

Good essay about how i became the sexual person i am today

[Technology](#), [Development](#)



Introduction

Sexuality is a crucial part of human life; it determines how we perceive ourselves and interact with others (Dyson, 6). Throughout the lifespan, individuals learn about sex and sexuality from a variety of sources; these sources can be constructive or destructive, conservative or open. How and when we learn about sexuality, determines acquires attitudes, values beliefs, behaviors, practices, roles and relationships (McKay, 71). Sexuality involves; sex, sexual orientation, gender roles and identities, pleasure, intimacy and reproduction. Individuals acquire information on sexuality through; parents, siblings, culture, peers, the media and personal experiences. All these factors contribute, in some way, to the development of my sexuality and gender identity.

What is the importance of sex in an intimate relationship?

The success of an intimate relationship depends on a variety of factors. It is crucial for a couple to establish means of meeting each other's needs, complement their strengths and deal with challenges. My opinion is that a relationship needs; openness, cooperation, physical contact, compromise, a healthy sex life, love, and mutual respect. Couples should discuss issues such as finances, interests and things that affect them as individuals, and as a couple; this provides grounds for understanding and learning how to live with each other. Disagreements must be resolved in a logical and systematic manner; this avoids fights, arguments, and irrational behavior. They should learn how to maintain an exciting and fulfilling sex life. Physical contact between the two ensures they develop, not just sexually, but also fuels love

and intimacy.

For the success of every relationship, sex is an integral part; this is due to several reasons. It gives the couple a chance for intimacy and therapy; this reduces the stress from work and everyday activities. It strengthens the relationship and bond between the couple; lack of sex in a relationship often contributes to reduced affection; they become emotionally distant. In some cases, it leads to frustration, aggression and cold behavior. Through sex, the couple learns about and finds ways of satisfying one another's sexual desires.

My primary source of learning about sex and sexuality

I acquired information about sexuality from a variety of sources including; parents, peers, the media, internet, and personal experiences. Though some of these sources were reliable, others provided inaccurate information. The primary source of my sexuality education was society; this included the cultural influence of family and religion. I grew up in South Korea; this was a very conservative Confucian society. The young could not talk about or explore topics related to sexuality. There was inadequate information, and in most cases, it was incomprehensive and inaccurate. Even when individuals matured, the quality of sexual education provided was low; it consisted of few details. The sex education process was a boring activity and often left the young with more questions than answers.

Confucian sexual expectations are very strict. The society regards engaging in sexual activity before marriage as improper. It also views homosexuality as sinful. Growing up in this culture influenced my sexuality and gender

identity; this explains my conservative nature. However, it is crucial to note that other factors also influence my view on sex and sexuality. Among these is the development of internet. There are various books, websites, forums, blogs and other sources of sex education online. In a world full of sex and limited information from the adults, the internet provides an easy option (Gao, 12). It provides comprehensive information on sex, sexuality and related issues such as; contraception, sexually transmitted infections, pregnancies, abortions, infertility, HIV/AIDS and protection.

The information corrects false information acquired from peers and other sources. It also adds details to the essential information provided by parents, in relation to sexuality. Sex education is an integral part of an individual's development process. Most young people still lack information on sex, sexuality and the risks involved; this explains the rise in the number of abortions to over 2 million, annually. The number of teenagers getting pregnant also increases. Through sex education, youths learn about the need for abstinence and protection from sexual risks (Dyson, 18).

In what ways does your gender identity influence your sexual identity?

Gender identity involves an understanding of the roles and expectations an individual and the society bestows upon himself/herself; this focuses on whether one is male or female. According to religious and cultural expectations, there are ways in which men and women should act; this influence my inner sense of being a man. My Confucian upbringing places a man in a position of authority and power. Women, on the other hand, should be submissive and obedient.

It influences my sexual identity; I believe a man should be the dominant figure in a relationship. He should exhibit authority, leadership, sound judgment and a sense of security. However, this does not mean women should be downgraded. The man should take care of and protect his woman; she thus respects and lives in harmony with him. Mutual respect and clear identification of gender roles ensures a healthy relationship; this sustains efficient communication and coexistence.

Conclusion

The acquisition of sex education is crucial; families, schools and other institutions should provide quality and relevant education to youths (McKay, 77). It should occur in an open and comprehensive manner. It equips them with information on living healthy lives. Through the education, gender and sexual identities develop; youth develop an understanding of themselves. I benefit from the acquisition of quality sex education. It helps in making healthy personal choices and avoiding risks (Gao, 16). A blend of my conservative upbringing and new information, on sexuality, plays a role in making it possible.

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