



THE SCIENCE OF LOVE

INFOGRAPHIC

1st PHASE: LUST AND PASSION

2ND PHASE: THE ATTRACTION

THE PRIMITIVE BRAIN

The primitive brain (limbic system) controls the sexual attraction and interpersonal bonding

DOPAMINE

Dopamine controls sexual arousal, pleasure, and reward. It makes us seek the presence of the loved person

SEROTONIN

Serotonin controls happiness and wellbeing. Changes in serotonin induce loss of concentration, day dreaming and obsessive behavior

ADRENALINE

Adrenaline gives an extra boost of energy to people in love. It is responsible for the loss of appetite and sleepless nights.

IN THE BRAIN

Serotonin levels return to normal levels. The initial stress is replaced by trust, safety and empathy.

3RD PHASE: THE ATTACHEMENT

LOVE = STRESS

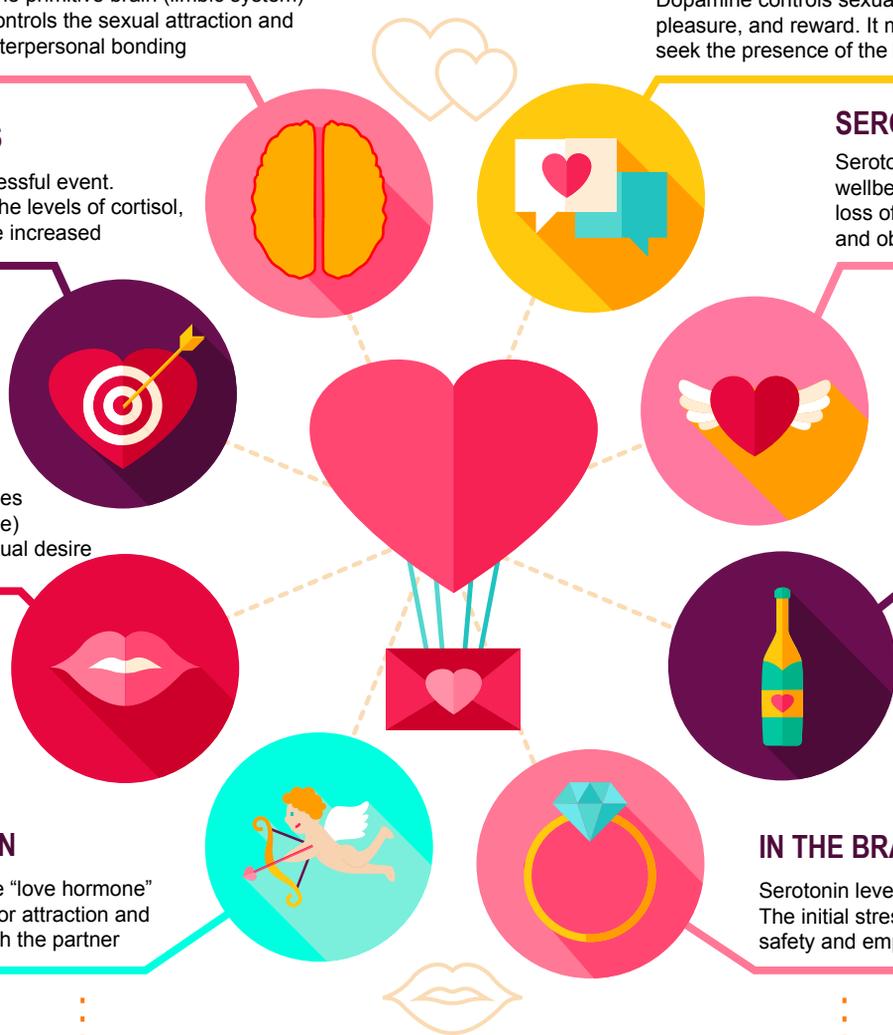
Falling in love is a stressful event. When we fall in love the levels of cortisol, a stress hormone, are increased

SEX HORMONES

Production of sex hormones (estrogen and testosterone) increases intensifying sexual desire

OXYTOCIN

Oxytocin, the "love hormone" is essential for attraction and bonding with the partner



READ THE FULL STORY: <http://bit.ly/science-love>

Infographic by www.sciencebriefss.com - daily science news in brief.
Less to read more to learn!

VALUES, BELIEFS, AND NORMS

What are they?

- Roles, values and ideas we learn from society, our culture and our families

Helpful questions to consider:

- What did your family teach you about sex? What did they not teach you about sex?
- What beliefs about sex, dating, and relationships does your family have?
- What have you learned from the media about sex?

GENDER ROLES

What are they?

- Culturally accepted and expected behaviors associated with gender
- For example, the expected behaviors associated with being a man, a woman, transgender, genderqueer, etc.
- These expectations can often be stereotypical.
- Gender roles are constructed and culture-specific. The stereotypes can sometimes be harmful to people.

Helpful questions to consider:

- What do we learn about gender?
- How do we learn about gender?
- Are there different roles for men and women? What are they? What do you think about them?

SEXUAL ORIENTATION

What is it?

- Who we are attracted to
- The values that we learn about attraction and identity

Helpful questions to consider:

- What sexual orientations have you heard of? What have you heard about these?
- How are people of different orientations portrayed in media (music, movies, tv)?
- Are there different rules or laws for people depending on their sexual orientation? What are those rules/laws? Why do you think these exist?

BODY IMAGE & BODY PARTS

What is it?

- Parts of the human body
- How we describe and think about parts of our body

Helpful questions to consider:

- What are some different ideas we have about body parts?
- How do we feel about our bodies?
- How does our image of our bodies affect us?
- According to TV, movies, and music what types of bodies or what body parts are valued or considered beautiful/desirable?

COMMUNICATION & RELATIONSHIPS

What is it?

- The types of relationships
- The ways that people communicate in relationships

Helpful questions to consider:

- What types of relationships are healthy?
- What type of communication does a person need to be in a healthy relationship?
- How do people start relationships? How do people end relationships? Are these healthy or unhealthy ways of starting/ending relationships?
- What kind of qualities make a “good” relationship partner?

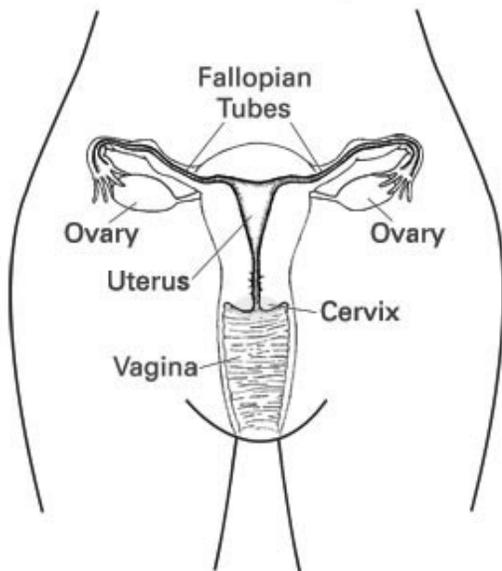
Know your body



A good first step in taking charge of your sexual health is to know your body and know how it works.

Female anatomy

The female reproductive system is a series of orifices (openings) for intake and output through tubes and passages. The interior part of the system performs the most important functions, and the exterior acts as a cover to protect the delicate interior organs.



Ovaries

The ovaries are small, oval-shaped glands that are located on either side of the uterus (womb). The ovaries produce eggs and hormones.

Fallopian tubes

Narrow tubes that are attached to the upper part of the uterus and serve as tunnels for the ova (egg cells) to travel from the ovaries to the uterus. Conception, the fertilization of an egg by a sperm, normally occurs in the fallopian tubes. The fertilized egg then moves to the uterus, where it implants to

the uterine wall.

Uterus

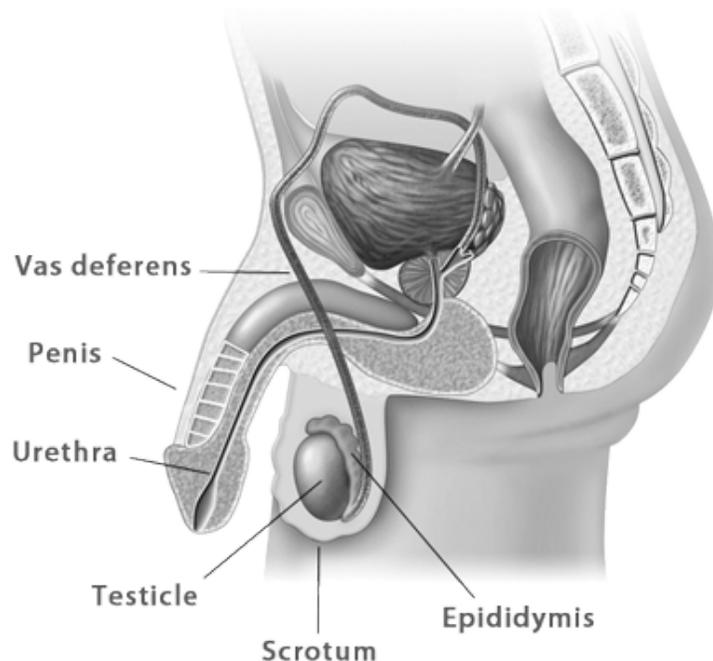
The uterus is a hollow, pear-shaped organ that is the home to a developing fetus. The uterus is divided into two parts: **the cervix**, which is the lower part that opens into the vagina, and the main body of the uterus, called the corpus. The corpus can easily expand to hold a developing baby.

Vagina

The is a canal that joins the cervix (the lower part of the uterus) to the outside of the body. Its exterior opening enables sperm to enter the system to reach an egg. If an egg is not fertilized, menstruation results and the blood is carried out of the body through the vagina. It also provides a way for a baby to exit the body. That's why it's sometimes referred to as the birth canal.

Male anatomy

Although most of the male reproductive organs are external, it's important to understand how all your sex organs—external and internal—work together.



Penis

The penis is the most visible part of the male sexual anatomy. It is made up of two parts, the shaft and the glans (also called the head). When a male reaches sexual climax, he ejaculates a thick fluid (**semen**) through the urethral opening at the tip of the penis into the vagina. The semen carries sperm cells through the vaginal canal to the uterus where the sperm seek out the female egg for fertilization. Also, when a man urinates, the flow leaves his body through the urethral opening.

Urethra

A duct, or tube, that transports fluids from the inside of the body to the outside. In both men and women, the urethra is connected to the bladder and is used to pass urine out of the body. In males, however, the urethra is also connected to the "accessory glands," which produce semen, and to the vas deferens, the duct that brings the sperm from the epididymis.

Testicles

The testicles are located below the penis and begin producing male sex cells called sperm and testosterone, the male sex hormone after puberty.

Scrotum

A pouch of skin called the scrotum covers the testicles. The scrotum and the muscles surrounding it can pull the testicles toward the body when they are too cold and relax away from the body when the testicles are too warm. This is important because sperm needs to be maintained at an appropriate temperature to be able to fertilize female eggs. The scrotum also holds the epididymis.

Epididymis and vas deferens

The epididymis stores the sperm after the testicles produce them, and the vas deferens transports the sperm from the epididymis to the urethra.