Disrupt: Avoid cis-gendered/binary language when talking about experiences of sexual pleasure (i.e., the male orgasm or the female orgasm). o This: Instead, use more inclusive language (i.e., bodies with vulvas/orgasms and vulvas/bodies with penises/orgasms and penises). - Include discussions around a diversity of ways that folks can reach an orgasm. <ul style="list-style-type: none"> Disrupt: Avoid conversations centered solely around orgasms achieved through penetrative sex. o This: Orgasms can be experienced and reached in a variety of different ways outside of penetrative sex. Every body responds to and achieves sexual stimulation differently. Bodies also have many erogenous zones (ears, elbows, knees, neck, breasts, nipples, and wrists) <ul style="list-style-type: none"> https://my.clevelandclinic.org/health/articles/22969-orgasm https://transreads.org/wp-content/uploads/2022/11/FTW.pdf 	
Topics to Explore with Students	
<ul style="list-style-type: none"> - Arousal - Sexual stimulation - Orgasms and vulvas - Orgasms and penises - Body changes and response to sexual activity 	

Popular Media

- Nadine Thornhill: Sex Drive and Pleasure After Gender Confirmation.
<https://www.youtube.com/watch?v=3LpPjHkUw1g>
- CBC's About Sex: The Clitoris <https://www.youtube.com/watch?v=zn7mtmhf4U&list=PLJyG4btas2dnFzjAEMPxsyni4clHdbivX&index=17>

Questions to Ask Students

- How has popular media shaped your understanding of the 'progression' of a sexual encounter? What role does an orgasm play in this? Do you think all sexual encounters look like this?
- Do all sexual encounters 'end' with an orgasm? What are some other myths you have heard around orgasms, arousal, and foreplay? Why do you think these myths exist?
- What is the role of 'foreplay' in sexual activities? How does the traditional concept of foreplay delegitimize sex for many people?
- What boundaries do you need to set for yourself and your partner(s) around sexual activities?
- What role does self-pleasure play in understanding your own erogenous zones?

Activity Suggestions

Activity #1: Video

- CBC's About Sex: The Clitoris
<https://www.youtube.com/watch?v=zn7mtmhf4U&list=PLJyG4btas2dnFzjAEMPxsyni4clHdbivX&index=17>

Activity #2: Arousal and Orgasm Information

Here is some information you might consider using to jumpstart the lesson! You can drop these statements into a PowerPoint, for instance, and generate some discussion around them.

- Arousal is the feeling of being sexually turned on. When you're aroused, your body may experience physical and emotional changes (or none at all!). A penis or clitoris may get erect, engorged, and sensitive [Arousal \(plannedparenthood.org\)](http://www.plannedparenthood.org)
- Arousal from sexual stimulation can occur alone or with a partner, fantasizing or having sexual thoughts, or reading, watching, or listening to erotic materials (like porn).
- The whole body can be a source of pleasure. For example, a person's neck, ears, or nipples can be highly sensitive to touch (these are also called "erogenous zones"). Equally, the tone of voice, seeing the partner's body or even smells can add to desire and arousal.
- Your sex drive is when you feel desire to be sexual, or are mentally or physically excited about engaging in sexual activities — like masturbation, sexual thoughts, fantasies, or sexual contact
- Everyone's sex drive is different. There's no "normal" amount you should want to have sex.
- Over our lifetime, our bodies experience many changes and how we experience sexual pleasure and arousal can also change. Injuries, acute illness, surgical transitions, birth control, medication, postpartum, mental health, hormonal transition, chronic illness, pregnancy, cosmetic surgery, aging, hormone replacement therapy, paralysis, puberty, and menopause can all change how our bodies respond to sexual experiences (Thornhill, 2016).
- <https://www.youtube.com/watch?v=ETHkmEwphfk&list=PLJyG4btas2dnFzjAEMPxsyni4clHdbivX&index=3>
- Orgasm occurs during the sexual stimulation of your genitals and erogenous zones. An orgasm is sometimes seen as the peak of sexual arousal when the body releases sexual tension and pressure. It can involve very intense feelings of pleasure in your genitals and throughout your body <https://my.clevelandclinic.org/health/articles/22969-orgasm>

- For folks with vulvas, stimulating different parts of their body can lead to orgasm, such as vaginal penetration or stimulation of the external part of the clitoris and other areas of the vulva.
- For folks with penises, muscles at the base of the penis contract during stimulation, and ejaculation can occur. A pleasurable stimulation of the penis can lead some people to produce a few drops of a liquid called “pre-cum”. If the pleasure is maintained or becomes more intense, orgasm and ejaculation can follow. Ejaculation is linked with orgasm because it usually occurs at the same time. But it’s also possible to achieve an orgasm without ejaculating. And vice versa!
- While some people may have multiple consecutive orgasms, others only occasionally achieve it, and some have never experienced it.
- Apart from what happens in the body, orgasm is also dependent on psychological factors, such as level of connection or discomfort and stress. Feeling good, enjoying the moment, knowing your body, and how to focus on your sensations all help lead to having an orgasm.

<https://www.youtube.com/watch?v=Z8pYXfZrwM&list=PLJyG4btas2dnFzjAEMPxsyni4clHdbivX&index=6>

<https://www.youtube.com/watch?v=YCvPPDLxyS0&list=PLJyG4btas2dnFzjAEMPxsyni4clHdbivX&index=14>

Activity #3: Choice Board

Students work through a choice board containing 9 mini-assignments (see attached choice board).

References

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Activity # 5: Choice Board

<p>Love Languages: Read through the following article on the Five Love Languages: https://www.verywellmind.com/can-the-five-love-languages-help-your-relationship-4783538</p> <p>Then, take the Five Love Languages Test (see attached page). What is your top love language? Does this seem accurate? Why or why not?</p>	<p>Make a Zine! Zines are short DIY print productions. See this handout for a quick overview on how to make one: https://drive.google.com/drive/folders/1XNna0jnu8TnBcnf3OFFaT8vcClCn58l</p> <p>What do you think other young folks need to know about sexual pleasure?</p>	<p>Orgasm: Myth or Truth? Are the following statements true or false? If the statement is false, explain why!</p> <ul style="list-style-type: none"> - When a penis ejaculates, a little over a cup of semen comes out. - People of any gender can experience multiple orgasms. <ul style="list-style-type: none"> - If someone with a penis has an erection and does not ejaculate, blood in the testicles will be constricted, causing slight swelling and a bluish tint to the testes (“blue balls”). - A person with a penis wakes up most mornings with an erection. <ul style="list-style-type: none"> - If someone’s vagina does not become lubricated enough naturally, it is a good idea to use Vaseline to make sex feel better.
<p>Check out the social media platforms of these folks: @_rubyrare, @maxxfennin, @drjenniferlincoln. They are all champions of sex-positive and inclusive sexuality education for young people. Watch some of their videos and browse through their posts. List 10 interesting, provocative, or sex-positive things you learned during your browsing.</p>	<p>Is foreplay an outdated and exclusionary term? The word foreplay is often associated with sexual acts that precede ‘real sex.’ Read the following article and then discuss your thoughts in a short paragraph: https://www.wellandgood.com/meaning-of-foreplay-rebrand/</p>	<p>Watch another CBC About Sex video. This one is about Sexual Performance! After watching, write about how performance anxiety during a sexual encounter can impact a person’s experience with pleasure and arousal. What role does popular media play in people’s understanding of sexual performance? https://www.youtube.com/watch?v=wctAXyRlwe8&list=PLJyG4btas2dnFzjAEMPxsyni4clHdbivX&index=21</p>
<p>STBBI Testing in New Brunswick: You have a friend who had unprotected sex recently and would like to get tested. Make a step-by-step guide to help your friend through this process: What are some common symptoms of STBBIs? Who do they contact? Where do they go? What does it look like to get tested? What different types of tests are there? How long do they wait for results? What is some advice you have for them while they wait for their results?</p>	<p>The Double Standard: Do you think we place different sexual expectations on different genders? Tell me what you think, and make sure you define/discuss the concept of the double standard in your answer. Be sure to be inclusive in your response – how might we include genders beyond cis-male and cis-female? How are they also impacted by these sexual standards? Watch this video to help guide your thinking: https://www.youtube.com/watch?v=YSkfRBLaSk</p>	<p>“Virginity” - a social construction. What do we actually lose when we have sex for the first time? Does it change our identity? Does it change our self-worth? Some people use the terms “sexually active/not sexually active” instead of virginity. https://www.nylon.com/miley-cyrus-virginity-social-construct Read the following article and answer the question in 250 words: Is “virginity” a social construct?</p>

The Five Love Languages Test

Read each pair of statements and circle the one that best describes you.

1. A. I like to receive notes of affirmation from you.
E. I like it when you hug me.
2. B. I like to spend one-on-one time with you.
D. I feel loved when you give me practical help.
3. C. I like it when you give me gifts.
B. I like taking long walks with you.
4. D. I feel loved when you do things to help me.
E. I feel loved when you hug or touch me.
5. E. I feel loved when you hold me in your arms.
C. I feel loved when I receive a gift from you.
6. B. I like to go places with you.
E. I like to hold hands with you.
7. A. I feel loved when you acknowledge me.
C. Visible symbols of love (gifts) are very important to me.
8. E. I like to sit close to you.
A. I like it when you tell me that I am attractive.
9. B. I like to spend time with you.
C. I like to receive little gifts from you.
10. D. I know you love me when you help me.
A. Your words of acceptance are important to me.
11. B. I like to be together when we do things.
A. I like the kind words you say to me.
12. E. I feel whole when we hug.
D. What you do affects me more than what you say.
13. A. I value your praise and try to avoid your criticism.
C. Several inexpensive gifts mean more to me than one large expensive gift.
14. E. I feel closer to you when you touch me.
B. I feel close when we are talking or doing something together.
15. A. I like you to compliment my achievements.
D. I know you love me when you do things for me that you don't enjoy doing.
16. E. I like for you to touch me when you walk by.

- B. I like when you listen to me sympathetically.
17. C. I really enjoy receiving gifts from you.
D. I feel loved when you help me with my home projects.
18. A. I like when you compliment my appearance.
B. I feel loved when you take the time to understand my feelings.
19. E. I feel secure when you are touching me.
D. Your acts of service make me feel loved.
20. D. I appreciate the many things you do for me.
C. I like receiving gifts that you make.
21. B. I really enjoy the feeling I get when you give me your undivided attention.
D. I really enjoy the feeling I get when you do some act of service for me.
22. C. I feel loved when you celebrate my birthday with a gift.
A. I feel loved when you celebrate my birthday with meaningful words.
23. D. I feel loved when you help me out with my chores.
C. I know you are thinking of me when you give me a gift.
24. C. I appreciate it when you remember special days with a gift.
B. I appreciate it when you listen patiently and don't interrupt me.
25. B. I enjoy extended trips with you.
D. I like to know that you are concerned enough to help me with my daily task.
26. E. Kissing me unexpectedly makes me feel loved.
C. Giving me a gift for no occasion makes me feel loved.
27. A. I like to be told that you appreciate me.
B. I like for you to look at me when we are talking.
28. C. Your gifts are always special to me.
E. I feel loved when you kiss me.
29. A. I feel loved when you tell me how much you appreciate me.
D. I feel loved when you enthusiastically do a task I have requested.
30. E. I need to be hugged by you every day.
A. I need your words of affirmation daily.

Add Total Number of Answers Here:

- A. ____ Words of Affirmation B. ____ Quality Time C. ____ Receiving Gifts
D. ____ Acts of Service E. ____ Physical Touch