

保健体育 学習ノート

グループワーク編



せいじんむけ
成人向

H

SQUAD

SPECIAL SEX
PRESENTATION



HEALTHY DEVELOPMENT OF BODY AND MIND

ABOUT THIS COURSE

Many changes will occur in your body during puberty.

Complex emotions mix with changes in the body and a greater awareness of yourself sexually, making adolescence a very difficult time.

So in order to better understand the mental and physical development of your body and the magnitude of changes during puberty, we have assembled the "Health Squad", four presenters who will help you to learn about puberty and sex.



Being With Friends

Joy Of
Learning



Enjoying Sports

THE TEAM

Shinji

Studious, meek and dependable.

Lately he's been too busy to play with friends.

An excellent student and favorite of the teachers.

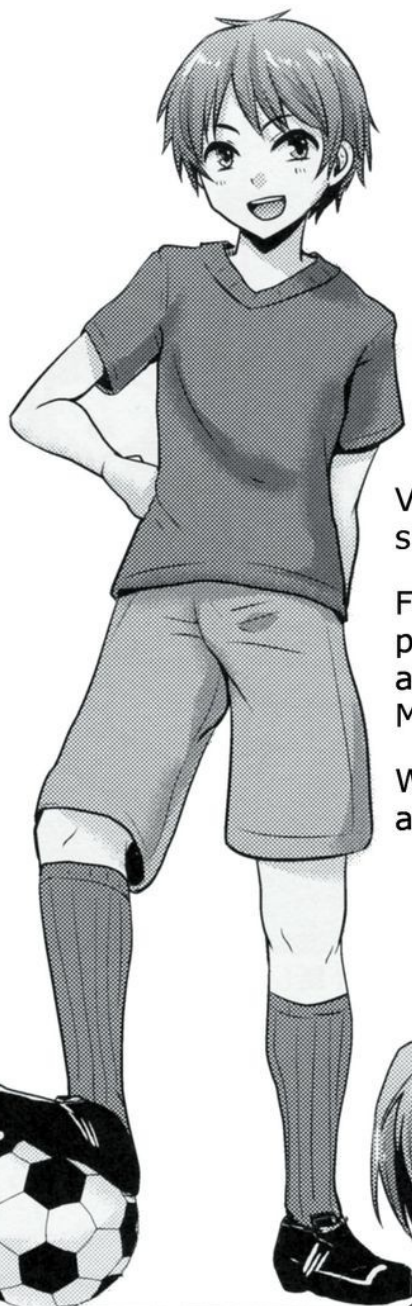


Yuta

Very active in sports.

Finds it hard to practice every day as he is also a Class Monitor.

Worries a little about being short.



Sanae

Outwardly modest, she has an unusually strong interest in sex.

Of the four, she is the standout student for health and physical education and the leader of the group.



Akari

Bright and energetic, she stands out in class.

Member of the Tennis Club.

A senior has taken an interest in her which is the subject of much gossip in school.



DISCUSSION

Before the presentation, the four of them get together to plan the event. Here is a summary of what transpired...



THE THEME IS "SEX AND PUBERTY"! THAT'S NOT GOING TO BE EASY!



"PUBERTY"...WELL OF COURSE EVERYONE GOES THROUGH THAT...



WE'RE ALL GOING THROUGH IT NOW, THAT'S FOR SURE

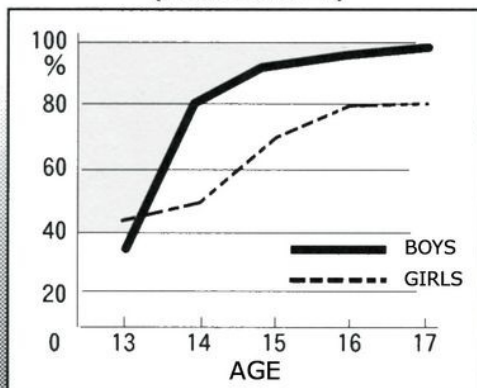


I THINK IT WOULD BE EASIER IF WE JUST SHOWED EVERYONE WHAT THE CHANGES WERE!

RECAP

It turns out that the seemingly difficult theme of "sex and puberty" is something they're all familiar with. And so the talks continue...

INCREASE OF INTEREST IN THE OPPOSITE SEX BY ADOLESCENTS
(2009 SURVEY)



Concerns of Junior High School Students
(2010 Survey)

- The shape of the genitals and growth
- Menstruation
- Dating
- Masturbation
- Sexual contact
- Sexually Transmitted Diseases
- Pregnancy
- Difference between men and women

SO YOU'RE SAYING YOU WANT US TO PHYSICALLY SHOW EVERYONE WHAT'S HAPPENING TO OUR BODIES?



WHAT COULD BE A BETTER DEMONSTRATION?

I AGREE IT MAY BE EMBARRASING, BUT I THINK IT WOULD MAKE EVERYONE FEEL MORE AT EASE IF THEY SEE WE'RE NOT AFRAID TO SHOW IT OPENLY!



YOU MEAN TAKE OFF OUR CLOTHES? I CAN'T DO THAT!

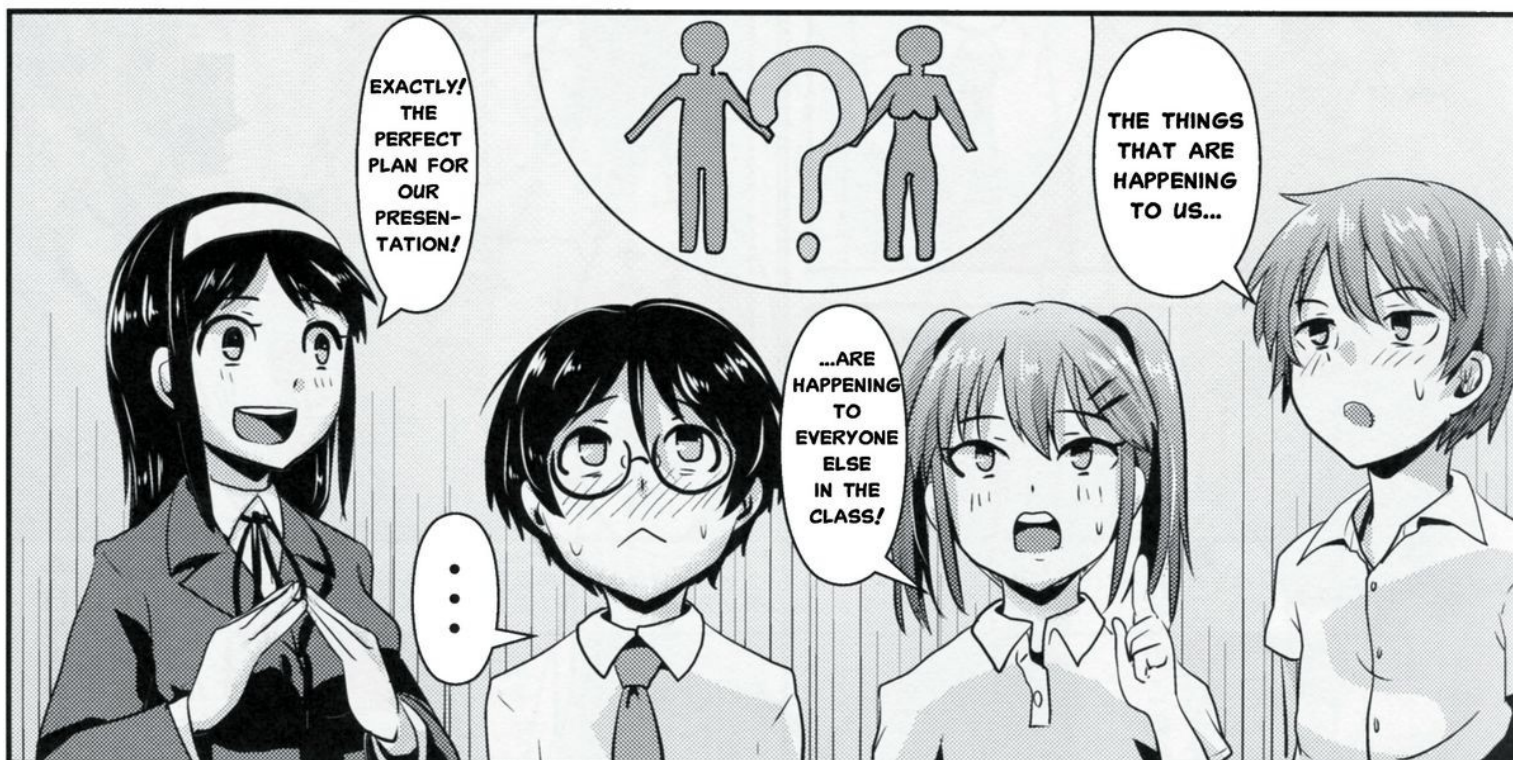


EXACTLY! THE PERFECT PLAN FOR OUR PRESENTATION!

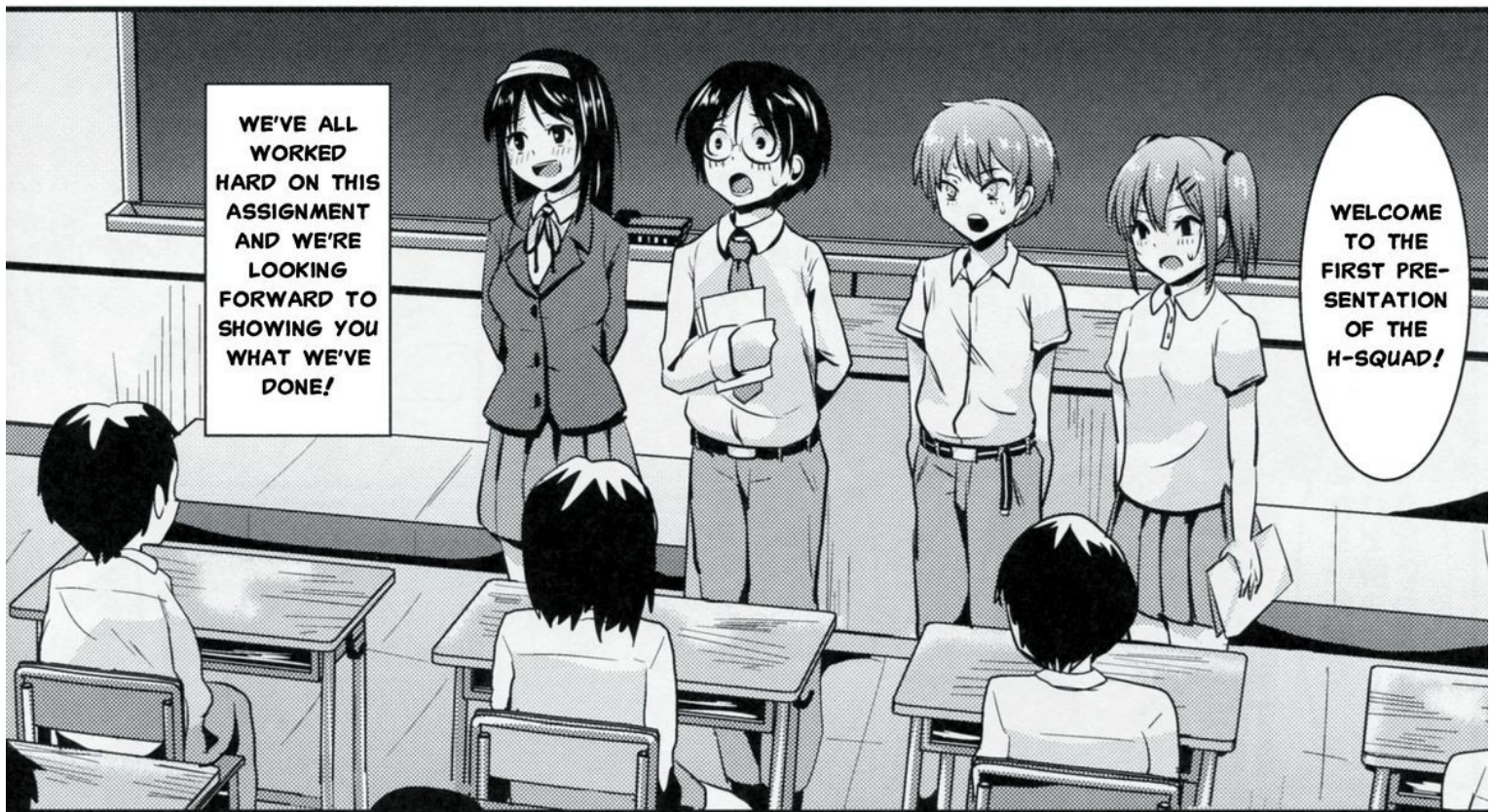


THE THINGS THAT ARE HAPPENING TO US...

...ARE HAPPENING TO EVERYONE ELSE IN THE CLASS!

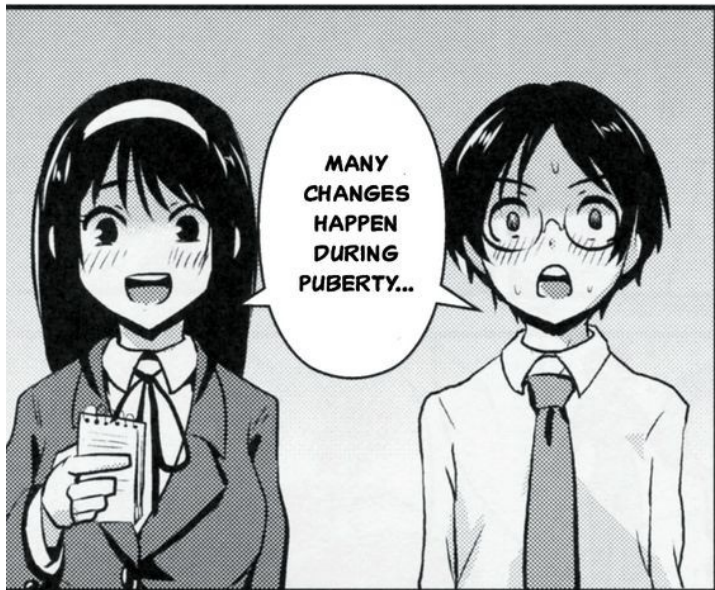


1: THE AIM OF THE STUDY



The presenters seem a little nervous...

The prepared material is read...





With their underwear gone, the demonstration can begin

Yuta and Akari are so embarrassed they may cry



! For boys and girls of this age, naturally it's very embarrassing to be completely naked in front of everyone. But despite the humiliation, it's important to carry on for the sake of health education!



2. SEXUAL CHANGES

•How changes in the body occur
During puberty, many changes will occur to both men and women's bodies. So today we will learn by direct observation what some of these changes are.

SPECIAL HORMONES FROM THE BRAIN STIMULATE PRODUCTION OF SPERM IN THE MALE TESTES AND OVULATION IN WOMEN.

THESE HORMONES ALSO SPUR DEVELOPMENT OF BREASTS AND MENSTRUATION IN FEMALES, WHILE MALES EXPERIENCE CHANGES TO THE PENIS.



The presenters show the class their genitalia

What is puberty?

It's the time when a child's body changes into its adult form.

Though there may be individual differences, these changes generally begin around the time of junior high school. And the changes occur not just in the body, but in the mind as well.



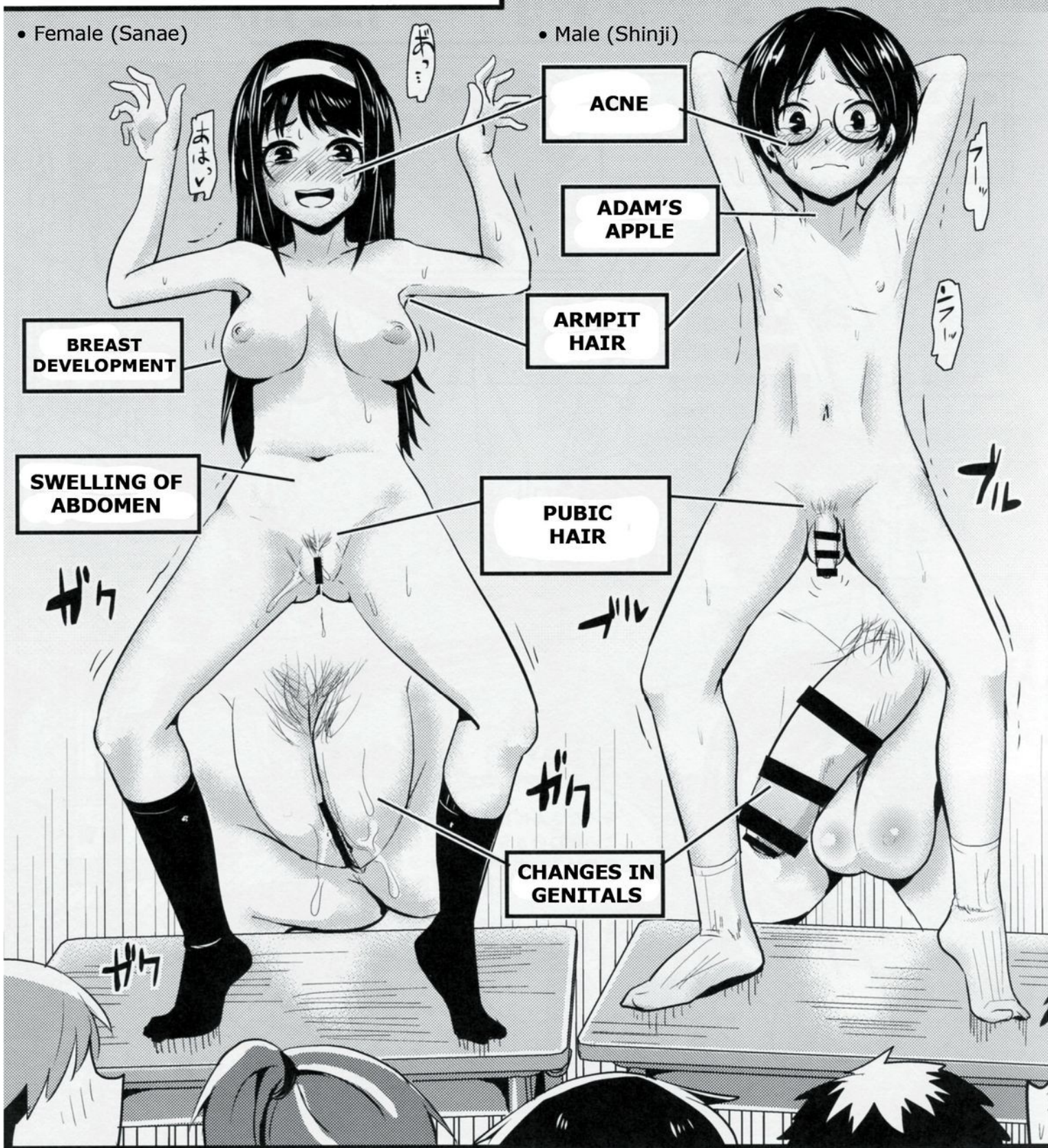
Although sex hormones are divided between males and females, male hormones can also be found in females.

CHANGES IN THE BODY DURING PUBERTY

Let's take a closer look at the changes happening in the bodies of our presenters

• Female (Sanae)

• Male (Shinji)



DISCUSS

Let's see what the students have to say about seeing the presenter's naked bodies

THEY'RE ALL GROWING HAIR DOWN THERE!

SHINJI HAS A BIG PENIS!

YUTA'S BODY IS A LOT LIKE MY BROTHER'S

I LIKE SANAЕ'S BREASTS!



3. MALE AND FEMALE GENITALIA

A CLOSE LOOK



As you know, the shape of the genitals in boys and girls is different. First, let's learn the names of the genitals and their different parts.

PLEASE OBSERVE AS AKARI SHOWS YOU HER GENITAL AREA

•Akari's genitalia

LABIA MAJORA

CLITORIS

LABIA MINORA

URETHRA

VAGINA

ANUS

SQUEE

INSIDE OF ME YOU WILL FIND THE FOLLOWING STRUCTURES

FALLOPIAN TUBE

UTERUS

OVARY

VAGINAL OPENING

THE EGG IS CREATED IN THE OVARIES AND THE BABY GROWS IN THE UTERUS, WHICH BECOMES THE WOMB.

←Sanae shows everyone her vagina

What is a hymen?

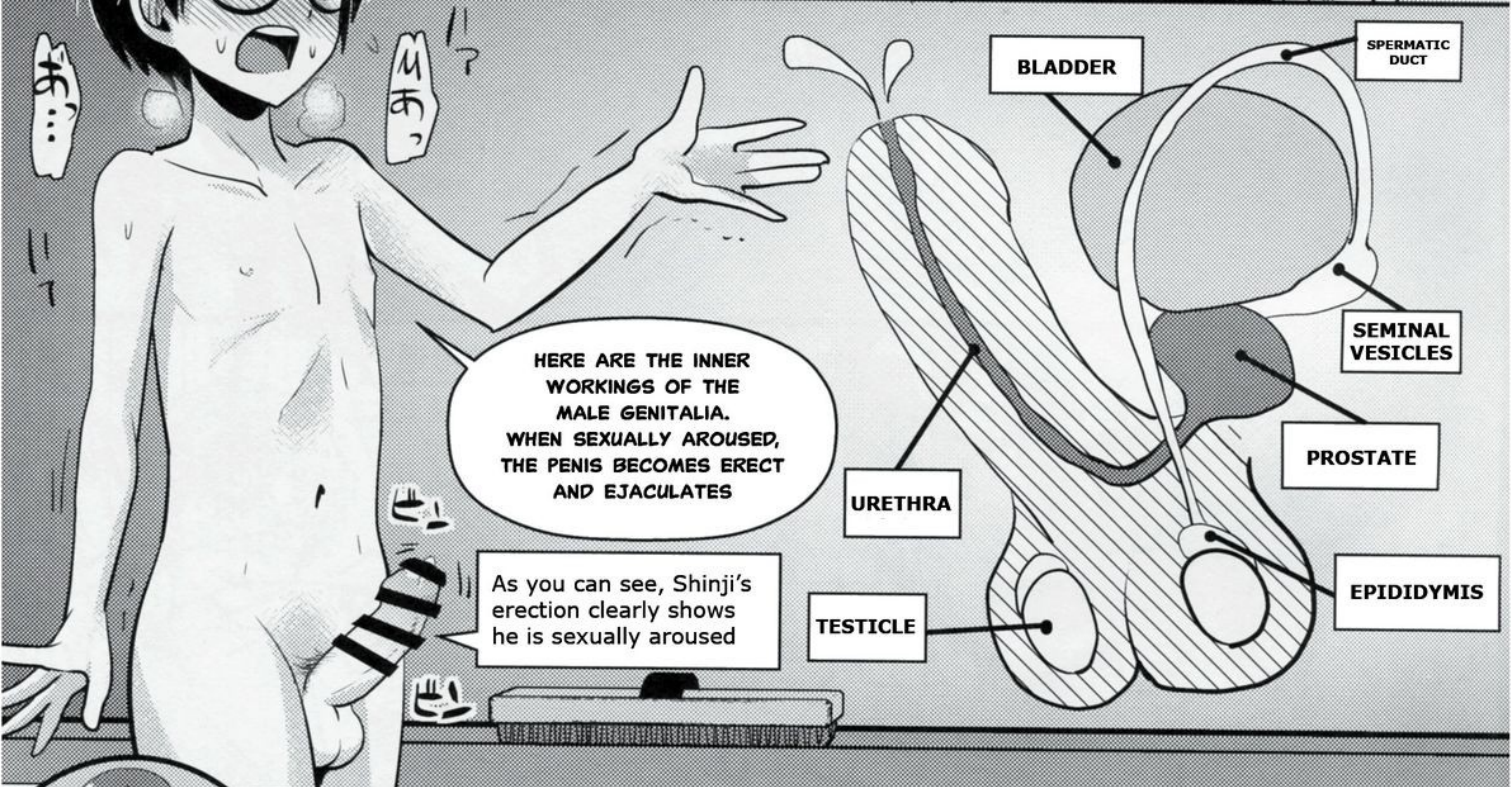
The hymen is a series of mucous membranes found in the vicinity of the vagina. The size and shape varies from person to person. Damage to the hymen does not necessarily mean that there has been sexual intercourse. In Akari's case, you can clearly see she has never experienced sexual activity.

•Yuta's genitalia

YUTA IS NOT CIRCUMCIZED, SO HE WILL HAVE TO PEEL BACK HIS FORESKIN IN ORDER FOR US TO SEE THE DIFFERENT PARTS OF HIS GENITALS.

あやうき

OH! PLEASE OBSERVE!



HERE ARE THE INNER WORKINGS OF THE MALE GENITALIA. WHEN SEXUALLY AROUSED, THE PENIS BECOMES ERECT AND EJACULATES

As you can see, Shinji's erection clearly shows he is sexually aroused

ADVICE FROM THE INFIRMARY!



School Nurse

Everyone's body is different, and we all compare ourselves to everyone else and worry we won't match up.

But your body is still developing, so there's no real need to worry.



4. EJACULATION • MENSTRUATION



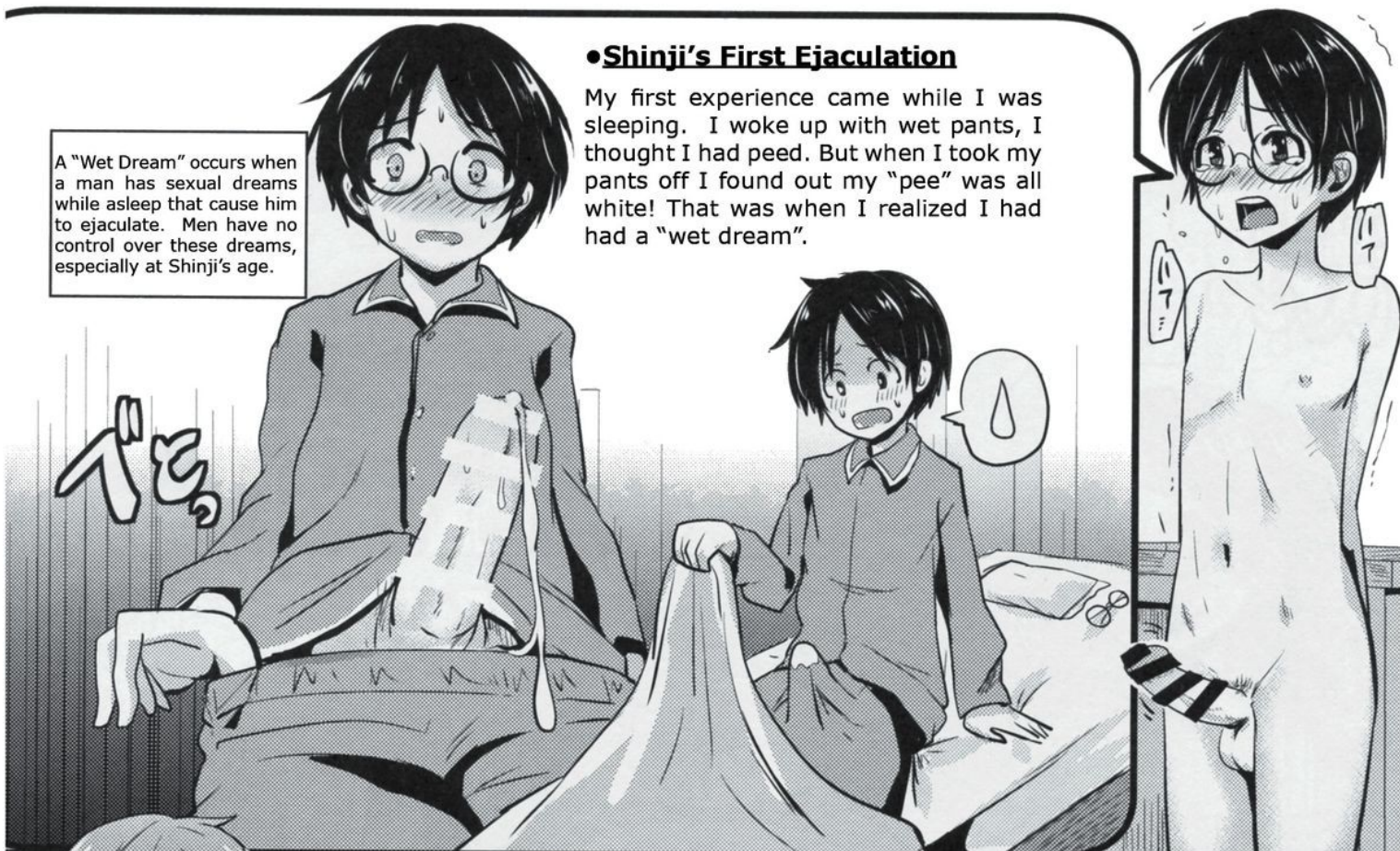
**WHAT
ARE
THEY?**

During puberty, things will happen to boys and girls that are all familiar to you. Here, our presenters share their stories.

A "Wet Dream" occurs when a man has sexual dreams while asleep that cause him to ejaculate. Men have no control over these dreams, especially at Shinji's age.

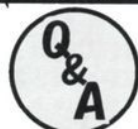
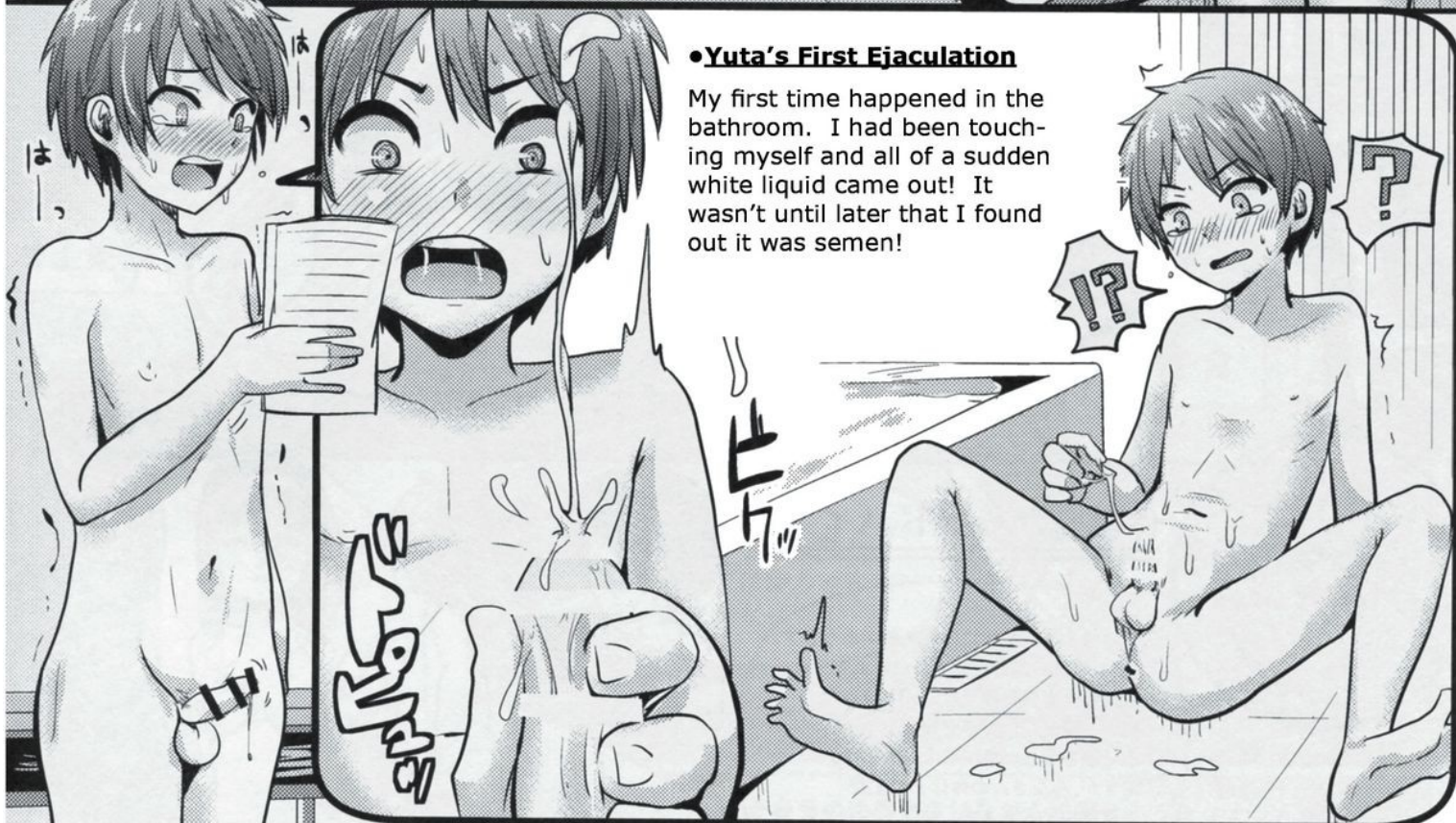
•Shinji's First Ejaculation

My first experience came while I was sleeping. I woke up with wet pants, I thought I had peed. But when I took my pants off I found out my "pee" was all white! That was when I realized I had had a "wet dream".



•Yuta's First Ejaculation

My first time happened in the bathroom. I had been touching myself and all of a sudden white liquid came out! It wasn't until later that I found out it was semen!



What happens to sperm that doesn't get ejaculated?

The sperm that doesn't get ejaculated gets absorbed back into the body, so it isn't necessary to masturbate compulsively in order to remove it. Sperm is always being generated in the testes, so you aren't going to run out!

WHEN A WOMAN BEGINS PRODUCING EGGS, IT BEGINS A CYCLE THAT REPEATS THROUGH A WOMAN'S SEXUAL YEARS.

This happens when the membrane of the uterus is sufficiently thick.

When the egg is created, it clings to the inside of the uterus

Ovulation

If no sperm is encountered, after some time, the egg breaks free.

WOMEN BEGIN MENSTRUATING WHEN THEY REACH PUBERTY.

Menstruation

The unused egg and lining of the uterus then flows out of the vagina.

! When Menstruation Begins...

A woman needs to prepare in advance with sanitary products.

Akari shows us how her sanitary napkin is attached firmly to her panties with adhesive

Leakage is always a concern, especially when exercising or swimming, so tampons are another option.

Here you can see the string of the tampon from Sanae's vagina.

Tampon

Sanitary Napkin

?

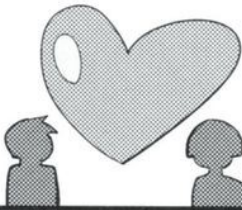
What about wet panties?

Vaginal discharge means wet panties. It's important to keep this acidic fluid that's inside the vagina contained as much as possible in order to avoid infection. As you can see from Akari's napkin, there is some small discharge, but this is normal and nothing to worry about. However, if there are large amounts of discharge, consult a gynecologist.

5. CHANGES IN THE MIND

•What kind of changes?

During puberty, various changes occur in the mind as well as the body. In particular, there is an increased awareness of the opposite sex. The desire to learn and experience more can be dangerous emotionally and physically. In order for you to understand better, our presenters will share their experiences.



Bothered by girls?

YUTA

RECENTLY, I'VE BECOME ATTRACTED TO TOMOMI, WHO HELPS OUT AT THE GYM. WHEN I TALK TO HER, I GET NERVOUS AND SEXUALLY AROUSED.

EVERYONE IN THE CLASS HAS THESE KINDS OF FEELINGS FOR SOMEONE.

THIS KIND OF SEXUAL FEELING IS NORMAL AS OUR BODIES AND MINDS DEVELOP. OBVIOUSLY I WOULD LIKE TO GET TO KNOW TOMOMI BETTER IN A SEXUAL WAY, BUT IT'S IMPORTANT TO BE PATIENT AND HAVE RESPECT FOR HER AS WELL.



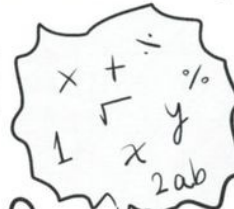
Tomomi



What About Stress?

SHINJI

AS YOU ALL KNOW, BETWEEN THE USUAL STUDYING AND SCHOOLWORK, AS WELL AS HOMEWORK FROM CRAM SCHOOL, THERE CAN BE A LOT OF STRESS. BUT LATELY I'VE FOUND MYSELF MASTURBATING RATHER THAN DO HOMEWORK. THIS BOTHERS ME, BECAUSE I'M AFRAID I'M DOING IT TOO MUCH.



AH
AH
AH
AH
AH
!!



Coping With Frustration?

Puberty makes you subject to various stresses. It's also frustrating when your sexual desires are not met. It's important to deal with these conflicts in a positive way. This conversion of frustration into positive energy is called "sublimation"



Gaining Weight?

SANAE

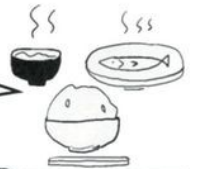
FOR A WHILE THERE I WAS REALLY WORRIED ABOUT GETTING FAT. I STARTED EATING A LOT LESS IN ORDER TO LOSE WEIGHT.



ADVICE FROM THE INFIRMARY!

Too much dieting can be bad for your health! Lack of nutrition could cause delays in menstrual periods, rough skin, and even infection!

A balanced diet is essential to good health! Also, remember to cut down on the snacks!



HOW IS THIS POSSIBLE?

AKARI

ONE DAY WHEN I WAS ON THE TRAIN, SOME CREEPY GUY PULLED UP MY SKIRT AND STARTED TOUCHING ME! I GOT OUT OF THE TRAIN AT THE NEXT STOP TO GET AWAY FROM THAT PERVERT, BUT BELIEVE IT OR NOT, I BECAME SEXUALLY AROUSED! I WENT HOME AND STARTED TOUCHING MYSELF, AND I FELT ASHAMED BECAUSE OF IT!



SEX AND DANGER

As your body matures, you will begin to attract attention from the opposite sex. It's important that you don't do anything rash so as to avoid dangerous people and situations! If you feel you're in danger, call for help immediately!



The internet has made things much more dangerous for minors. Avoid sexually explicit websites and don't send any pictures of yourself over the phone!

← Even if you're really close, don't do this!

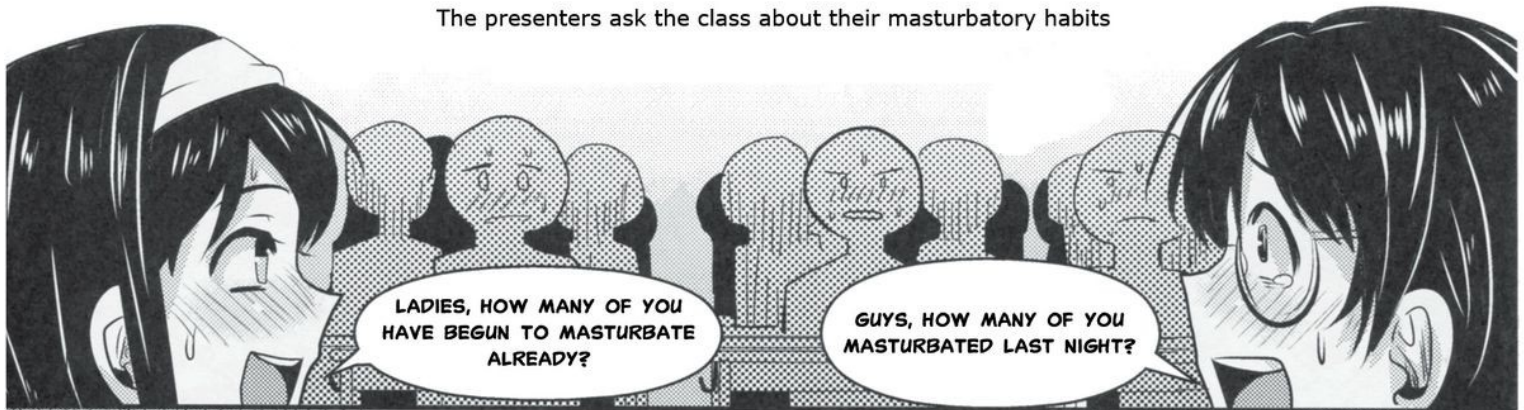
6. MASTURBATION



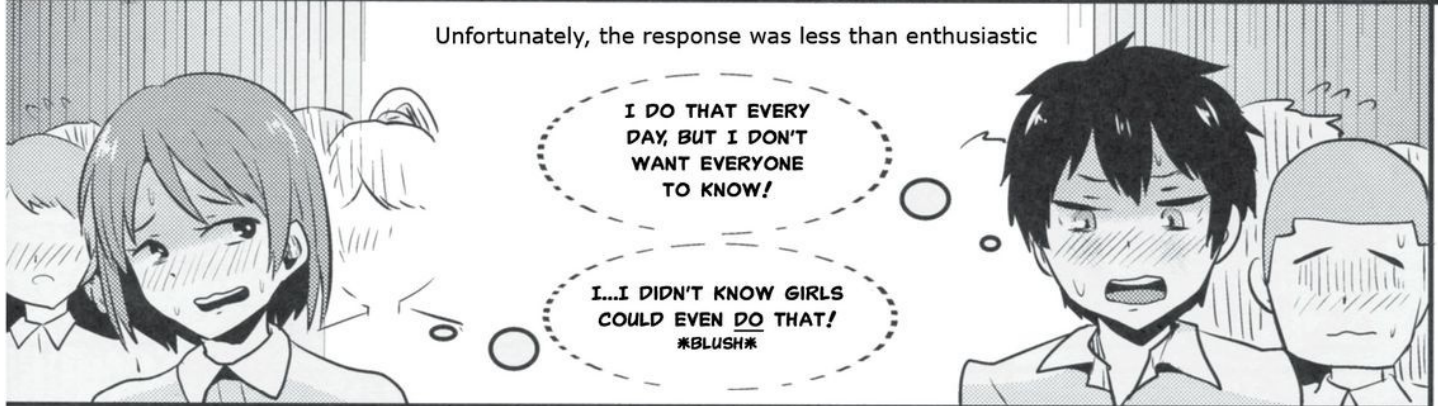
What is Masturbation?

Masturbation is the act of stimulating your own genitalia for sexual pleasure. This is a perfectly normal activity.

The presenters ask the class about their masturbatory habits



Unfortunately, the response was less than enthusiastic



Should You Feel Ashamed?

Certainly you might get a little embarrassed about the pleasure you get from masturbating. It's not something you can just talk about with your friends, after all!

However, masturbation is perfectly normal and is something everyone does, and doesn't require anything special.

Our presenters will demonstrate how they masturbate at home.



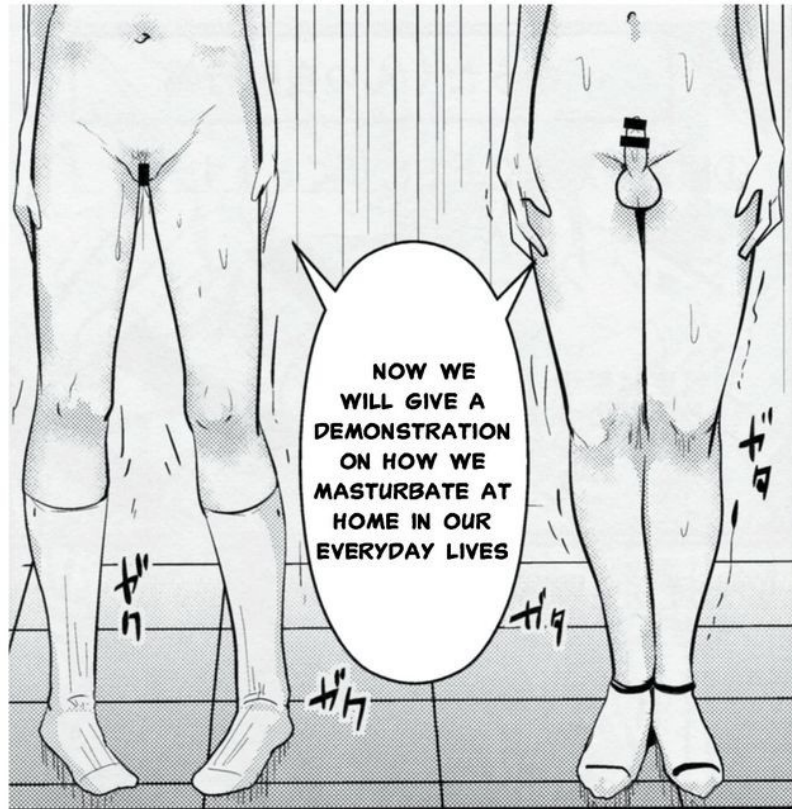
Shinji will rub his penis while pretending to study at his desk.

Girls, like Sanae, sometimes need special tools, but be careful not to over-stimulate!



Is too much masturbation bad for you?

No, so don't worry about how often you masturbate. However, it's important not to let it interfere with your everyday lives!



NOW WE
WILL GIVE A
DEMONSTRATION
ON HOW WE
MASTURBATE AT
HOME IN OUR
EVERYDAY LIVES

**DEMON-
STRATION**

Our two presenters will now
give a demonstration of
masturbation. Please ob-
serve closely!



WE REALIZE THAT
THIS MAY BE
EMBARRASSING FOR
US, BUT PLEASE
DON'T LOOK AWAY!



SOMETIMES I
MASTURBATE
THINKING
ABOUT
MY NEW
BOYFRIEND!

Comic he brought from home



SOMETIMES I READ
HENTAI COMICS
LIKE THIS ONE TO
GET ME AROUSED



THINKING ABOUT THESE
THINGS GETS ME
SEXUALLY EXCITED, SO
I WILL TOUCH AND RUB
MY GENITAL AREAS
IN ORDER TO GET
PLEASURE!

She's rubbing it very hard!



3. Seeing something sexual often increases the arousal.

(for guys, comics made for this purpose are excellent tools)



YUTA's DEMONSTRATION

1. He rubs his penis faster and faster*

*There's no need to peel back the foreskin

2. The stroking gets him more and more aroused

AH
AH
AH
AH

4. The tension increases, he begins to ejaculate

Yuta's sperm ↑
is released!

OBSERVE



As Yuta ejaculates, he announces it excitedly! This is because the feeling of orgasm is so strong!*

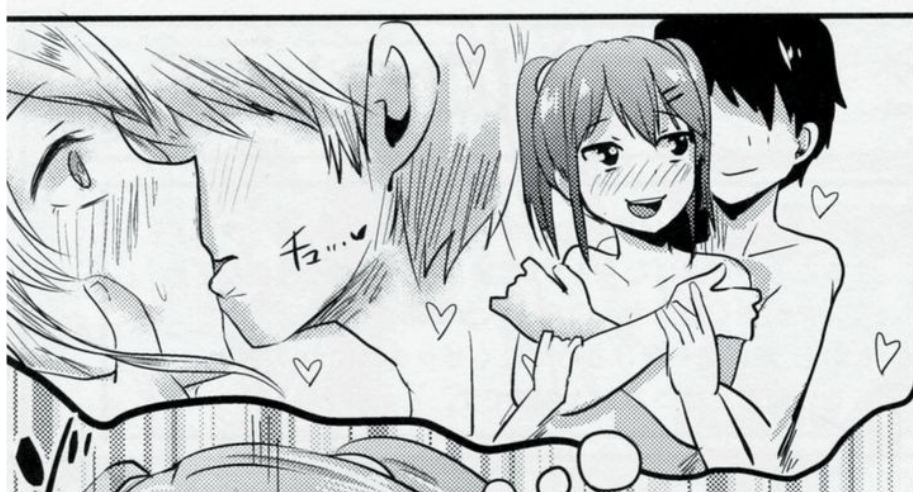
PL...PLEASE
(AH!!)
L...LOOK!
AAAAAH!

IT LOOKS LIKE
JELLY!

IT HAS A FUNNY
SMELL!

* Also, be sure to clean up when you're finished!

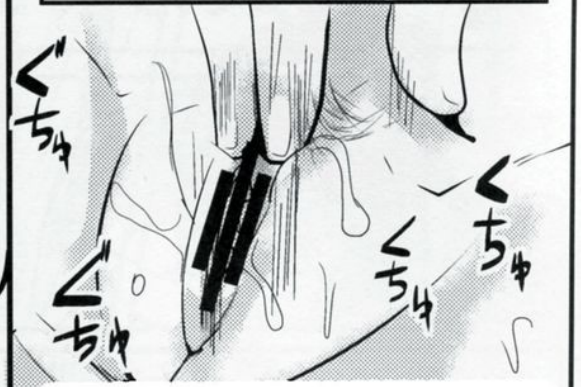
AKARI'S DEMONSTRATION



3. She thinks about a sexual fantasy for arousal*

*In this case, she's thinking about her new boyfriend

OH, SAOTOME-SAN!



1. She stimulates the area around her clitoris

2. She also gently squeezes her nipples (Stop if you feel pain)



3. Soon she has a sexual climax, known as an "orgasm"

PL...PLEASE...
...WATCH...
I'M GOING TO...
AH! AAAHH!
AAAAH!!

AH!



NOTE!

Masturbation is a private act! Please choose the time and place wisely so as not to disturb others!

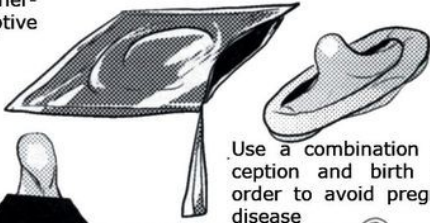
Also, it's not necessary to achieve orgasm every time you masturbate! Sometimes the mild pleasure of touching yourself is good enough!

7. ABOUT SEXUAL INTERCOURSE



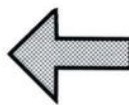
While men and women are capable of sexual intercourse, they should always be careful so as to avoid pregnancy and sexually transmitted diseases. However, it is still important to know about the mechanics of sexual intercourse.

This is a general contraceptive condom →



Use a combination of contraception and birth control in order to avoid pregnancy and disease

Proper Mounting



Overlay the condom firmly over the foreskin. Be careful not to get it caught in the pubic hair!



Our presenters will provide a demonstration of sexual intercourse.

SHINJI AND I WILL DEMONSTRATE SEXUAL INTERCOURSE!

TO CONTINUE OUR PRESENTATION,

UH...

BLUSH

WHAT???

NO WAY!

↓ The couple agrees to begin



Insert the penis into the vagina. Push firmly but gently, so as not to harm your partner.

ARE... ARE YOU READY TO BEGIN, SANAESAN?

YES, I'M READY!
PLEASE CONTINUE!

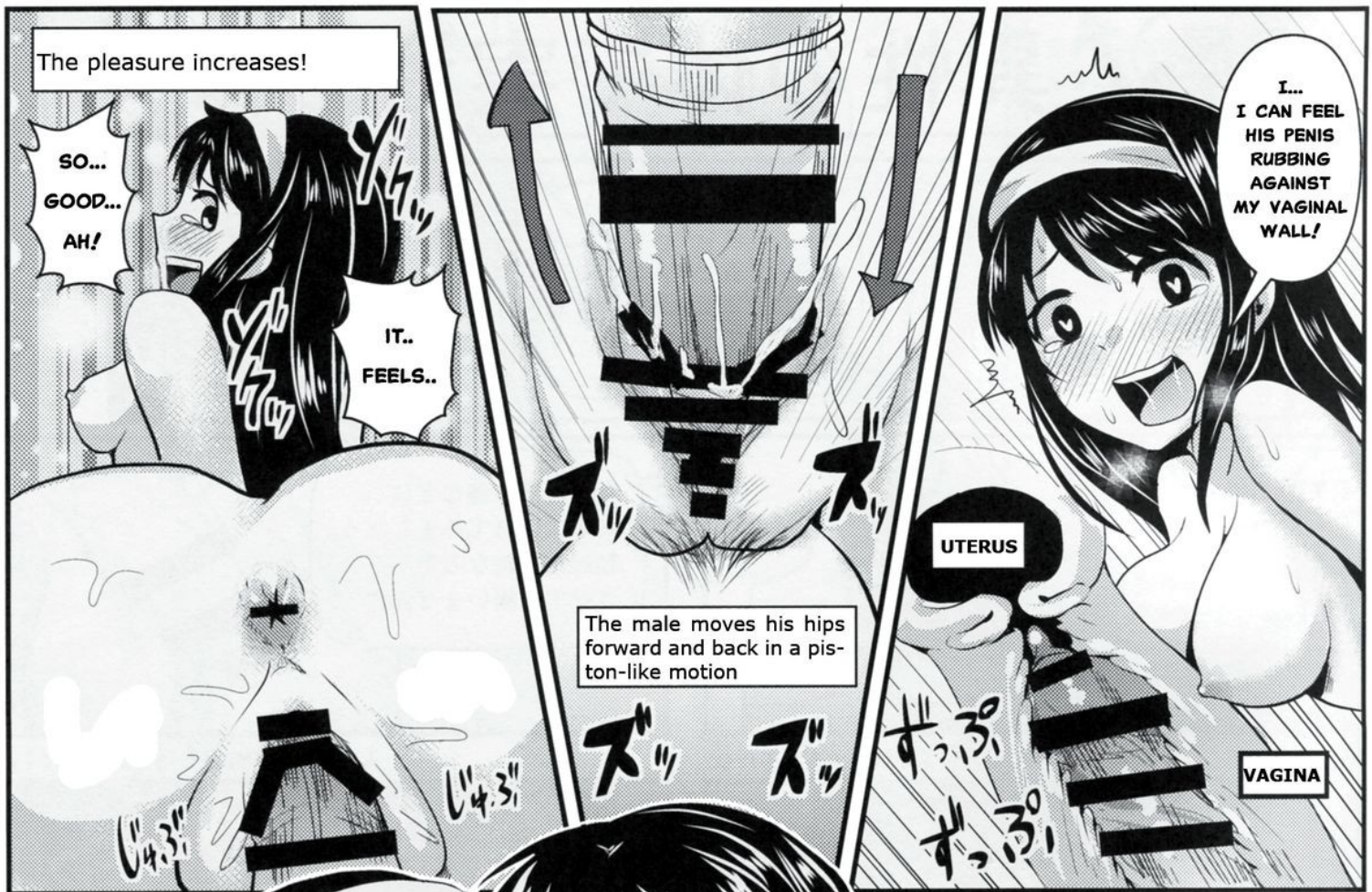
THEY'RE REALLY GONNA DO IT!

I CAN'T BELIEVE IT!



What is Date Rape?

Date Rape occurs when one partner forces themselves on the other without their permission. Sexual intercourse should only take place between consenting couples, rape should always be reported to the police!



The male moves his hips forward and back in a piston-like motion

↑ Cross-section of Sanae's vagina



Sex is successful when the man ejaculates and the female orgasms. The condom can then be reliably disposed of.

↑ Shinji ejaculates into Sanae's vagina



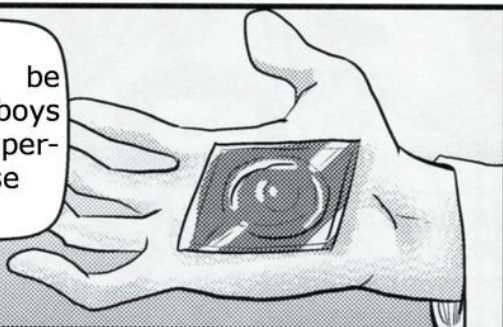
Condoms are made of rubber and can clog toilets, so please don't flush them: wrap them in tissue paper and dispose of them properly!



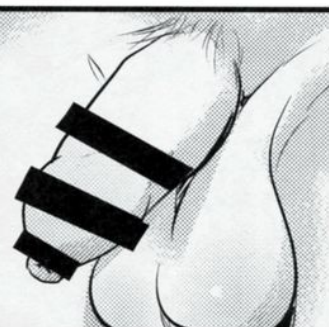
The remaining class time will be spent practicing what we have learned today with a partner.



Condoms will be distributed to boys who want to perform intercourse



Girls who do not want to have sexual intercourse may touch Yuta's penis and observe his reactions.



↓ They practice the proper way to put on a condom



Once the condoms have been applied, they can have intercourse



Akari's legs are spread for better access ↑

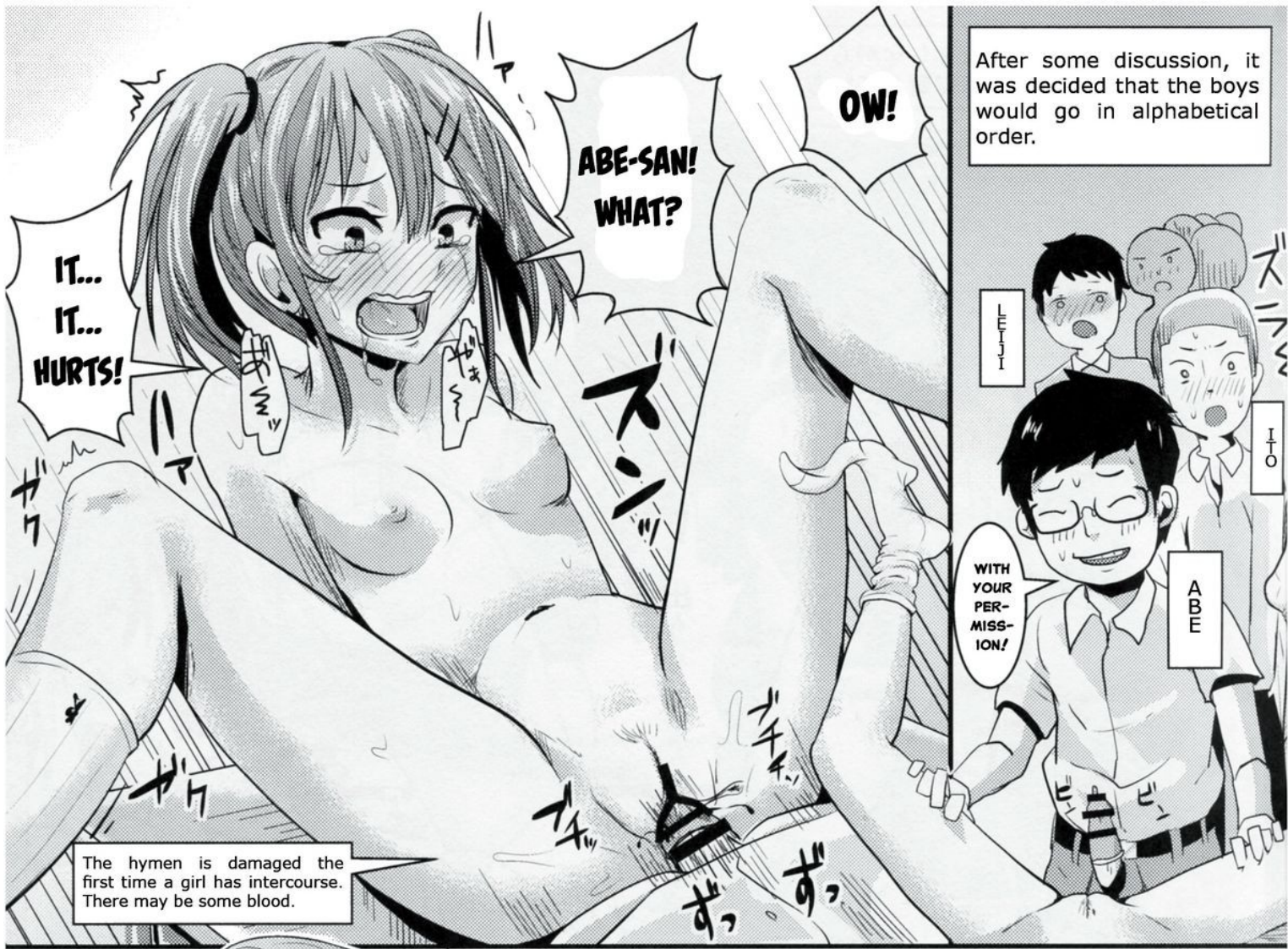
↓ Yuta makes himself available



Yuta quickly becomes erect as the girls handle his penis



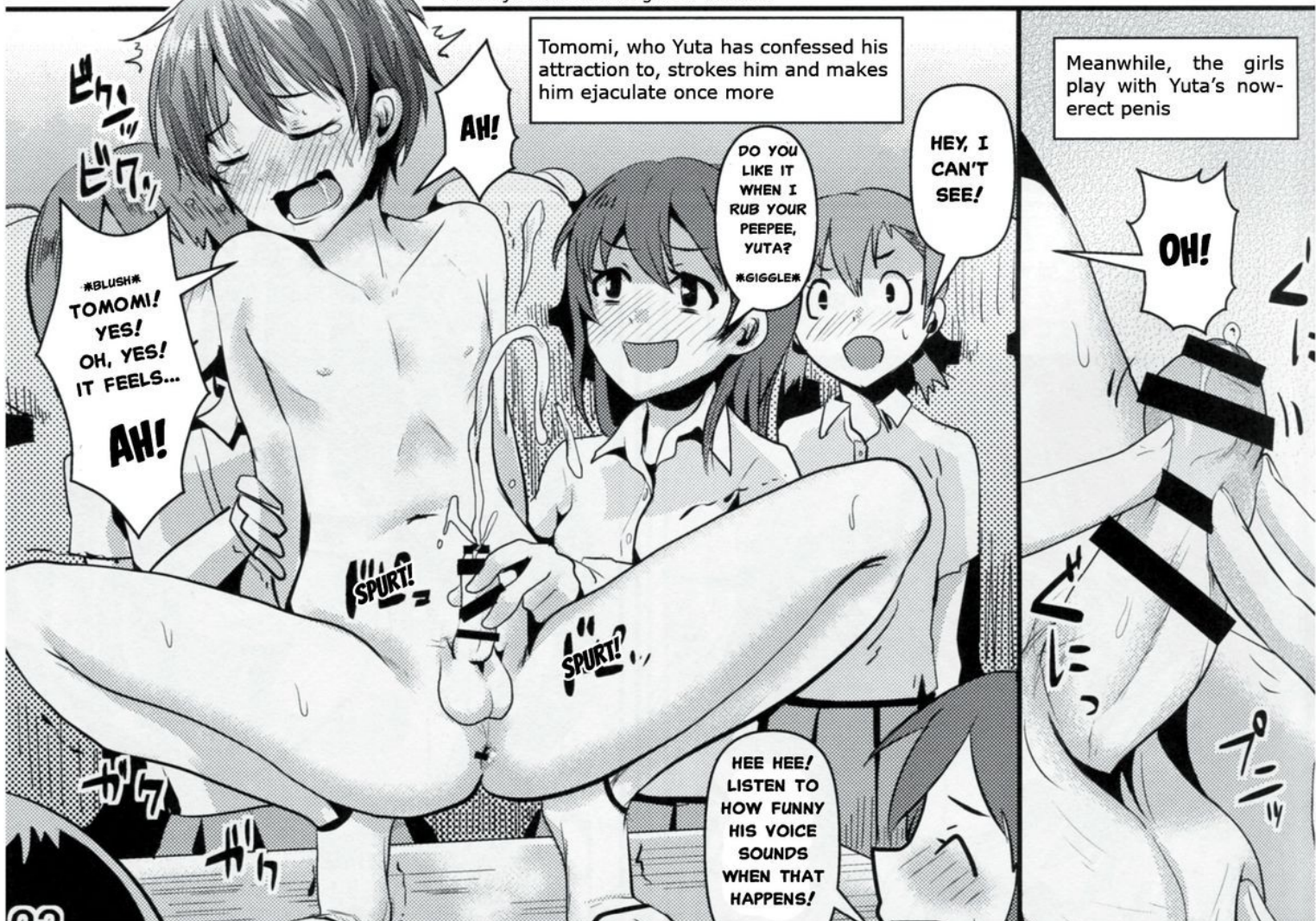
↑ She's pulling on his foreskin



The hymen is damaged the first time a girl has intercourse. There may be some blood.

↓ Yuta ejaculates for the girls of the class

Abe has broken Akari's hymen ↑



Tomomi, who Yuta has confessed his attraction to, strokes him and makes him ejaculate once more

Meanwhile, the girls play with Yuta's now-erect penis

HEE HEE! LISTEN TO HOW FUNNY HIS VOICE SOUNDS WHEN THAT HAPPENS!



AH!

**AGAIN!
I'M DOING
IT AGAIN!**

YES!

ME, TOO!
AHHH!

**THIS IS
THE BEST
PRESENTATION
EVER!**

GIGGLE

YUTA'S PEEPEE
IS SO CUTE!

I WAS SO EMBARRASSED BY ALL THE GIRLS TOUCHING ME AND SEEING MY PENIS, BUT IT WAS A GOOD FEELING!



THEIR REACTIONS



OH!

ALL THE GIRLS TOUCHED MY PENIS AND WATCHED ME
EJACULATE MANY TIMES...INCLUDING TOMOMI! IT FELT
GOOD FOR A WHILE BUT I BECAME SORE, SO I'M
GLAD IT'S OVER!



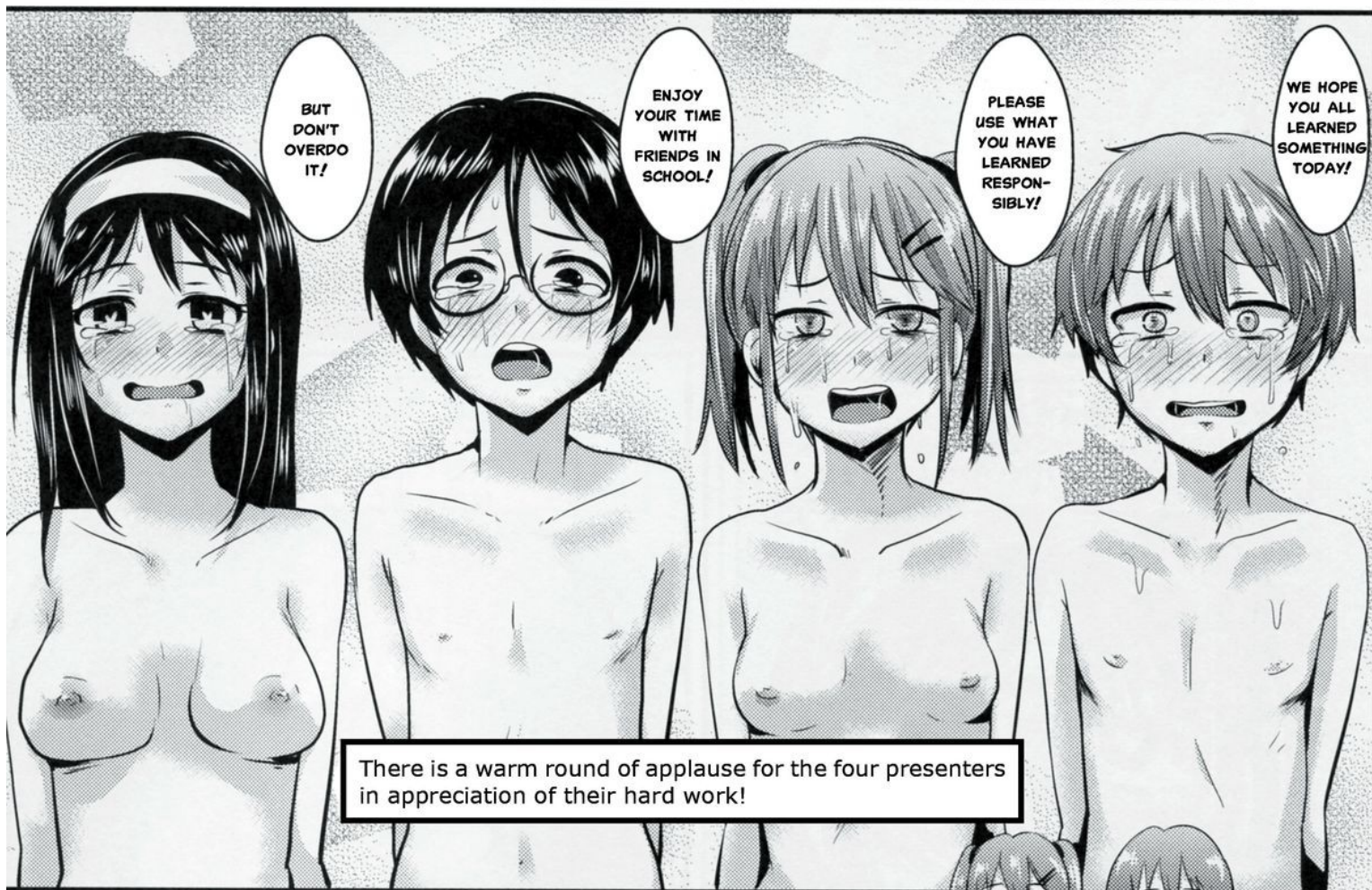
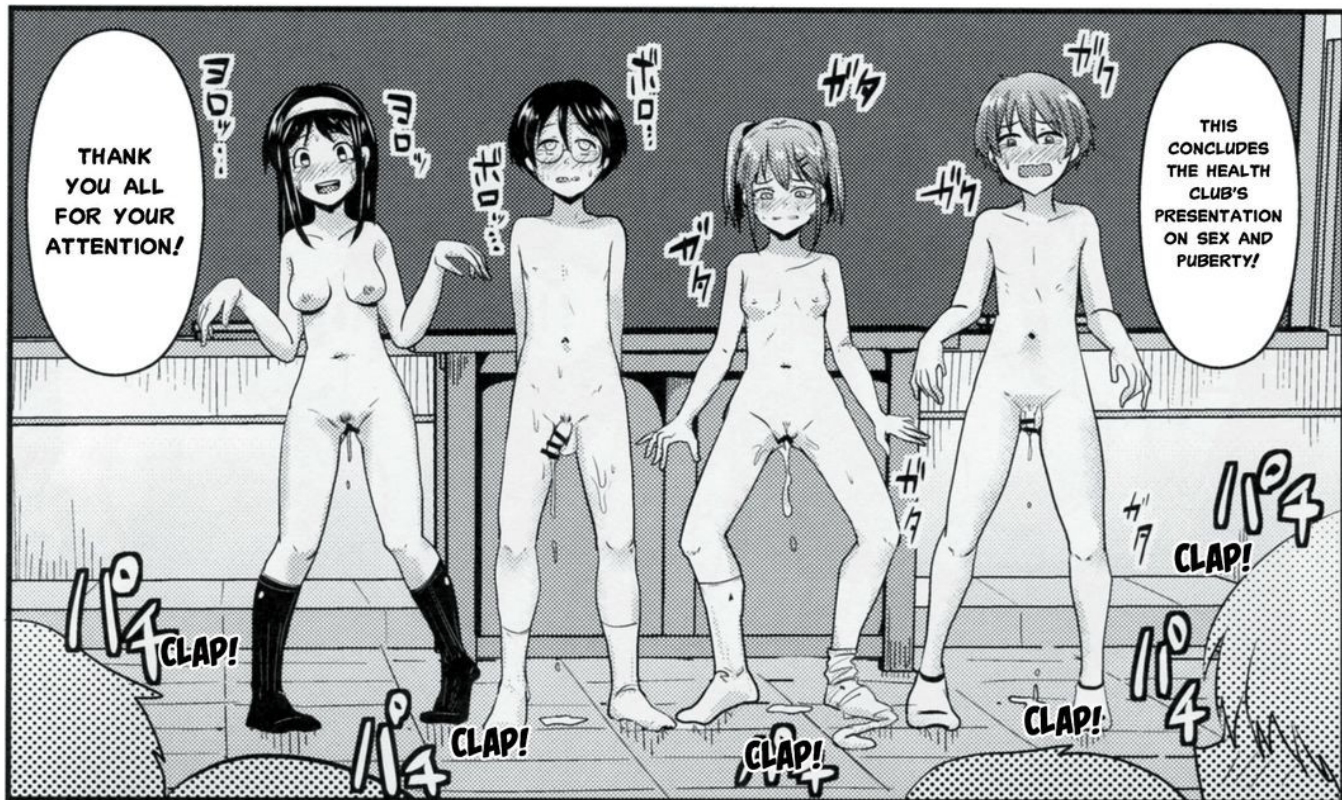
*Well, we hope they were all wearing condoms!

AAAAA TALK WUBB WUBB TO EEEEE
OOH WAMEHYAYAYAHENHEHLATERHHEH

IT HURT ME AT FIRST BECAUSE OF
ABE BREAKING MY HYMEN, BUT I REALLY
DID ENJOY IT!

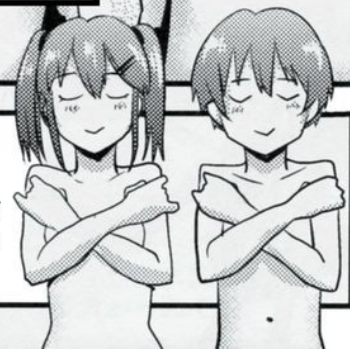


8. IN CONCLUSION



ADVICE FROM THE INFIRMARY!

These acts were performed under the supervision of trained professionals! Do not try this at home or in school! Cherish your minds and bodies!



END



エイチスクアッド
H-SQUAD