

формат: видос из рисунков + тест

смотри, каждый видос это пять минут, каждый урок (неделя) должен быть из 5-6 видосов хотя бы

1. первая неделя - моё и чужое тело - ярослава

a. **anatomy & physiology**

- i. reproduction
- ii. male reproductive system
- iii. female reproductive system
- iv. sexual development - chromosomes
- v. don't be afraid of your body

2. вторая неделя - химия и магия - милена

a. **what is love**

an intense feeling of deep affection

types of love:

- **Eros** (passionate love) - about romance, passion, and attraction
- **Pragma** (enduring love) - *practical love*, referencing the kind of love grounded in duty, commitment, and practicality
- **Ludus** (playful love) - flirtatious and fun, without the strings that come with eros or pragma
- **Agape** (universal love) - selfless love, like the kind you might associate with saintly figures like Mother Teresa or activists like Malala
- **Philia** (deep friendship) - love that develops over a deep, long-lasting friendship. It's platonic, but nevertheless, you feel very close to those you have philia toward and can confide in them, trust them, and respect them on a very personal level
- **Philautia** (self-love and self-compassion)
- **Storge** (familial love) - shared between family members (typically immediate family), and sometimes close family friends or friends from childhood
- **Mania** (obsessive love) - This is what we would describe as a toxic relationship or codependent relationship, where there's usually some imbalance of affection causing one person to become overly attached.

<https://www.mindbodygreen.com/articles/types-of-love>

b. **languages of love:** одобрение, время, подарки, помощь, физический контакт



- test yourself

<https://www.5lovelanguages.com/quizzes/>

c. **biology of love: neurotransmitters & hormones (dopamin, oxytocin), brain, evolution**

From an evolutionary perspective, love is a behavior that contributes to emergence and preservation, in turn, to multiply and survive.

Attraction depends on all senses. Main is vision.

Oxytocin is primarily directed to female hormones. The fact is that oxytocin stimulates lactation and facilitates childbirth - it is no coincidence that "oxytocin" is translated from Greek as "rapid labor". Later he later learns that oxytocin strengthens the emotional bond not only between the mother and the child, but also within the couple - for this property oxytocin began to be called the "love hormone". "The hormone levels in lovers who just started dating are twice as high as in pregnant women," says Feldman. "This is surprising given that, relatively recently, oxytocin was considered primarily a female hormone." Through research, Feldman also found that couples with high oxytocin levels have more harmonious and happier relationships. "In such couples, there is a strong emotional attachment: lovers often touch each other, laugh together and speak in chorus. I am sure that such couples have more chances for a lasting union," the psychologist says. Scientists have also noted a link between oxytocin levels and sexual performance. Studies have shown that the "love hormone" acts as an aphrodisiac - it increases arousal and helps to achieve orgasm.

According to other studies, oxytocin promotes the transfer of sperm to the egg, thereby increasing the chances of pregnancy.

The molecules that make us in love are the very same dopamine - the neurotransmitter of reward and decision-making. In addition to it - oxytocin, the hormone of attachment, orgasm and lactation, serotonin, the molecule of happiness and laughter, endorphins - internal drugs that give euphoria and pain relief, stress molecules, norepinephrine and adrenaline, as well as nerve growth factor. The more oxytocin was in the blood of lovers at the beginning of the relationship, the longer they lasted, experience has shown.

Falling in love can be seen in the brain, which scientists are actively doing. Romantic love activates functions that are involved in reward and satisfaction, satisfaction, satisfaction, and fatherhood. Love is a goal-oriented behavior - to be with a particular person. Therefore, the brain needs natural doping to achieve this goal. And dopamine does it.

Long-term relationships can provide people with the same reinforcement and reward as falling in love with their beginning. However, a relationship that lasts a long time is no longer a stressor - attachment takes its place.

- dig deeper to chemicals and types of love
<https://sitn.hms.harvard.edu/flash/2017/love-actually-science-behind-lust-attraction-companionship/>

d. social & relationships

The family is generally regarded as a primary social institution.

The institution of family is a basic unit in the society, and the multifaceted functions performed by it makes it a much-needed institution in a society.

It is one of the oldest social institutions on the earth. Although families differ widely around the world, they also share certain common concerns in their everyday lives.

The family is a kinship group that consists of two or more people who consider themselves related by blood, marriage, or adoption. Kinship is a social bond based on common ancestry, marriage, or adoption.

During our lifetime, many of us will be members of two different types of families:

- The family of orientation is the family into which a person is born and in which early socialization usually takes place
- The family of procreation is the family that a person forms by having or adopting children.

Types of families:

- By size and structure:
 - A nuclear family is a family composed of one or two parents and their dependent children, all of whom live apart from other relatives.

- An extended family is a family unit composed of relatives in addition to parents and children who live in the same household.
- By Marriage:
 - Endogamy -- marriage between people of the same social category
 - Exogamy -- marriage between people of different social groups.

- Polygamy -- marriage uniting three or more people. There are two types of polygamy:
 - Polygyny, in which a man may be married to more than one woman at the same time.
 - Polyandry, much less common, in which a woman may have two or more husbands simultaneously.

- By Residential Patterns
 - Patrilocal -- married couple live with their husbands family
 - Matrilocal -- married couple live with their wife's family
 - Neolocal -- married couple lives apart from both spouses families.

- By Power and Authority
 - A patriarchal family is a family structure in which authority is held by the eldest male (usually the father).
 - A matriarchal family is a family structure in which authority is held by the eldest female (usually the mother).

Functions of family:

- sexual regulation
- reproduction
- socialization
- economics support
- providing care and protection
- providing social status
- education
- recreation

<http://www.uop.edu.pk/ocontents/THE%20FAMILY.pdf>

3. третья неделя "sex" - откуда берутся дети - аглая
 - a. **sex** (biological approach)
 - b. types of sexual contact
 - c. **pregnancy**

4. четвертая неделя - безопасность - ярослава
 - a. **importance of protection**

b. **types of protection**

5. пятая неделя - болезни - аглая

a. **diseases (hiv, syphilis, hepatitis)**

b. **группы поддержки, организации**

6. шестая неделя - построение отношений - милена

a. **stages of relationship**

The Euphoric Stage

attention, interest, maintenance

The Early Attachment Stage

The Crisis Stage

Healthy compromise means when you reach an impasse and you are not sure how to get out of it, the two of you in a **relationship** make shifts in your behavior to resolve the impasse with mutual desires to make your **relationship** flow again. In contrast, unhealthy **compromise** is often one-sided.

The Deep Attachment Stage

not dependence or codependence

<https://www.verywellmind.com/the-four-stages-of-relationships-4163472>

b. **healthy relationships**

| Healthy | Unhealthy | Abusive |
|--|--|---|
| A healthy relationship means both you and your partner are: <ul style="list-style-type: none">CommunicatingRespectfulTrustingHonestEqualEnjoying personal time away from each otherMaking mutual choicesEconomic/financial partners | You may be in an unhealthy relationship if your partner is: <ul style="list-style-type: none">Not communicatingDisrespectfulNot trustingDishonestTrying to take controlOnly spending time togetherPressured into activitiesUnequal economically | Abuse is occurring in a relationship when one partner is: <ul style="list-style-type: none">Communicating in a hurtful or threatening wayMistreatingAccusing the other of cheating when it's untrueDenying their actions are abusiveControllingIsolating their partner from others |

c. **concent, rape, violence**

SEX + CONSENT = SEX
SEX - CONSENT = RAPE

Sexual consent is an agreement to participate in a sexual activity. Before being sexual with someone, you need to know if they want to be sexual with you too. It's also important to be honest with your partner about what you want and don't want.

Consenting and asking for consent are all about setting your personal boundaries and respecting those of your partner — and checking in if things aren't clear. Both people must agree to sex — every single time — for it to be consensual.

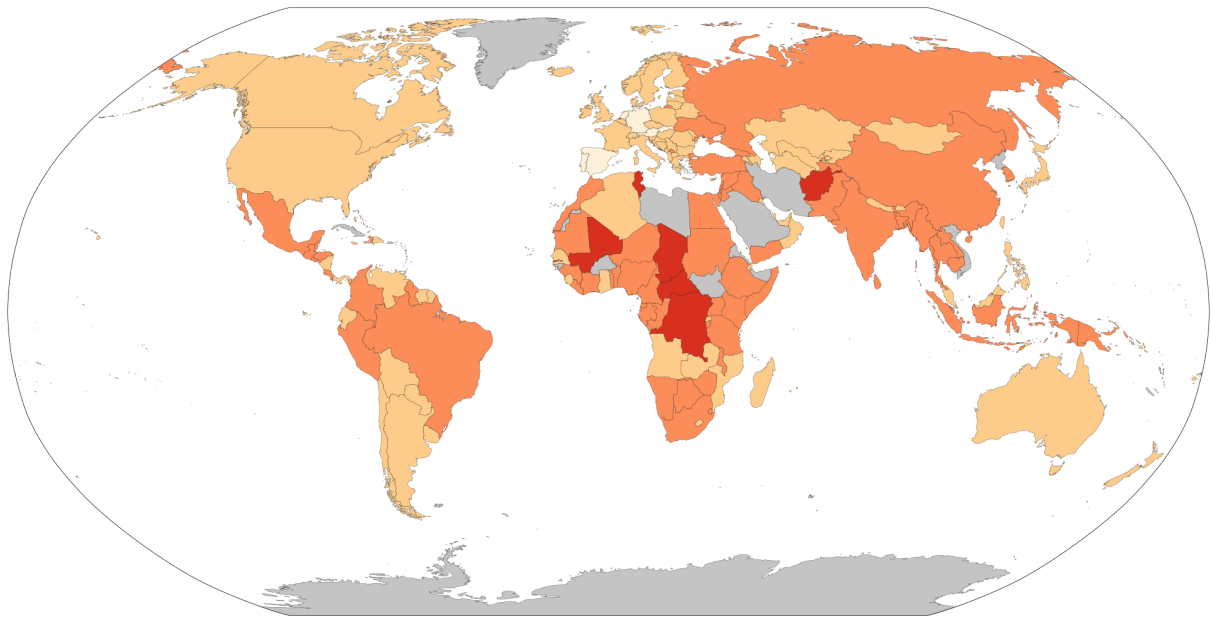
Without consent, sexual activity (including oral sex, genital touching, and vaginal or anal penetration) is sexual assault or rape.

- **Freely given.** Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.
- **Reversible.** Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.
- **Informed.** You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- **Enthusiastic.** When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.
- **Specific.** Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

Rape, sexual assault, and sexual abuse can have different legal definitions. In general, rape, sexual assault, and sexual abuse are forms of violence in which there is sexual contact without consent — including vaginal or anal penetration, oral sex, and genital touching.

Anyone can be a victim — no matter their gender, sexual orientation, or age. But certain groups of people are more likely than others to experience sexual assault in their lives. Women (especially women of color), LGBT identified people, and people with developmental disabilities are more likely to experience sexual assault over the course of their lifetimes.

Sexual violence doesn't happen in one single way. There doesn't need to be a weapon involved and the victim doesn't need to have fought back, screamed, or said "no" repeatedly in order for it to count as rape or sexual assault. Most sexual assaults don't happen by strangers in dark alleyways. Often, it's someone the victim knows or even a romantic partner. If you or someone you know has experienced this type of violence, you're not alone, and help is available.



guide what to do in a case of rape

<https://www.advantageafrica.org/file/what-to-do-in-the-case-of-rape-or-sexual-assault-pdf>

7. седьмая неделя - кто я и кто мне нравится: гендер и сексуальность - милена

a. sex vs gender

The [World Health Organization](#) (WHO) similarly states that "'sex' refers to the biological and physiological characteristics that define men and women" and that "'male' and 'female' are sex categories". According to the [CDC](#) people whose internal psychological experience differs from their [assigned sex](#) are [transgender](#), [transsexual](#), or [non-binary](#). [Anisogamy](#), or the size differences of [gametes](#) (sex cells), is the defining feature of the two sexes.

The [World Health Organization](#) defines gender as the result of socially constructed ideas about the behavior, actions, and roles a particular sex performs. The beliefs, values and attitude taken up and exhibited by them is as per the agreeable norms of the society and the

personal opinions of the person is not taken into the primary consideration of assignment of gender and imposition of gender roles as per the assigned gender. Intersections and crossing of the prescribed boundaries have no place in the arena of the social construct of the term "gender". **Gender is an area that cuts across thinking about society, law, politics and culture**, and it is frequently discussed in relation to other aspects of identity and social position, such as class, ethnicity, age and physical ability. Gender is also an important concept within a range of social and political debates and may influence these debates differently according to cultural context.

There are some languages which do not have a word for 'gender'. In such cases, the word '**sex**' is normally used, and **in order to distinguish between sex and gender**, different terms may be employed, for example 'biological sex' may be used to refer to 'sex', and 'cultural and social sex' may be used to refer to 'gender'.

Transgender people experience a mismatch between their [gender identity](#) or [gender expression](#), and their [assigned sex](#). Transgender people are sometimes called *transsexual* if they desire medical assistance to [transition](#) from one sex to another.

Many [feminists](#) consider sex to only be a matter of biology and something that is not about social or cultural construction. Rather than viewing sex as a biological construct, there are feminists who view both sex and gender as a [social construct](#). Some feminists go further and argue that neither sex nor gender are strictly binary concepts.

b. **sexuality, asexuality and orientation - lgbtq**

Sexuality is not about who you have sex with, or how often you have it. **Sexuality** is about your **sexual** feelings, thoughts, attractions and behaviours towards other people. You can find other people physically, sexually or emotionally attractive, and all those things are a part of your **sexuality**. Sexuality, or sexual orientation, has to do with whom a person is, or is not, attracted to either sexually or romantically. People may identify more with one sexuality than another at different points in their lives

- Heteromantic

Those who are heteromantic may experience romantic attraction, but not necessarily sexual attraction, to those of a different gender.

- Heterosexuality

People who are heterosexual, or "straight," typically feel sexual and romantic attraction toward people who are of a gender different from their own.

- Homoromantic

Homoromantic refers to people who are romantically attracted to those of a similar gender to their own. They may not be sexually attracted to people of the same gender.

- Homosexuality

Homosexuality is a term describing those who are emotionally and physically attracted to people of the same gender. However, the [LGBTQIA Resource Center](#) state that this term is outdated and may have negative connotations due to the past.

- Aromantic

A person who identifies as aromantic may not feel any romantic attraction toward anyone. People who are aromantic may not want a relationship beyond friendship. Those who identify with this orientation may also identify with another orientation. A person's romantic attraction can differ from their sexual attraction. For example, a person may not be romantically attracted to people but can be sexually attracted to some.

- Asexual

Asexual is an umbrella term that encompasses a broad spectrum of sexual orientations. According to the [LGBTQIA Resource Center](#), asexuality is a spectrum. Some people may experience no sexual or romantic attraction to anyone, while others may experience varying degrees of sexual or romantic attraction to people. Those who identify with this orientation do not have to abstain from sex to be asexual.

- Bicurious

People who identify as bicurious are interested in having a sexual or romantic experience with someone of the same gender.

The term indicates that the person experiences some uncertainty as to how they identify romantically or sexually.

- Biromantic

People who identify as biromantic feel romantic, but not necessarily sexual, attraction to more than one gender.

- Bisexual

A person who identifies as bisexual can be any gender.

Bisexuality means that a person feels attraction toward their own gender and other genders or toward anyone regardless of their gender.

Some people may also use the terms bisexual and pansexual at different times to describe their sexual orientation, the [LGBTQIA Resource Center](#) note.

- Gay

A person who identifies as gay typically only feels sexual attraction toward people of the same gender. Socially, people use this term to refer to men who are romantically and sexually attracted to men. However, those in the community use it as an umbrella term.

- Lesbian

Those who identify as lesbian are usually women who feel sexual and romantic attraction to other women. Some [nonbinary](#) people, who do not identify with the traditional binary sexes (male and female), may also identify as lesbians. This may be because they feel a closer connection to womanhood and are mainly attracted to women.

- Pansexual and omnisexual

These sexual orientations refer to people who feel attraction toward people of all genders and sexes. A typical identifier for those who are pansexual is that gender is not a huge factor in sexual or romantic attraction. While there is overlap between these two terms and bisexuality and polysexuality, some people may prefer to use one term over another.

- Panromantic

This is a term that refers to those who experience romantic attraction, but not sexual attraction, to someone of any gender or sex.

- Queer

People of all sexualities under the LGBTQIA+ umbrella may also identify as queer. They may use the term “queer” to reclaim it, as historically many have used the term as a slur. Unless a person is a member of the LGBTQIA+ community, it is generally not a good idea to use this term.

read more

<https://www.medicalnewstoday.com/articles/types-of-sexuality>

protection

<https://www.thetrevorproject.org>

test yourself

<https://www.idrlabs.com/sexual-orientation/test.php>

HUMAN BODY

Reproduction

From biology lessons we know that all living things reproduce, or create offspring. Humans' offspring are often called babies. The body parts that allow us to create babies belong to the reproductive system.

Thus, reproduction is the process by which organisms make more organisms like themselves.

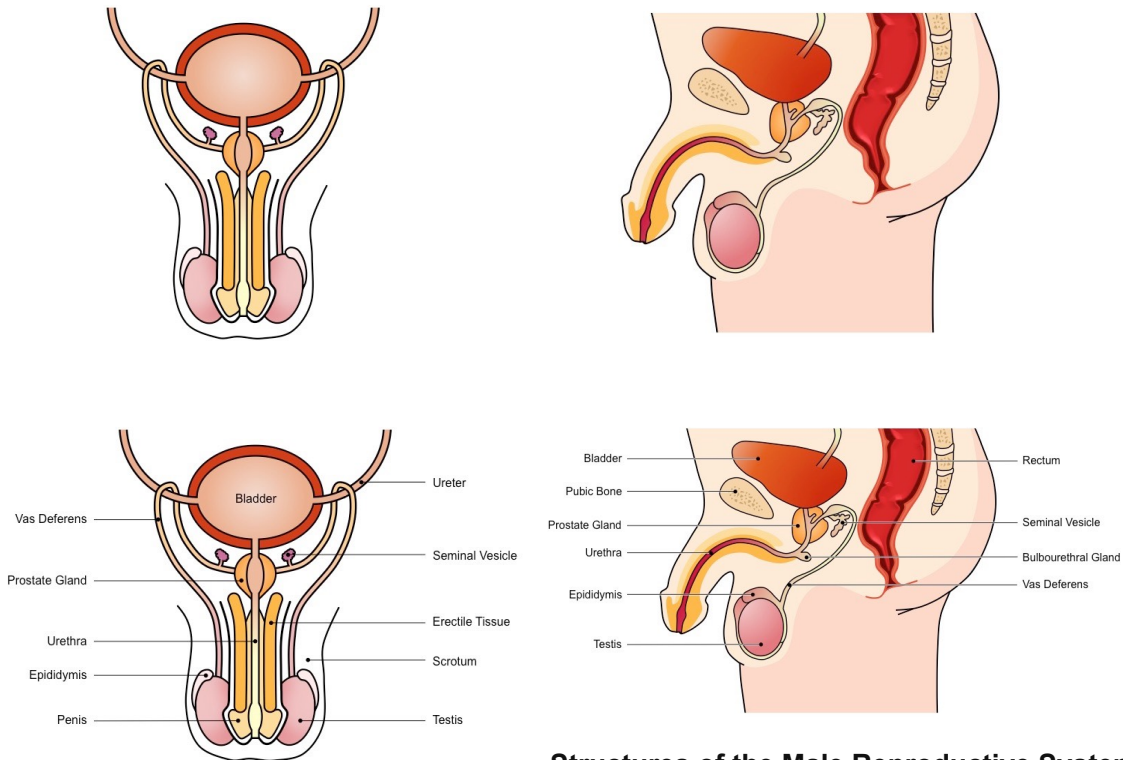
In the human reproductive process, two kinds of sex cells are involved. The male gamete, or sperm, and the female gamete, the egg, meet in the female's reproductive system. When sperm fertilizes (meets) an egg, this fertilized egg is called a zygote. The zygote goes through a process of becoming an embryo and developing into a fetus.

In this way, sexual reproduction means that two sex cells, one from a male and one from a female, join together to create a baby. After the sex cells join, they grow into a baby. The babies of most mammals develop inside the female's body.

A woman's body supports a baby as it grows. For these reasons, men and women have different reproductive organs.

Male reproductive system

The male reproductive system includes all the organs responsible for the production of sperm (the male gamete). It also includes the organs that are involved in synthesizing the semen in which the sperm is transported during copulation



Structures of the Male Reproductive System

The following structures all contribute to the production of sperm and semen as part of the reproductive process in males

Structures are organized according to the path taken by sperm (from production to release)

Testis

- Produces sperm and testosterone (male sex hormone)

Epididymis

- Stores sperm until ejaculation

Vas deferens (sperm duct)

- Transfers sperm during ejaculation

Seminal vesicle and prostate gland

- Secrete special fluid which is added to sperm to make semen

Urethra

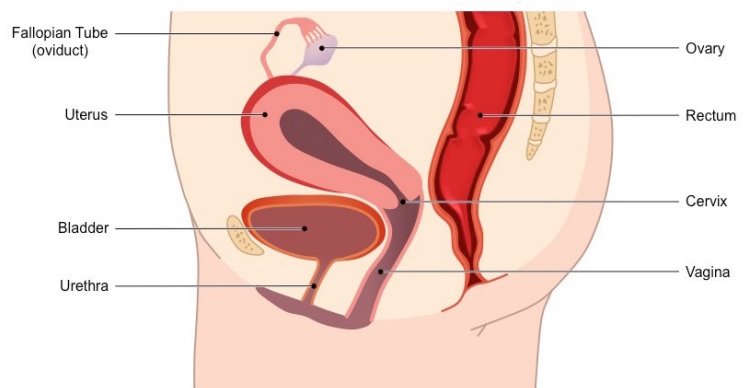
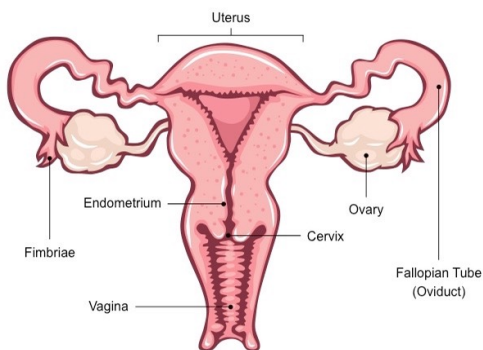
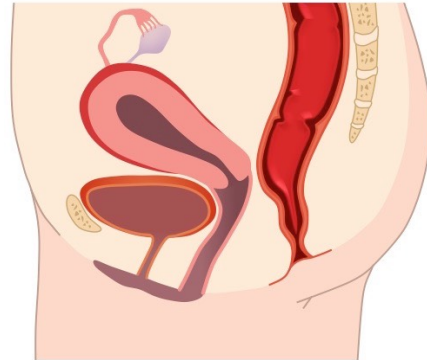
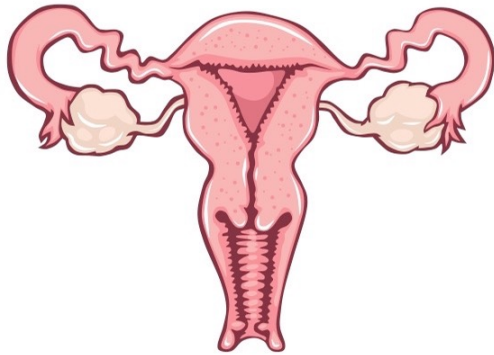
- Transfers semen during ejaculation and urine during urination

Penis

- Penetrates the vagina for ejaculation of semen

Female reproductive system

The female reproductive system includes all the organs responsible for the production of an oocyte (the female gamete). It also includes the organs involved in initially developing and maintaining an embryo during the early stages of pregnancy



Structures of the Female Reproductive System

The following structures all contribute to the production and maintenance of an egg as part of the female reproductive process

Structures are organized according to the path taken by egg (from production to implantation or elimination)

Ovary

- Produces eggs prior to release called ovulation – it is also responsible for female hormones' secretion (estrogen and progesterone)

Oviduct

- Also called fallopian tube, collects eggs at ovulation, and transports the eggs to the uterus

Uterus

- Here a fertilized egg will implant and develop. In other words, become an embryo.

Cervix

- Protects the fetus during pregnancy and then dilates to provide a birth canal

Vagina

- Passage leading to the uterus, by which the penis can enter

Vulva

- Protects internal parts of the female reproductive system

Sexual development

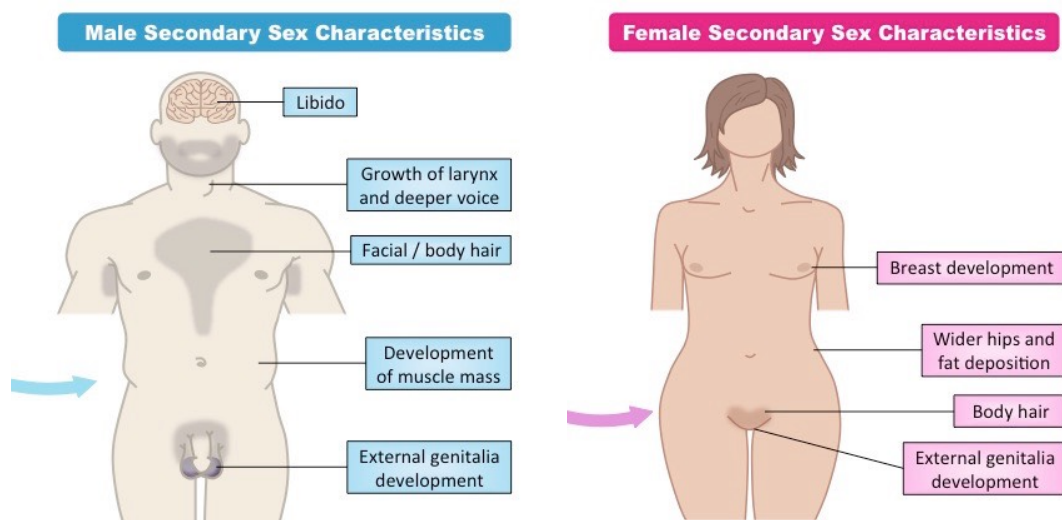
Like all forms of human development, sexual development begins at birth.

The main male reproductive hormone is testosterone, which serves a number of roles:

- It is responsible for the pre-natal development of male genitalia
- It is involved in sperm production
- It aids in the development of secondary sex characteristics (including body hair, muscle mass, deepening of voice, etc.)

The main female reproductive hormones are estrogen and progesterone, which serve several roles:

- They promote the pre-natal development of the female reproductive organs
- They are responsible for the development of secondary sex characteristics (including body hair and breast development)
- They are involved in monthly preparation of egg release following puberty



Your own body

The problem is, a “perfect” body doesn’t really exist, at least not in the way it is defined in the media. Photos are often edited to make models thinner or to enhance their features. So, chasing the “perfect” body can end only in disappointment. Everyone has bodies, right? It’s nothing to be ashamed of. Understanding that you are perfect the way you are unique is a path to happiness.

