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Sexual Experiences Reflection

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Sexual Experiences Reflection

Sexuality is essential in every person's life; therefore, all individuals must understand human sexuality. Although it is challenging to recognize fundamental aspects of sex because many children learn this through their friends and exploring by themselves. The current society has opened up to talk about sexuality to children at an early stage despite its disturbing topic. In my life, I have gained tremendous knowledge on sexuality from various sources such as family, friends, and the environment around me. Also, classes on sexual education have opened my eyes significantly on the topic; nevertheless, before class lessons, I had already imagined women and had girlfriends at an early age. I knew that I would be heterosexual from the first time I had sex at age fifteen because of the experience I obtained.

My family played a critical role in adding knowledge towards understanding my sexuality. I understood that sexuality could vary from one person to another. Several influences can make an individual decide on their sexuality, such as family and friends. Nevertheless, I had a comprehensive awareness of my sexuality because I was raised in a family where heterosexual was a thing. I think this influenced my sexuality because my parents were heterosexual and were in love for thirty years. The affectionate that is driven among them has changed my mentality on sexuality as they always kiss and hug each other frequently. Also, I had a brother and sister who were older than me, and they all were heterosexual. Being around heterosexual relationships made me believe that being heterosexual is the right thing since I was young. Besides, I have been in close contact with people who are gay, and this has not changed my belief in being heterosexual because my aunt is married to a lady and one of our neighbors is also gay. These interactions have made me understand different sexual preferences among individuals, giving

them time to express their sexuality and learning more about the challenges that face same-sex couples.

Moreover, I can remember that society was sensitive about sexuality and sharing sexuality information with children at a young age. However, I am happy to be in contact with such an open dad. My dad worked as a sex counselor and thus had more ideas and knowledge about sexuality. Although I wouldn't say I liked speaking about sexuality topics with him, he often talked to me about it. This provided me with immense acquittance about my body and sexuality. I think parents should be open to their children in explaining and teaching them about sexuality and their body changes because more information is available on the internet. Talking will result in a healthier and safer community that is more contented with sexual communication and compliant with their children's sexual attitudes and behaviors.

I can remember my father used to teach me about body and touching; however, he did not go deeper informing me about it. He used to notify me when different sex intimately touches me; my body will react, leading to sexual desires. Nonetheless, he added that sexual touch with a person I love is right, making people feel connected with their loved ones. Therefore, I should avoid intimate contact that might lead to sexual desires until I reach the right age. Nevertheless, I explored more about my body and touch and learned many things. For example, when I was a middle school, I began kissing and touching ladies. I started relationships when I was thirteen, and my initial dates were to go to the movies. While at the film, we would sit behind the whole and kiss. This resulted in sexual touch, and it included touching the girl on the chest and kissing, and she would do the same to me.

Masturbation is a topic that I had with my father and other neighboring children. Due to the demanding nature of sexual education around society, my father used to call my friends and

me and teach us about masturbation. Since he did not want us to be involved in sexual acts at a young age due to dangers such as early pregnancies and sexual diseases, he informed us that masturbation is essential, making people feel good primarily by relieving the sexual pressure over time. Nevertheless, I think the message was acceptable because it is a safe sexual substitute, especially for people with no partners or whose counterparts are not available for sex.

Furthermore, it is also suitable for individuals who need to evade pregnancies and other sexual diseases. Sexual education should be required in schools because schools are essential in providing a valuable source of information. Schools will ensure that students know the safe options needed to maintain the standard set of behaviors. Students also need to learn better sexual behaviors because parents cannot educate their children on matters of sexuality.

Additionally, sexual abstinence has failed. My thoughts and feelings have changed significantly in adulthood because my curiosity as a child went away after trying several things such as touch and sex. My father played a critical role in my sexual life, which made me protect myself even more, hence avoiding sexually transmitted diseases. Also, I have learned to make sexual decisions beneficial to me while considering the other parties' feelings.

Sexuality is as important in old age as in the early age of a person's life. Therefore, people should continue expressing their sexuality in old age as oral sex brings more pleasure to individuals. Moreover, sexuality plays a critical role in older adults' emotional and physical well-being. I think sex will have an essential part in my life when being old because it will strengthen the relationship with my wife and enhance my lifespan. The health benefits obtained in sex, such as improved mental and physical health through burning fat, radically decrease anxiety. It makes the brain produce endorphins used to relieve stress and pain.

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