

ASSIGNMENT: SEXUAL DEVELOPMENT PUZZLE

PURPOSE OF THE EXERCISE:

Students can identify prejudices.

NEEDED MATERIAL:

- Empty sexual development matrix framework, 1 print on A3 or A2 per subgroup
- Sexual development issues cards, one set per subgroup
- Participants form subgroups of 3-4

HOW TO CONDUCT THE EXERCISE:

- Sort the sexual development cards on the sexual development framework, discuss different views, but come to a conclusion
- Try to fill at least one dimension completely and take a picture
- Afterwards the correct puzzle is displayed and discussed

NORMAL SEXUAL DEVELOPMENT MATRIX *

	0-1,5	1,5-3	3-6	6-11	11-14	14-17	18-24
Body image	Discovers the world through their mouth; discover genitals by accident	Knows the words for body parts, including genitals	Fear of loss of genitals, due to physical gender differences	Feelings of insecurity about own body Showing and exploring genitals with peers	High levels of insecurity about own body, especially girls; boys become more secure;	Body-image becomes increasingly important; physical appearance is given much attention	Body image becomes established
Gender identity	Recognizes differences between male and female body	Knows own gender; but thinks that can change	Realize they will become a man/woman as adult Learn that gender is a constant	Gender dysphoria may occur, but majority is only transient gender dysphoric	Gender dysphoria disappears in majority Transgender young people develop aversion against their own body	Transgender young people can receive hormone treatment	Gender identity is set
Gender role	blank	Start knowing typical gender-role behavior	Learning and appreciating gender role behavior	Rigid ideas about general gender-role behavior become gradually more flexible Same-sex friendships are preferred	Negative appraisal of atypical sexual gender-role behavior Network of friends becomes more gender diverse	Gender-stereotypes of appropriate sexual behavior. Double standards for boys and girls (especially in religious groups)	blank
Romantic relationships	Positive physical contact is important Starting interest in other babies Attachment to care-givers	Recognize emotions in others, not able to distinguish between real or fake No empathy	Can account for own part in conflict Start of empathy First romantic feelings	Can describe what 'being in love' feels like Know difference between romantic relationship and being friends	Falling in love and having first romantic relationships, usually without sexual intercourse	Finding a partner becomes important Relationships are more intimate; Several relationships (serial monogamy)	Experiment with different forms of relationships Higher risk of sexual aggressive behavior

Sexual orientation	blank	blank	blank	Awareness of self as sexual being First exploration of sexual orientation	Feelings of same-sex orientation Insecurity about sexual orientation LHB: feeling sexually attracted to same sex	Sexual orientation becomes clear; LHBT youth starts to disclose sexual orientation	Sexual orientation is clear. LHBT usually disclose
Sexual interest and desire	blank	Start of feelings of 'lust'	Start and increasingly asking caretakers about sexuality	Increasing interest in sex and exposure to sex in the media Increasingly talking to peers about sexuality Growing awareness of sexual desire	Increasingly interested in sex & sexually explicit media Develop sexual fantasies Sexual interest in peers	Almost all have experienced sexual desire Increasing interest in sexually explicit media	Explore different sexual life styles and partners High rate of sexual activity
Attitudes, beliefs and emotions	Not aware of sexual rules	Showing or touching genitals in public Interpret explicit sexual behavior as 'fight', when witnessing	Start of feelings of shame Can express simple emotions in words Starts recognizing feelings of sexual shame in adults	Feel ashamed and reluctant to being watched nude by adults Know sexual socio-cultural norms and rules	Are very self-conscious and sensitive to judgement by others Are confronted with negative attitudes towards homosexuals	Can make sexual jokes which are not offensive Prefer sex within relationship	blank
Reproductive health	blank	blank	Questions about reproduction	10+: onset of puberty; possible start of ovulation and forming of semen Knowledge of human reproduction	Early starters: increased risk of unintended pregnancy and STD, due to impulsivity and risk taking behavior	Risk of unintended pregnancy & STD, due to starting sexual activity & impulsivity	Highest risk of unintended pregnancy & STD, due to higher level of sexual activity
Sexual function	Erection and lubrication is possible, no sexual connotation	Orgasm is possible but not intentional	Orgasm is possible Physical sexual arousal is possible	Boys: Nocturnal ejaculation	Huge bodily changes Masturbation with intent of orgasm is more common for boys than for girls	Sexual problems: girls: pain, arousal, orgasm, Boys: overly sexual desire, early orgasm	High risk of sexual problems for females: pain, lubrication, orgasm.
Sexual behavior	Enjoying nudity, no sexual connotations	Role-playing sexual behavior like kissing Using 'dirty' words Auto-erotic behavior for pleasure	Playful exploration of genitals of other children Touching breasts Masturbation for pleasure or relaxation	Playful exploration of genitals of other children Sexually provoking and inviting behavior towards adults Increasingly masturbate in private, with intent of orgasm Telling sexual jokes to peers	Telling non-offensive sexual jokes Experiment with flirting and kissing Sexual touching, but not intercourse Experiment with sexting	Experiment with different forms of sex (also on-line) Masturbation becomes more common	Having more explicit sexual interactions with sexual partner and others (discussing desire, boundaries etc.) Majority is sexually active

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