

## Sexuality through the Lifespan

- ## Health Promotion ~
- Risk assessment
    - Life style
    - Environmental
  - Developmental level
    - maturation
  - Cognition and Communication
  - Identity
    - Sexuality
    - Intimacy

- ## Sexuality
- Deep, pervasive aspect of total person
  - Sum of feelings and behavior as male or female
  - Attitudes necessary to maintain an intimate relationship with an other

- ## Factors influencing sexuality...
- Biology/genetics
    - Genotype and phenotype
  - Culture
  - Ethnicity
  - Spirituality/religion
  - Stereotypes
    - Fathers more than mothers

- ## Infantile sexuality
- Freud
    - orality
  - Montague
    - Touch
  - Parental reinforcement
    - Trust

- ## Toddlers...
- Body image
    - Self concept
    - Autonomy vs. shame and doubt
  - Primary identification
    - Traditionally imitation from observation of same sex parent
  - Exploration of body
    - Masturbation
    - 'anality'

## ● ● ● | Preschoolers...

- Initiative vs. guilt
  - Conscience, superego
- Self concept ~ emerging overt sexuality
  - Parental and peer (re)enforcements
- Masturbatory substitutes
  - Rocking, riding

## ● ● ● | Schoolagers...

- Sexuality 'sublimated' into industry
  - Doesn't mean 'asexual'
  - Cognition
  - Social interaction skills
- More self concept and body image
  - Inter-relationship depends on environment
  - Chum-ship
- Some mid- and late schoolagers are sexually active
  - Development of secondary sexual maturation occurring earlier in US

## ● ● ● | Answering questions about sex...

- Open acceptance
- Answer what is asked
  - Know the facts!
  - Be honest
- Don't skip information because initial response is 'Oh, I know that...'
  - Also, don't include too much information in one sitting

## ● ● ● | Adolescence

- Establishing sexual identity or self concept
  - Involves understanding roles, values, duties and responsibilities as well as physical responses
  - Sexual orientation is a continuum
- A personal evaluation of one's sexual feelings and actions
  - Accommodating adult erotic feelings
  - Experimental sexual behaviors
  - Dealing with behavior choices

## ● ● ● | Biology vs. Psychology

- Physical sexual response cycles in men and women only understood since the 1970's
  - Masters and Johnson
    - excitement, plateau, orgasm, resolution
- Most people closely tie physiology with emotions
  - Sex for sex's sake vs. sex for love's sake
  - Sex for procreation vs. recreation
  - Abstinence is not a dirty word

## ● ● ● | Young adults

- Developmental level and chronology often not synchronous
- Making love and having sex aren't the same
- There aren't any 'abnormals' in sexual relationships if the behavior is acceptable to both parties
- Overtly or covertly, everybody cares about and is interested in sex, whether or not they act on it

## ● ● ● Adulthood

- Developmental stages of partners impacts quality of relationship
- Stresses of everyday life can negatively impact sexual expression
  - 'Being all things to all people'
  - What to do with the kids...
- Fatigue and poor communication greatest impediments to positive sexual behavior
  - Creativity and time management
- Loss of partner from divorce or death

## ● ● ● Aging and sexuality

- Age should not be a barrier to sexual expression
- Social circumstances might be – but can be changed
- Attitudes and expectations may be problematic
  - Those who are aging
  - Relatives and friends

## ● ● ● Talking to adults about sex...

- Appropriate for health care professional to ask about sexual activity
  - Are you currently sexually active with a partner?
  - Is the experience satisfactory?
  - Are there any specific questions with which I can help?
- Boundaries important
  - Personal proclivities vs. professional persona