



Unleash

Your Sexuality Power with Responsibility

dr. MG. Silvia M., MSc

Medical doctor, Lecturer, Youtuber,
Novel author, Womanpreneur, etc

You will get there when
you are meant to get there
and not one moment sooner.

So relax, breathe,
and be patient.

— MANDY HALE



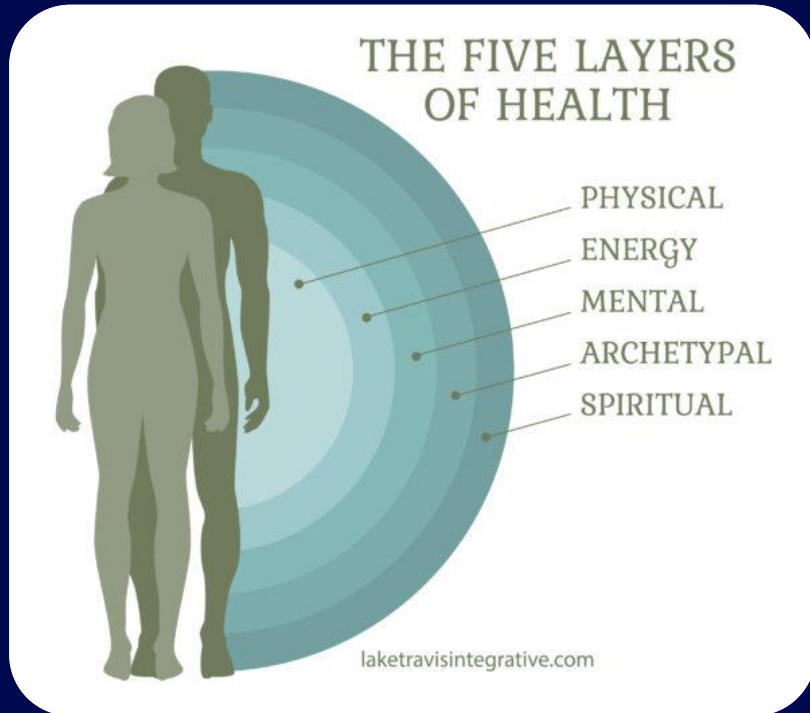
**KEEP
CALM
AND
OBSERVE
LIFE**



Tujuan penciptaan
laki-laki dan
perempuan?



Introduksi: Memahami 'Lapisan' Tubuh Manusia



- Minimal ada 5 lapis Kesehatan manusia
- Fisik – energi – mental – archetypal (pattern of behavior) – spiritual

re = kembali

produksi = membuat atau menghasilkan

**Reproduksi = suatu proses kehidupan manusia dalam
menghasilkan keturunan demi kelestarian hidup →
DORONGAN SEX**





Tujuan Pemaparan

1. Diskusi tentang cerdas secara seksual
2. Diskusi tentang peran hormon dalam membentuk perilaku seksual
3. Diskusi tentang mengelola dorongan perilaku masturbasi, pornografi, pornoaksi
4. Diskusi tentang mengelola energi keintiman
5. Diskusi tentang orientasi seksual: homo, hetero, or bi?

Definition of Sexual Health

This is what it takes for me to be sexually healthy

I know how to access and use health care services and information.

I am comfortable with my body and my sexuality.

I am able to recognize risks and ways to reduce them.

I am able to form and maintain healthy relationships.

I act responsibly according to my personal values.

I am able to set appropriate boundaries.

I can talk effectively with my peers, family, and partners.

I know my body and how it functions.

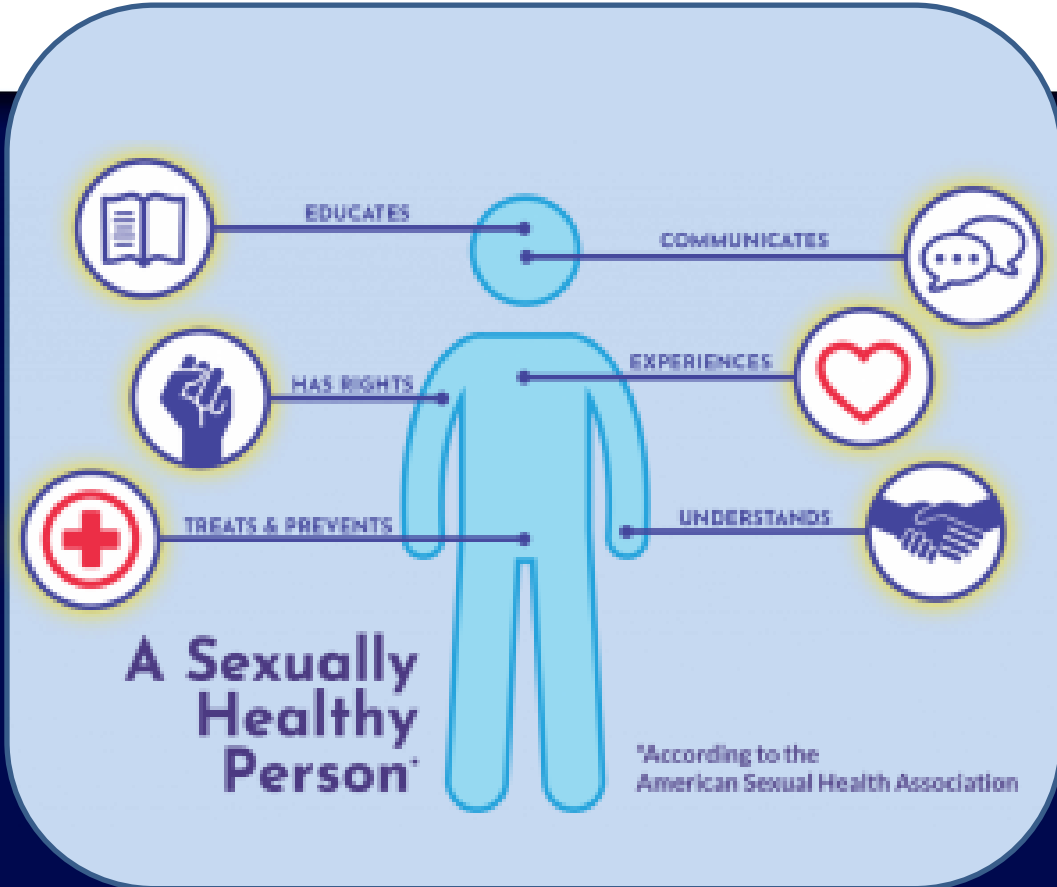
I understand the risks, responsibilities, and consequences of sexual behavior.

**ACT FOR YOUTH
CENTER OF EXCELLENCE**

www.actforyouth.net
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807-253-7716



Sehat Seksual



In UK, 7 million
porn sessions
everyday link
to biggest porn
provider alone

16 to 21 year
old boys are the
heaviest users of
pornography

1 in 3 young
people first see
sexual images
online before the
age of 10

Heavy porn users
are increasingly
experiencing
erectile problems
with real partners
but not porn



The internet
delivers porn on
tap just like gas
and water

Porn can harm
mental and
physical health,
and relationships

Adolescents are
the most vulnerable
to addiction of all
kinds

87% of parents
want school
lessons to
address
pornography

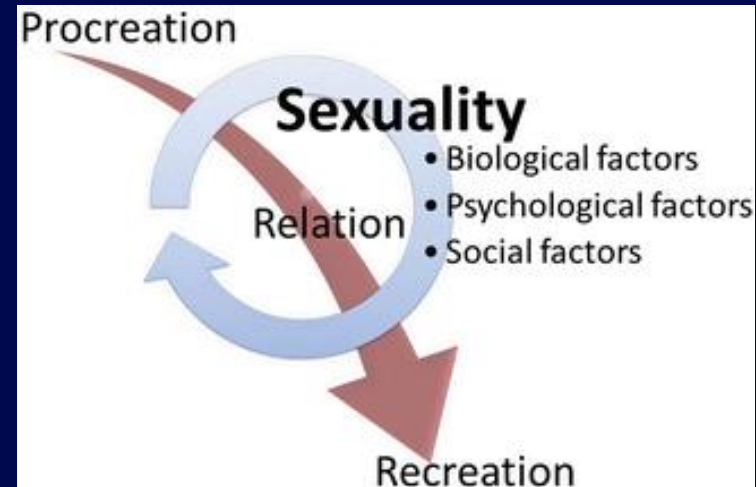
Cerdas Seksual

Elements of positive sexual attitude



Fungsi Luhur Seksual

- Fungsi biologis: Prokreasi/Reproduksi - Budaya hidup
- Fungsi psikologis: Rekreasi - *Budaya mati?*
- Melalui organ yang seharusnya
- Monogami/Poligami – by religion



Dewasa Awal Young Adulthood

USIA 20 – 40 tahun

Periode "can-do"

Ciri-ciri masa dewasa awal

- Menurut Hurlock, 1991:247-252, ciri-ciri umum perkembangan masa dewasa awal, yaitu:
- masa pengaturan.
- masa bermasalah.
- masa ketegangan emosional.
- masa keterasingan sosial.
- masa komitmen.
- ketergantungan.
- perubahan nilai.
- penyesuaian diri dengan cara hidup baru.
- kreatif.
- penyesuaian diri dengan cara hidup baru.





Perlu Diperhatikan

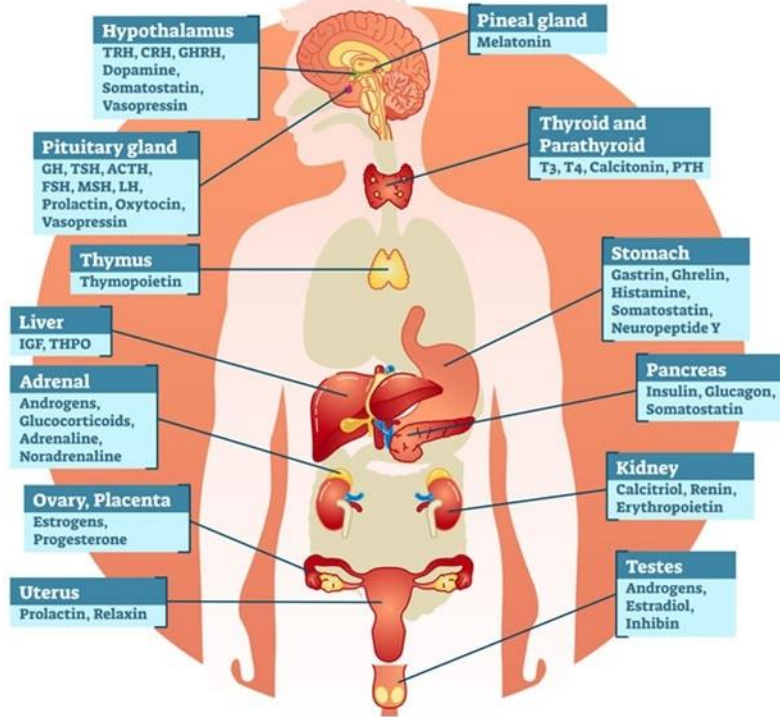
- Setiap tahap perkembangan hidup melibatkan pendewasaan seksual dalam berbagai bentuk
- Manusia adalah makhluk seksual
- Kepekaan mengolah tahap perkembangan seksual dan reproduksi dengan baik akan membuat seseorang CERDAS SECARA SEKSUAL



Kecerdasan Seksual

- Tepat memahami identitas seksual & gendernya
- Tepat mengekspresikan identitas seksual & gendernya
- Bisa melindungi diri jika terjadi perampasan hak seksual dan reproduksinya
- Bisa mengambil keputusan bebas terkait hak seksual dan reproduksinya
- Bisa menjaga Kesehatan organ reproduksi dan seksualnya
- Bisa mengelola gairah seksualnya dan disalurkan dengan baik dan benar sesuai norma dan kesehatan

2. Peran Hormon (esp Sex Hormone)



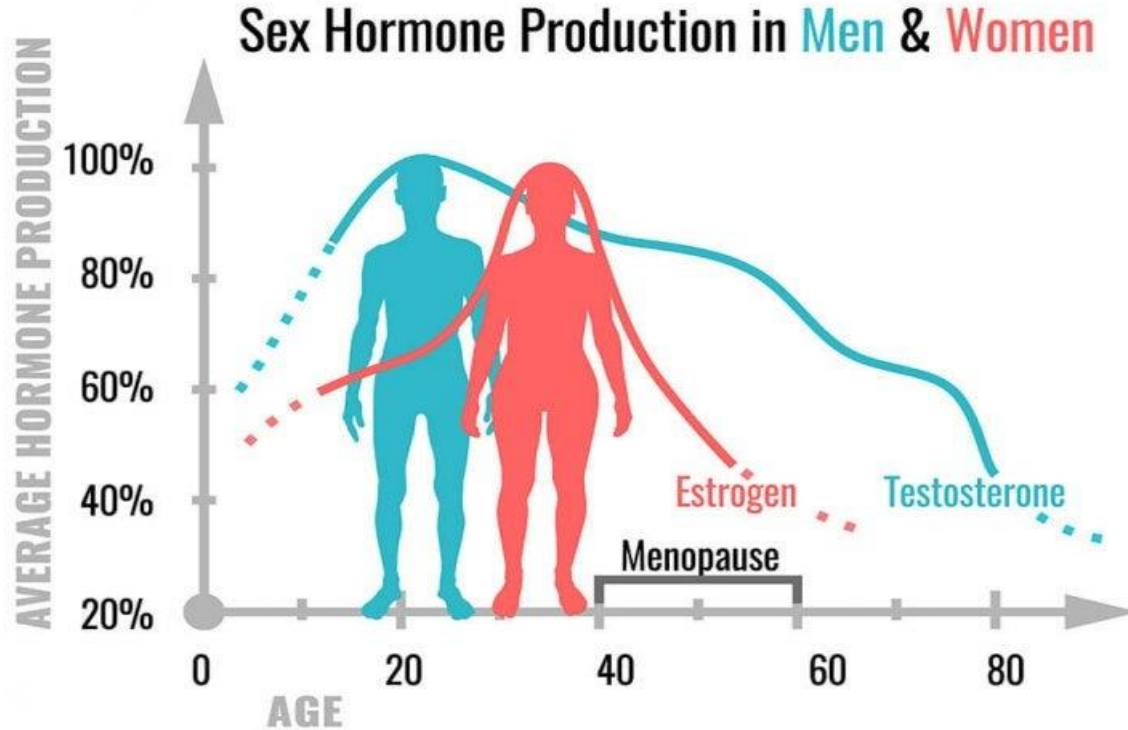
Hormon adalah substansi kimia yang dilepaskan oleh kelenjar di seluruh tubuh, berfungsi untuk mengatur tata kehidupan tubuh dari bayi sampai meninggal, dari pagi sampai malam



Bagaimana Hormon Bekerja?

TEDEd
LESSONSWORTHSHARING

Hormon Seksual



Is Testosterone a Hormone?

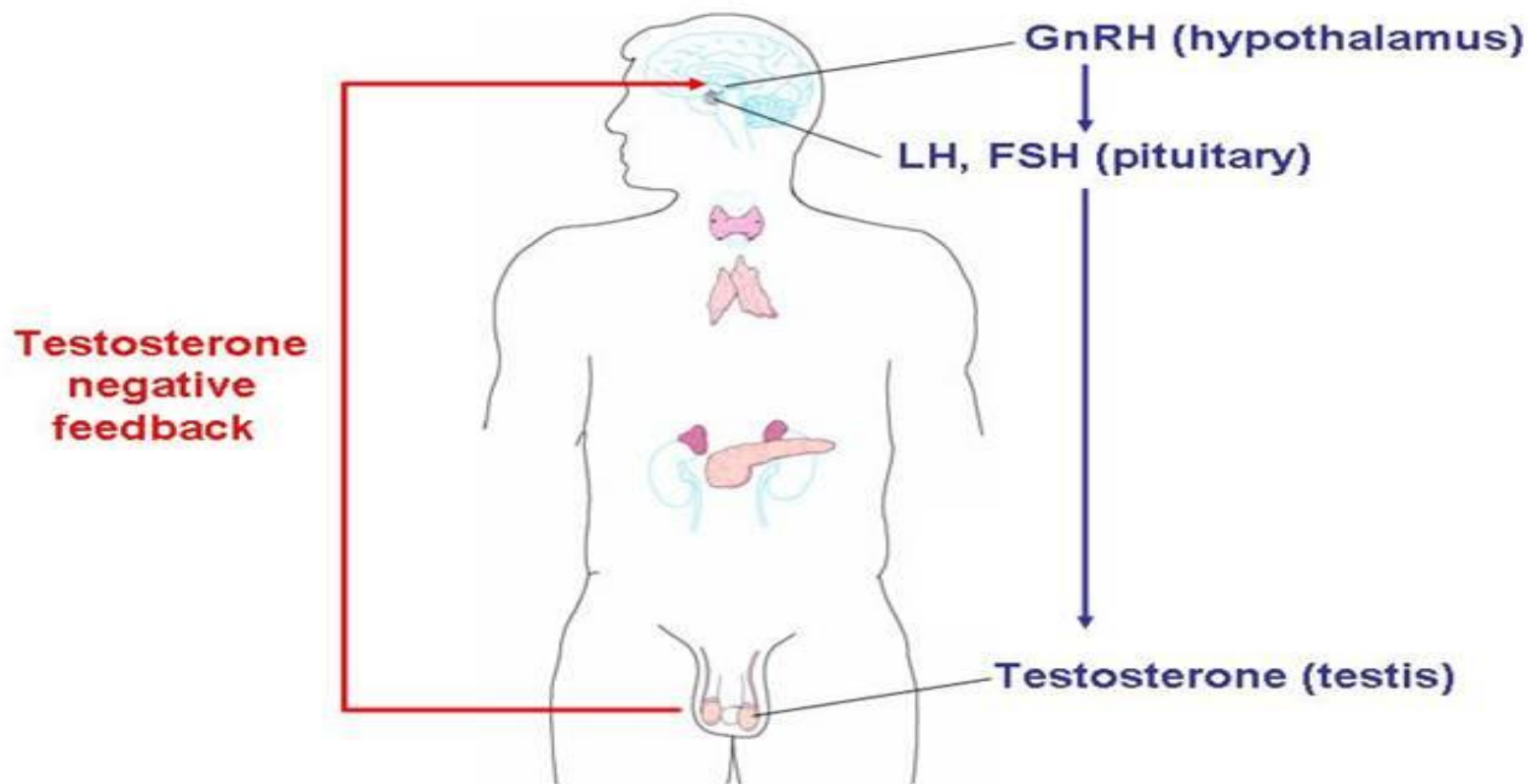
It is a **sex steroid hormone** that is a member of the androgen family and is found in men and women.

- Levels peak in a woman's mid-20s and decline thereafter



Sex Hormone Feedback Control in Man

hypothalamic - pituitary - gonadal axis



The Hormone Factor



Women

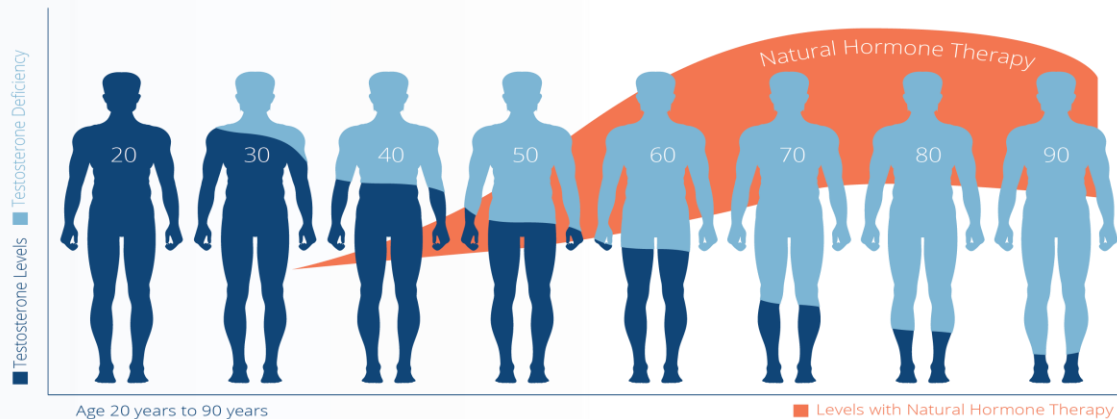
- More Estrogen
- Less Testosterone
- Menopause



Men

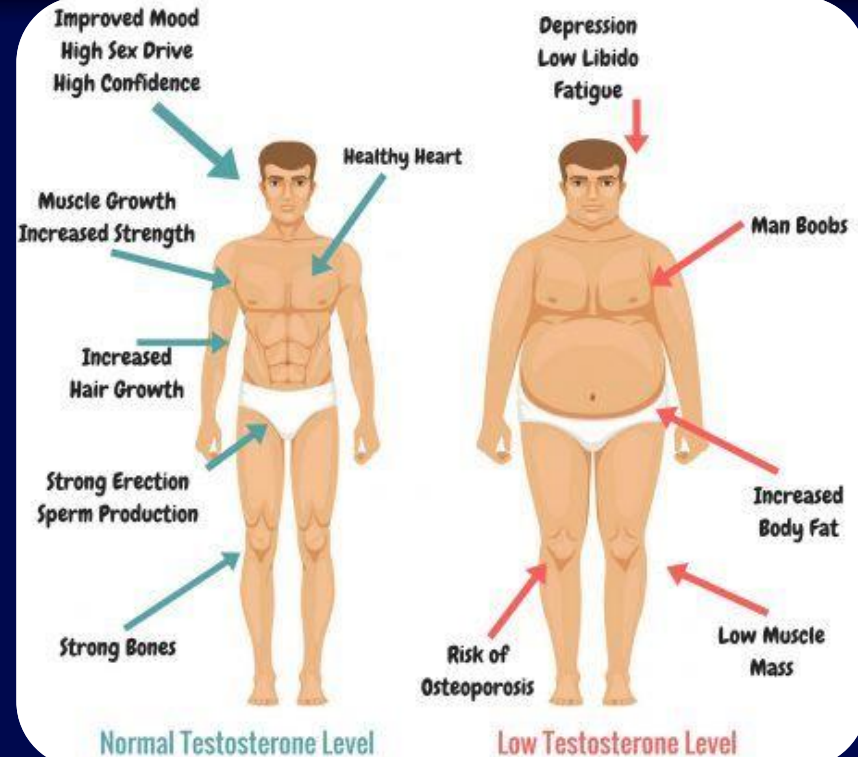
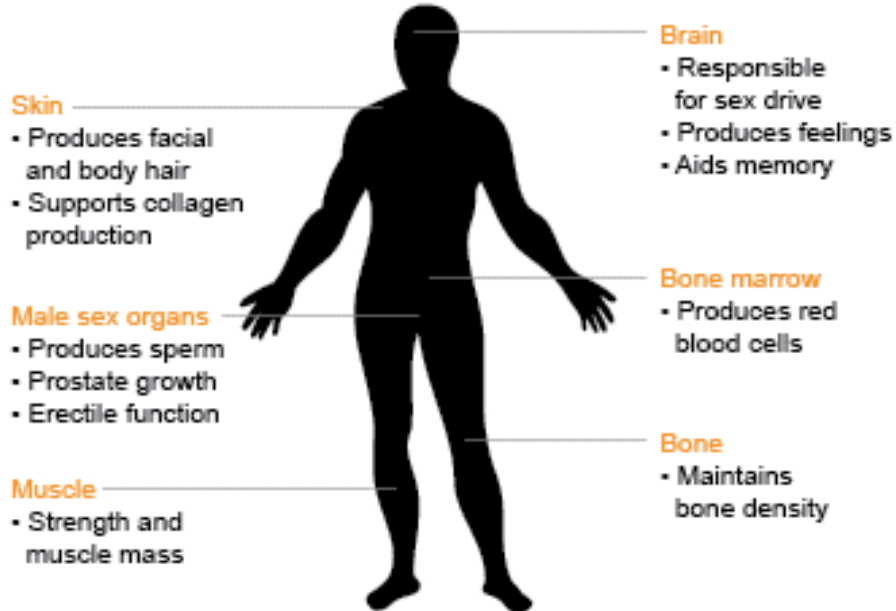
- More Testosterone
- Less Estrogen
- Andropause

Testosterone Production with Age



Pengaruh Testosteron

The Influence of Testosterone



Hormon Estrogen

THE EFFECT OF ESTROGEN

HEART
Protects from cholesterol

LIVER
Cholesterol production regulation

BONES
Bones strength
Density increasing

SKIN
Anti aging effect

BRAIN
Body temperature adjustment
memory function
libido adjustment

BREAST
Breast growth
feeding function

OVARY
Maturation stimulation

UTERUS
Monthly preparation for pregnancy or menstrual cycle

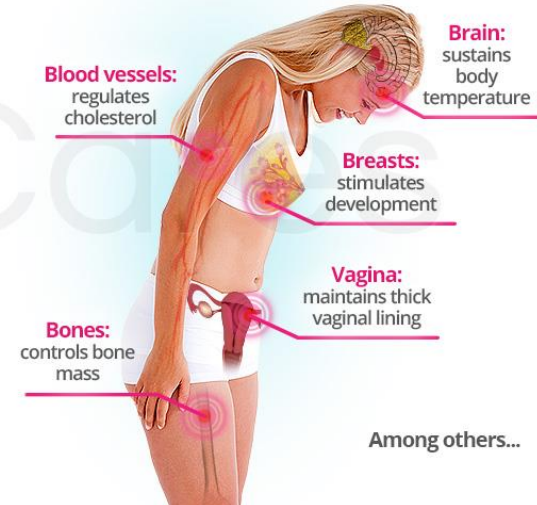
YOUTH DIGITAL LITERACY
infiniteens.id

Estrogen Function: Roles and Effects

Estrogen Roles:



Estrogen Effects:



Hormon Bahagia: DOSE



Happiness Chemicals and How to Hack Them



DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

OXYTOCIN

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hands
- Hugging your family
- Giving compliments

SEROTONIN

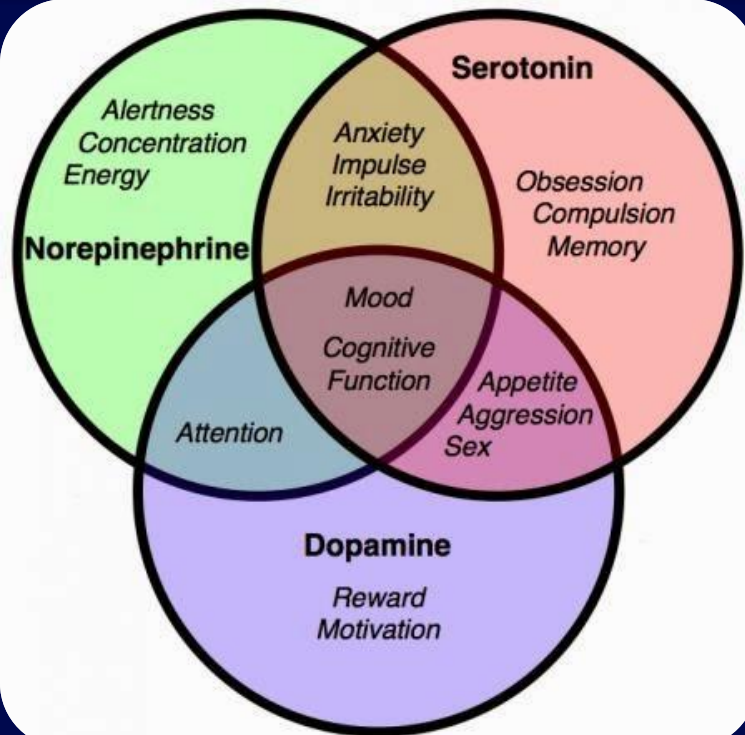
THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

ENDORPHIN

THE PAIN KILLER

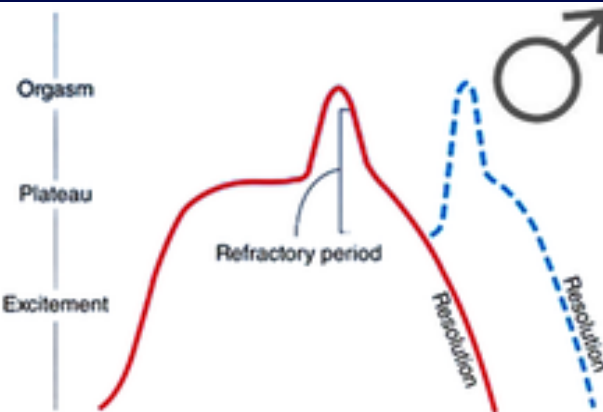
- Laughter
- Essential oils
- Watch a comedy
- Dark Chocolate
- Exercising



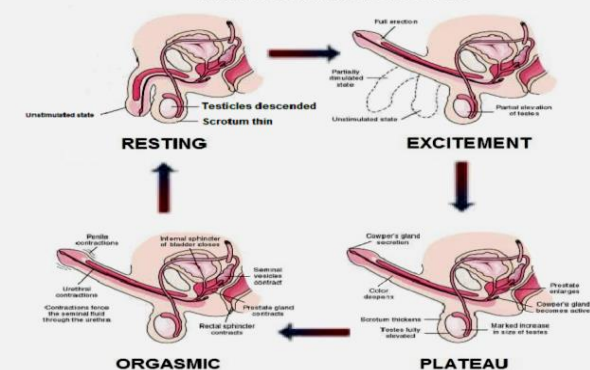


3. Mengelola Dorongan Seksual untuk pra nikah

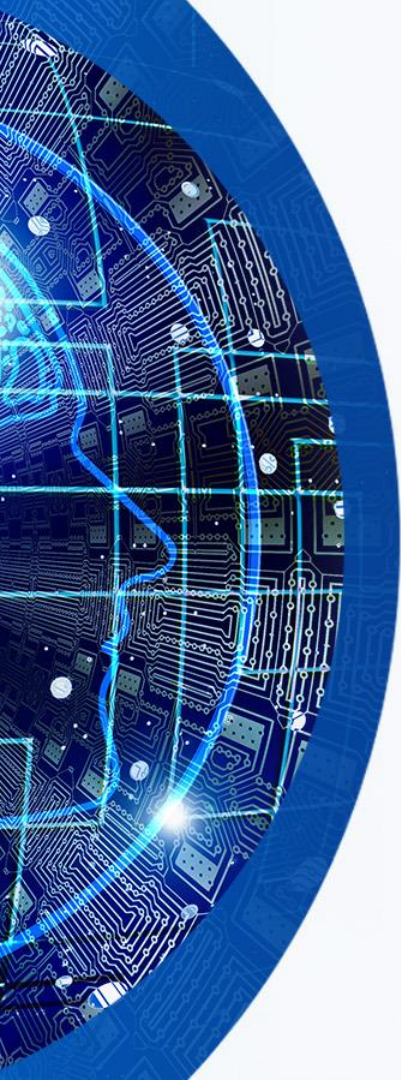
Kenali Dorongan Seksual



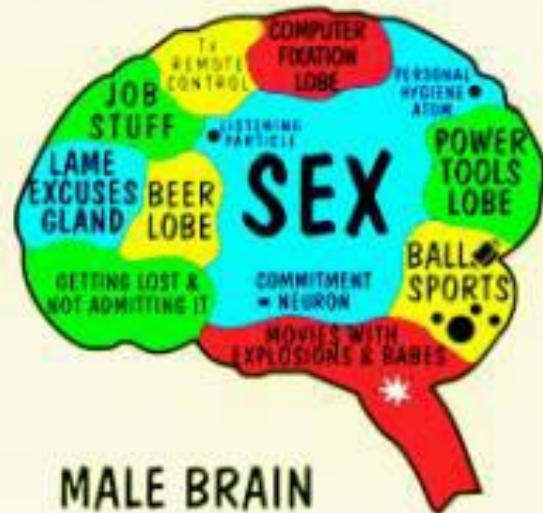
The Male Sexual Response Cycle



- Respon ereksi bisa terjadi karena rangsangan non seksual (suhu, udara), maupun seksual (audio, visual, taktil)
- Tidak semua dorongan seksual harus selalu dituruti menjadi kegiatan seksual – hati-hati PORNOAKSI & KECANDUAN MASTURBASI

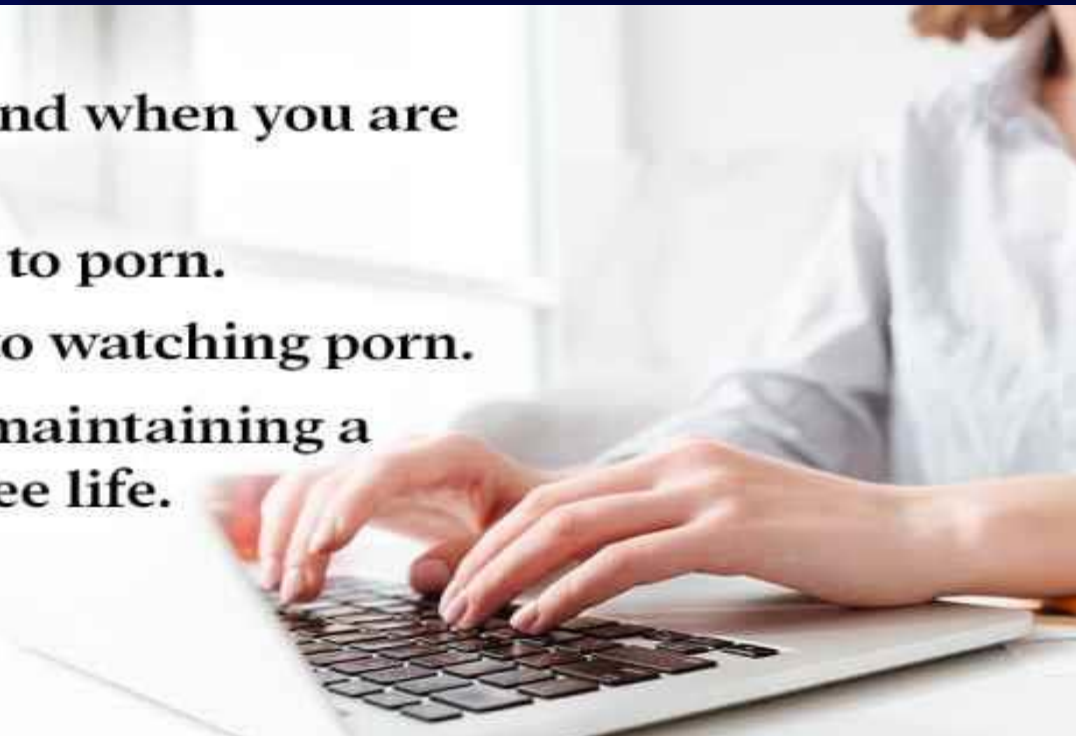


So that explains it.





Stop Adiksi Pornografi SEKARANG

- 
- 1. Understand why and when you are watching porn.**
 - 2. Block your access to porn.**
 - 3. Find alternatives to watching porn.**
 - 4. Devise a plan for maintaining a porn addiction-free life.**
 - 5. Be patient.**

Concerning sexual behaviours

- Being pre-occupied with/anxious about sex
- Being promiscuous (not making informed decisions about sexual relationships/have had frequent sexual relationships that they have felt uncomfortable about)
- Being interested in or using themes involving sexual aggression
- Spying on others who are nude or engaged in sexual activity
- Engaging in unsafe sexual behaviour
- Seeking out pornography
- Having oral sex or intercourse with someone more than 2 years older/younger
- Sending/receiving sexual images of multiple people with their consent*



HYPERSEXUALITY

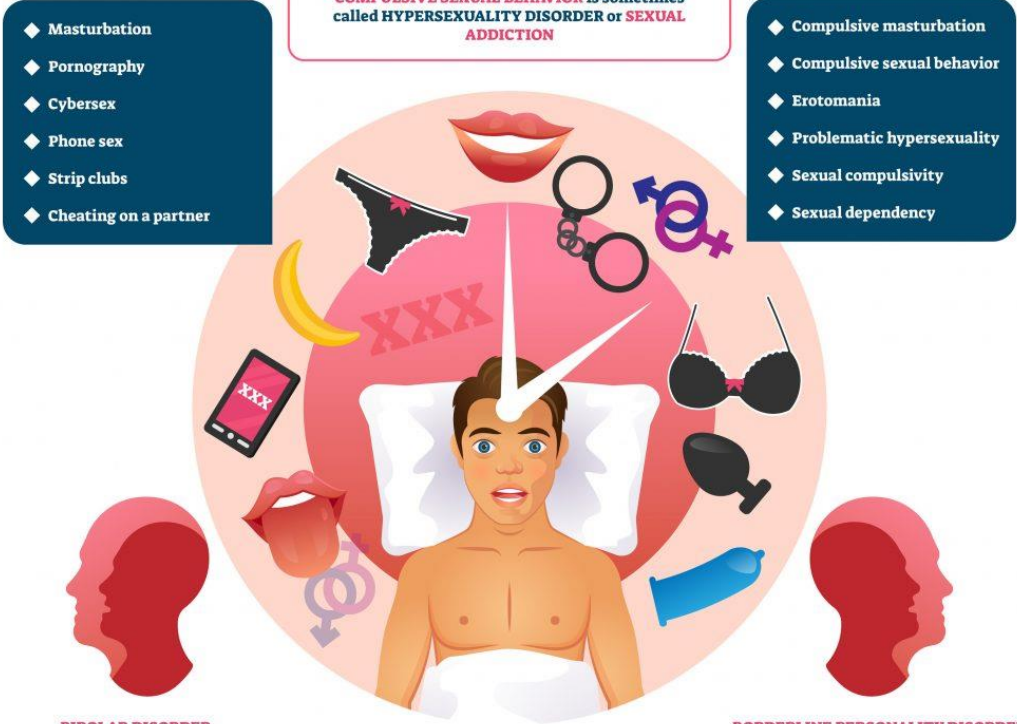
- ◆ **Masturbation**
- ◆ **Pornography**
- ◆ **Cybersex**
- ◆ **Phone sex**
- ◆ **Strip clubs**
- ◆ **Cheating on a partner**

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COMPULSIVE SEXUAL BEHAVIOR is sometimes called **HYPERSEXUALITY DISORDER** or **SEXUAL ADDICTION**

- ◆ Compulsive masturbation
- ◆ Compulsive sexual behavior
- ◆ Erotomania
- ◆ Problematic hypersexuality
- ◆ Sexual compulsivity
- ◆ Sexual dependency

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- ◆ Compulsive sexual behavior
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- ◆ Problematic hypersexuality
- ◆ Sexual compulsivity
- ◆ Sexual dependency



BIPOLAR DISORDER
include Hypersexual behavior as a
symptom

BORDERLINE PERSONALITY DISORDER
include Hypersexual behavior as a
symptom

PORNOGRAPHY

the facts

43%

of Christian men and 11% of Christian women say they were first exposed to pornography before the age of 12 (compared to 23% of non-Christian men and 24% of non-Christian women)

64%

of religious men and 15% of religious women view pornography at least once a month (compared to 65% of non-Christian men and 30% of non-Christian women).

55%

of married men say they view pornography at least once a month (compared to 70% of non married men).

25%

of married women say they watch pornography at least once a month (compared to 16% of non married women).



According to Juniper Research, by 2017, a quarter of a billion people are expected to view adult content from their phones or tablets, an increase of more than 30% from 2013.

About 80-90% of Internet pornography users only access free material, whether it be samples of pay material, illegally copied versions of pay material, or amateur material.

Porn Addiction:

When to Seek Professional Help

1

You continue watching porn excessively although it causes problems in your relationships, at work, or at home, and despite your attempts to manage it.

2

You continually lose track of time while watching porn.

3

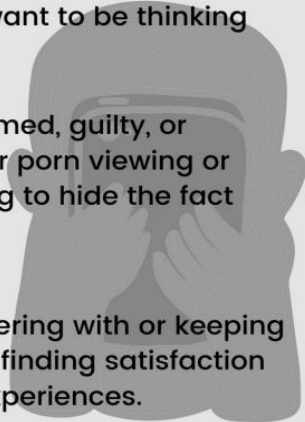
Your mind is consumed with thoughts of porn ALL THE TIME even when you're not watching it or don't want to be thinking about it.

4

You feel deeply ashamed, guilty, or depressed about your porn viewing or you feel anxious trying to hide the fact that you watch it.

5

You feel like it's interfering with or keeping you from enjoying or finding satisfaction in your own sexual experiences.



Porn Addiction **TREATMENT**

Cognitive Behavioral Therapy (CBT) is often used to break the cycle of porn addiction

A horizontal grey line with two loops hanging from it, each loop supporting a green rounded rectangle. The rectangles contain text about CBT treatment for porn addiction. Below each rectangle is a faint grey shadow.

It focuses on minimizing
dysfunctional patterns
and thoughts

Helpful for people
with mood disorders
like depression



5. Mengelola Energi Keintiman bagi pasutri

Blame the hormones 😊

**Don't let
loneliness
lead you
to lust.**



Lust

Testosterone
Estrogen



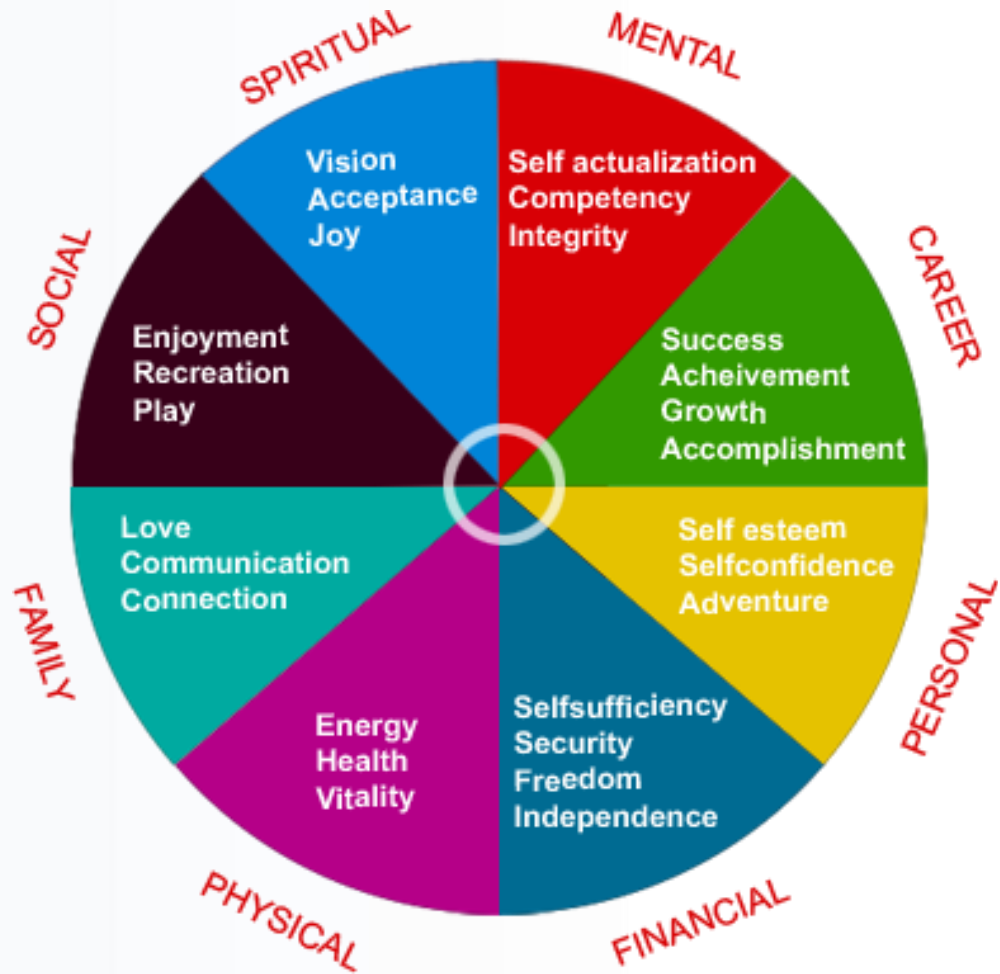
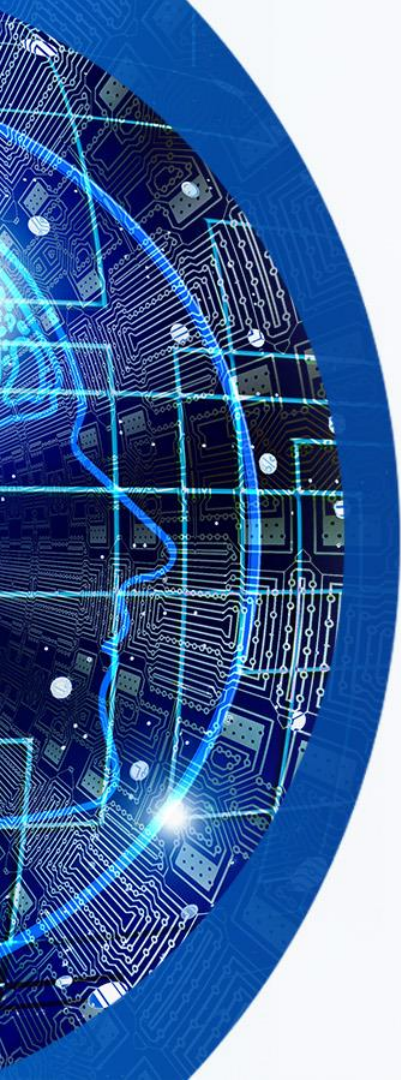
Attraction

Dopamine
Norepinephrine
Serotonin



Attachment

Oxytocin
Vasopressin



B kruinchakra 172,06 Hz

A voorhoofdchakra 221,23 Hz

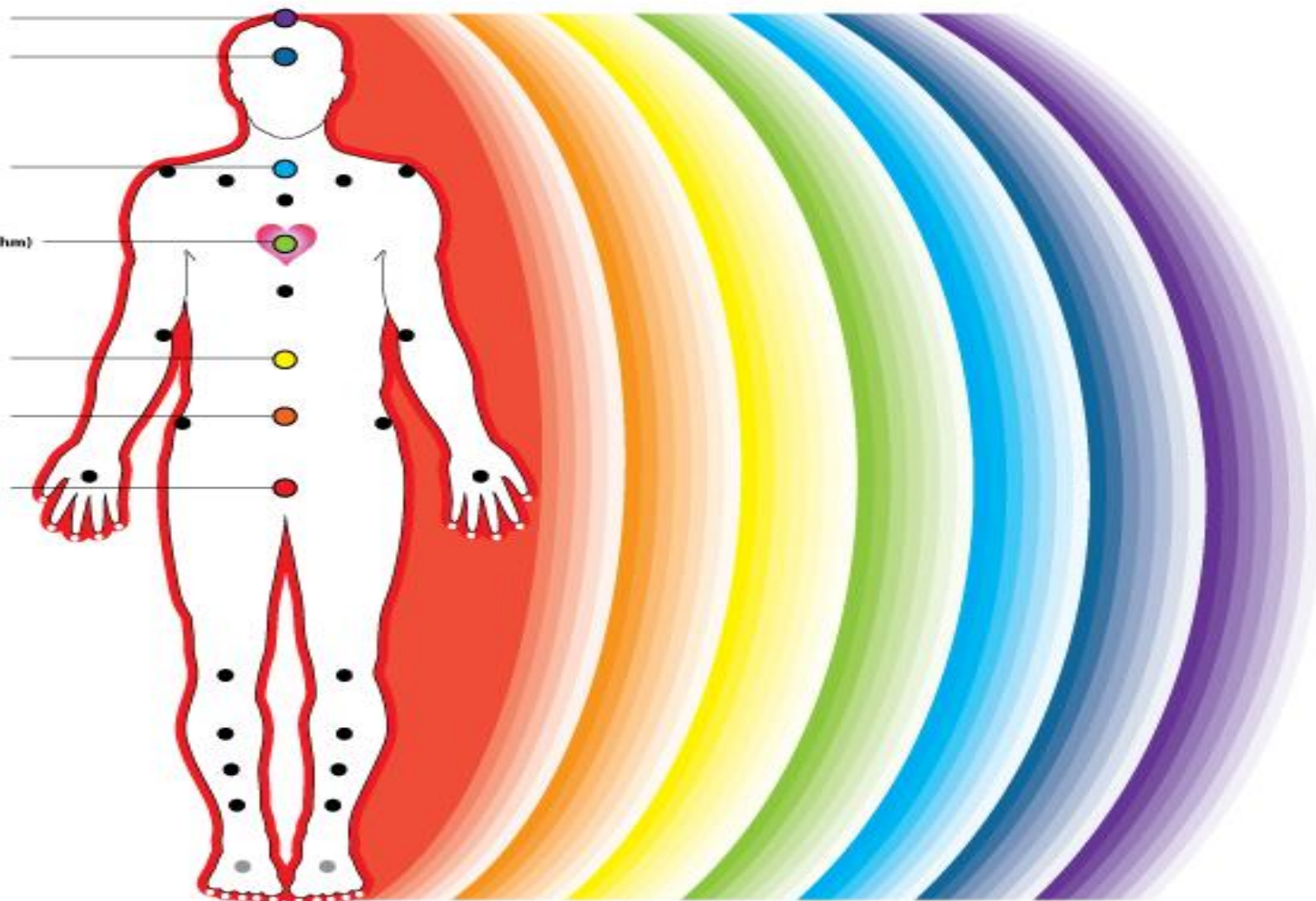
G keelchakra 141,27 Hz

F hartchakra 136,10 Hz (Ohm)

Y zonnevlechtchakra 126,22 Hz

D heiligbeenchakra 210,42 Hz

C basischakra 194,18 Hz



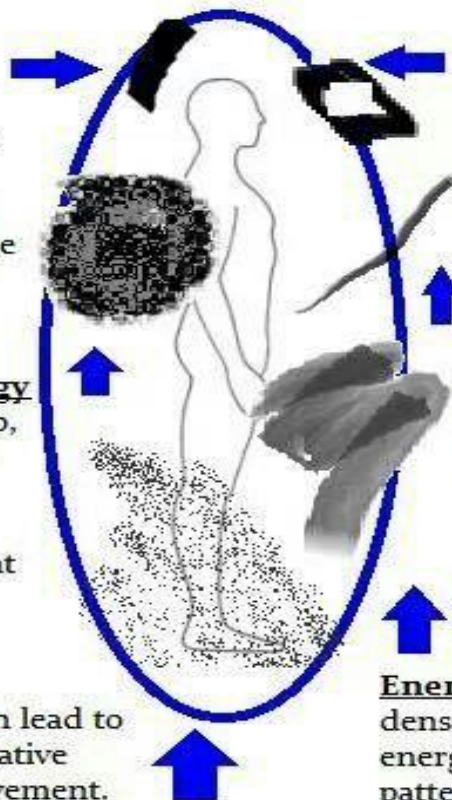
Six Common Energy Problems

www.healingartforms.com

Energy Tear - loses positive and negative energy, allows in negative energy, debris, and attachments. Looks/feels like a rip in a smooth piece of cloth.

Pooling/Stagnant Energy - causes energy to back up, become dense, and hold back energy flow. Looks/feels like a thick muddy puddle of stagnant water.

Energetic Debris - can lead to stagnant energy or negative backup's in energy movement. Looks/feels like gritty sand and dirt within the energy fields.



Energy Hole - loses a lot of energy rather quickly, causes severe energy drain and allows in negative attachments quickly. Looks/feels like a vacuum of draining energy.

Energy Attachment - attaches through openings to drain on your primary energy fields through chakras, auras, and meridians. Looks/feels like an attachment cord with a severe negative energy pull and drain.

Energy Sludge - negative, thick, dense energy that sticks to your energy fields and causes the energy patterns to move very slowly. Looks/feels like thick tar within the energy fields.



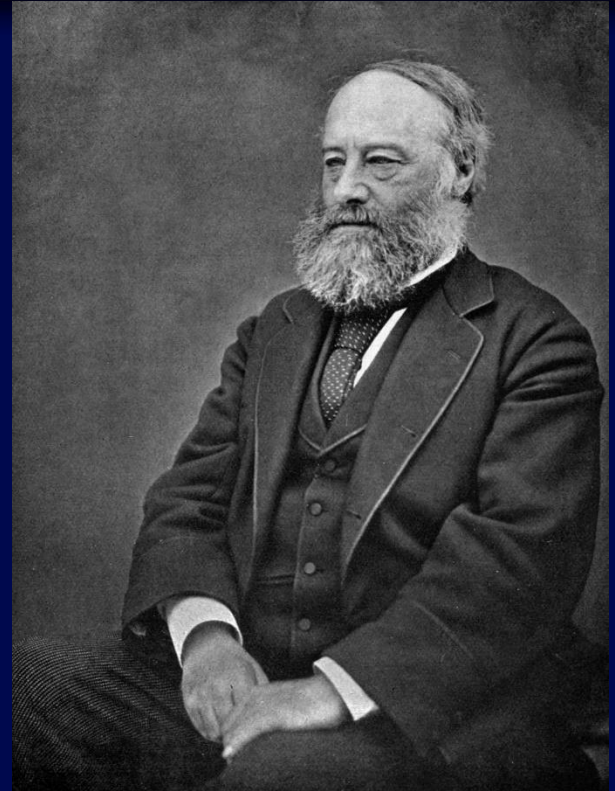
Energi Keintiman tidak terkelola

- Ingin dekat dalam bentuk apapun
- Mulai timbul ketergantungan emosi
- Timbul rasa ingin lebih
- Mulai egois
- Tidak bisa memutuskan secara objektif



Energi itu kekal

“Energi tidak dapat
diciptakan
dan tidak dapat
dimusnahkan.”





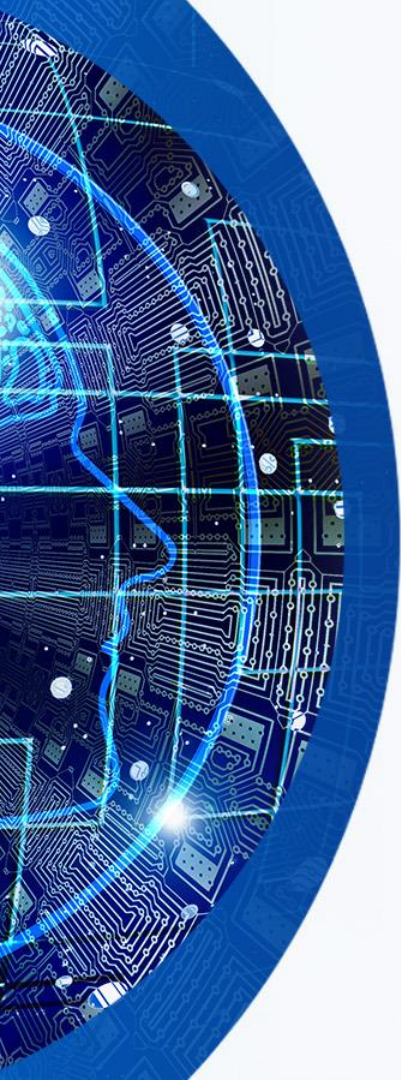
Ubah Energi Keintiman ke bentuk lebih membangun

- Dalami hobi dengan intensitas penuh dan produktif
- Berolahraga dengan teratur
- Berolahrasa dengan teratur
- Tingkatkan kedekatan dengan pasangan



Tips Relasi Sehat dengan yang bukan pasangannya

- Berelasi dengan terbuka, jujur, dan seimbang
- Hindari relasi eksklusif dengan satu pihak
- Hindari baper, GR, dan *overthinking*
- Hindari memberi label yang menjurus (panggilan sayang, menspesialkan, dll)
- Hindari membiasakan dan menyamankan dengan kehadiran orang tersebut
- Terbuka dengan pembimbing rohani atau orang yang bisa diajak bicara secara netral
- Tinggalkan area berbahaya
- Memperkenalkan dengan pasangan



Intimacy is not
purely physical.

It's the act of connecting with
someone so deeply,
you feel like you can see into their soul.

I'm not saying that
everyone needs to be
celibate, but you don't
need a romance to complete a
story about a woman

Greta Gerwig


www.idlehearts.com





5. Memahami Pembentukan Orientasi Seksual dan Berdamai Dengannya

► Freud's Psychosexual Stages of Development



ORAL 0-2
Infant achieves gratification through oral activities such as feeding, thumb sucking and babbling.



ANAL 2-3
The child learns to respond to some of the demands of society (such as bowel and bladder control).



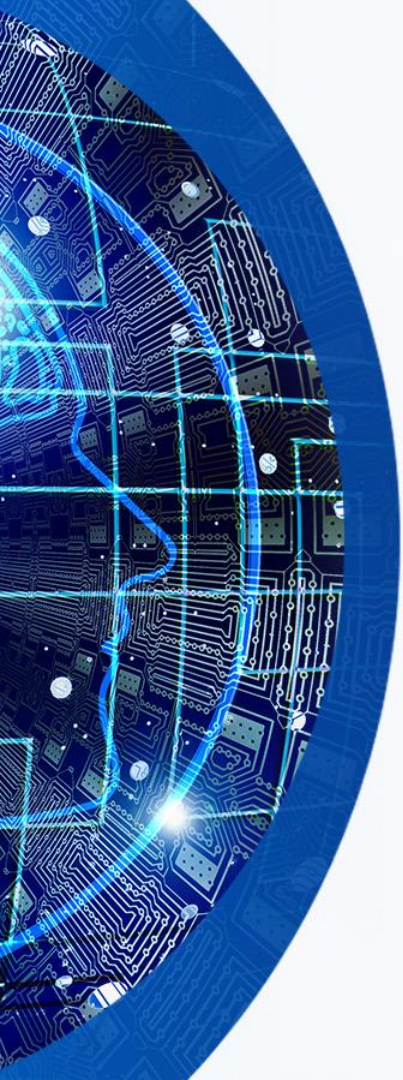
PHALLIC 3-7
The child learns to realize the differences between males and females and becomes aware of sexuality.



LATENCY 7-11
The child continues his or her development but sexual urges are relatively quiet.



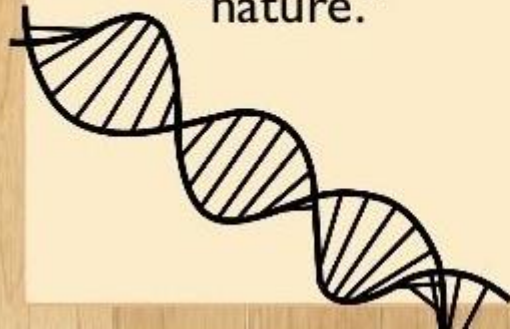
GENITAL 11-Adult
The growing adolescent shakes off old dependencies and learns to deal maturely with the opposite sex.



Nature vs. Nurture Debate

Nature:

Our genetics determine our behavior. Our personality traits and abilities are in our “nature.”



Nurture:

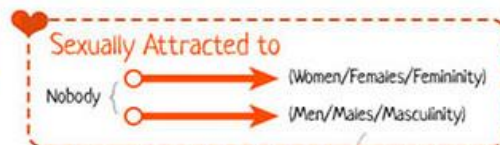
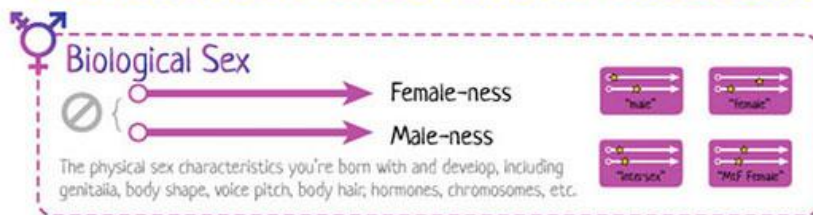
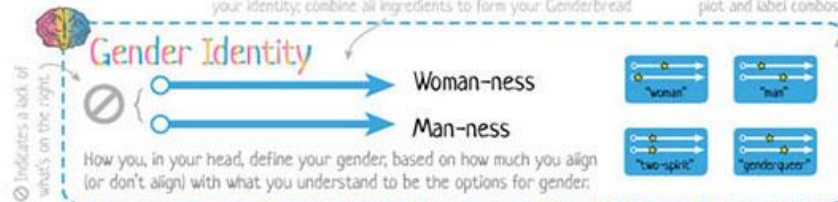
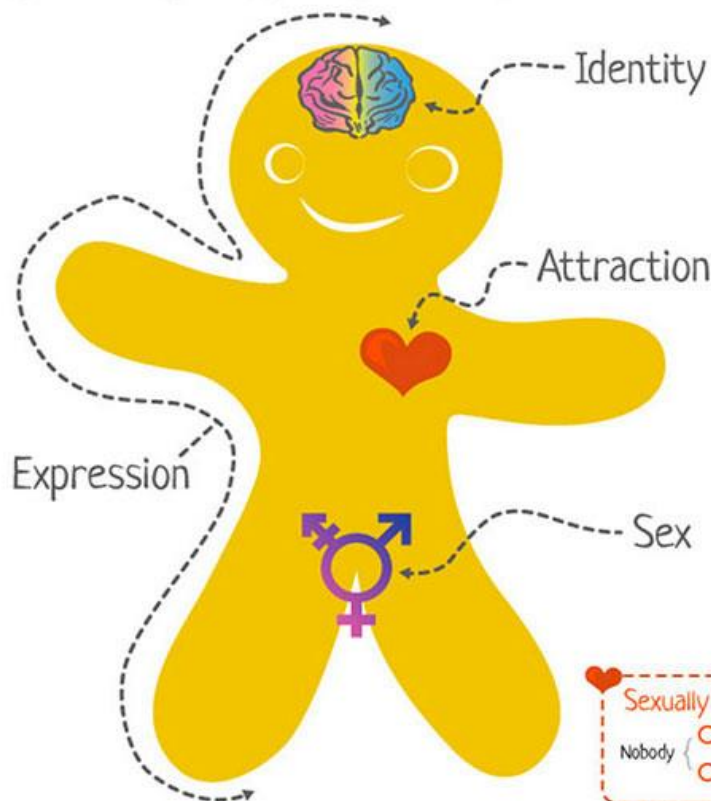
Our environment, upbringing, and life experiences determine our behavior. We are “nurtured” to behave in certain ways.



The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



For a bigger bite, read more at <http://bit.ly/genderbread>

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

Coming Out: Accepting My Sexuality

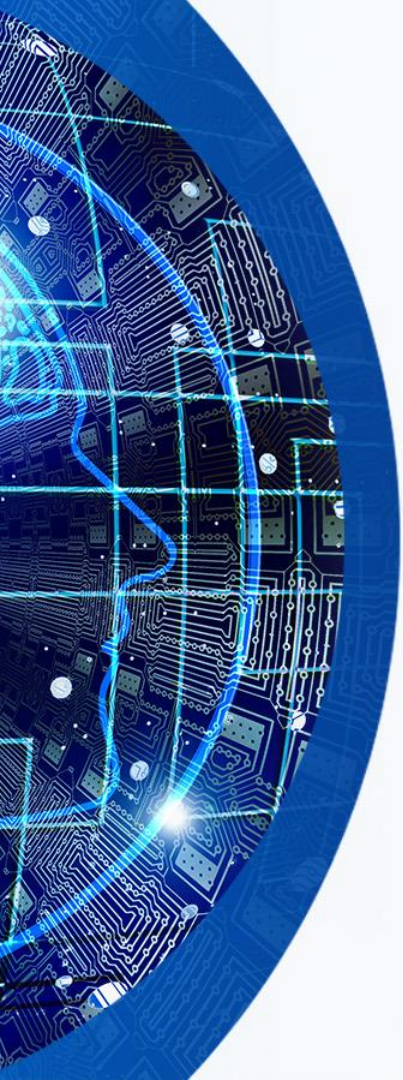
Learn about sexuality and gender!

Questioning

Questioning your sexual or gender identity is a completely normal and acceptable part of life



- ★ Never feel pressured to put a label on yourself or come out if you do not feel ready to do so. Sexuality and gender can be fluid and it's always okay to change your mind!
- ★ Know that there are others around you that will love and support you no matter what.



Berani Coming Out:

Recognize: Notice the feeling

Allow: Don't fight the feeling

Investigate: Get curious about the feeling

Non-Identification: Separate yourself from the feelings about the feeling

Berdamai dengan kondisi, tidak berlebihan berekspresi, berpegang pada kasih Tuhan atas hidup kita



Simpulan

- Kenali energi tubuh yang berlapis-lapis
- Pahami pengaruh hormon dalam setiap aspek pikiran, tindakan, perilaku
- Kelola dorongan seksual, salurkan dengan tepat
- Kendalikan energi keintiman, ubah menjadi bentuk yang lebih membangun
- Berdamai dengan orientasi seksual yang menyimpang, tidak melakukan ekspresi yang meresahkan orang lain dan lingkungan

