

Lesson Topic: Reproductive and Sexual Health

Objectives:

- Identify the organs of the male and female reproductive systems
- Describe the functions of the male and female reproductive systems
- Describe how pregnancy occurs
- Define abstinence
- Sexual Health-Doctor visits: reasons to go and what to expect

Activities:

Review reproductive anatomy and physiology

Biological Male Anatomy video (stop video at 3:05): <https://youtu.be/G2ciOhidKpg>

Biological Female Anatomy video (stop video at 1:45): <https://youtu.be/j9QgcCK6FKM>

How Can I Reduce My Sexual Health Risk? (7:16) Video <https://youtu.be/24DR9GfYNcw>

Pregnancy and Reproduction Explained (stop video at 2:15): Video <https://youtu.be/OeidOS4lqeE>

When you should see the health care provider and what to expect

Lesson Intro:

- SHARE is important for everybody in the class.
- The goal is for every one of you to feel that these classes relate to you and your life.
- This curriculum and resulting class discussions are intended to be respectful and inclusive of many perspectives and allow all students to see themselves and understand their own health and sexuality.
- The purpose of SHARE is to assist you in making informed choices and avoid behaviors that put you at risk.
- All questions are welcome. If you don't feel comfortable asking in class, I've provided paper for anonymous questions or you may talk with me later.

Today we're going to review the organs of the biological female and biological male reproductive system, discuss their functions, how pregnancy occurs and when and why it's important to see the doctor about reproductive health.

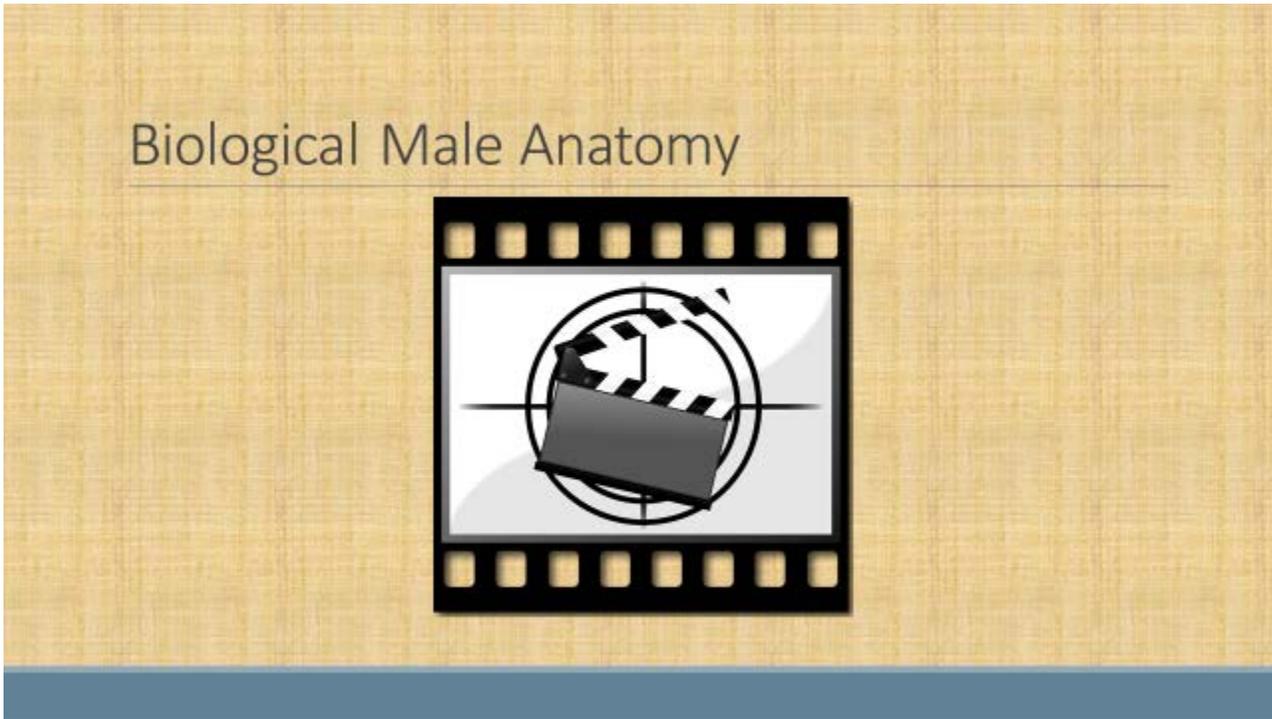
Why do you think it's important for you (students) to understand how the reproductive system works?

Students can work either with a shoulder partner or individually to brainstorm some ideas.

Have students share and list on the board.

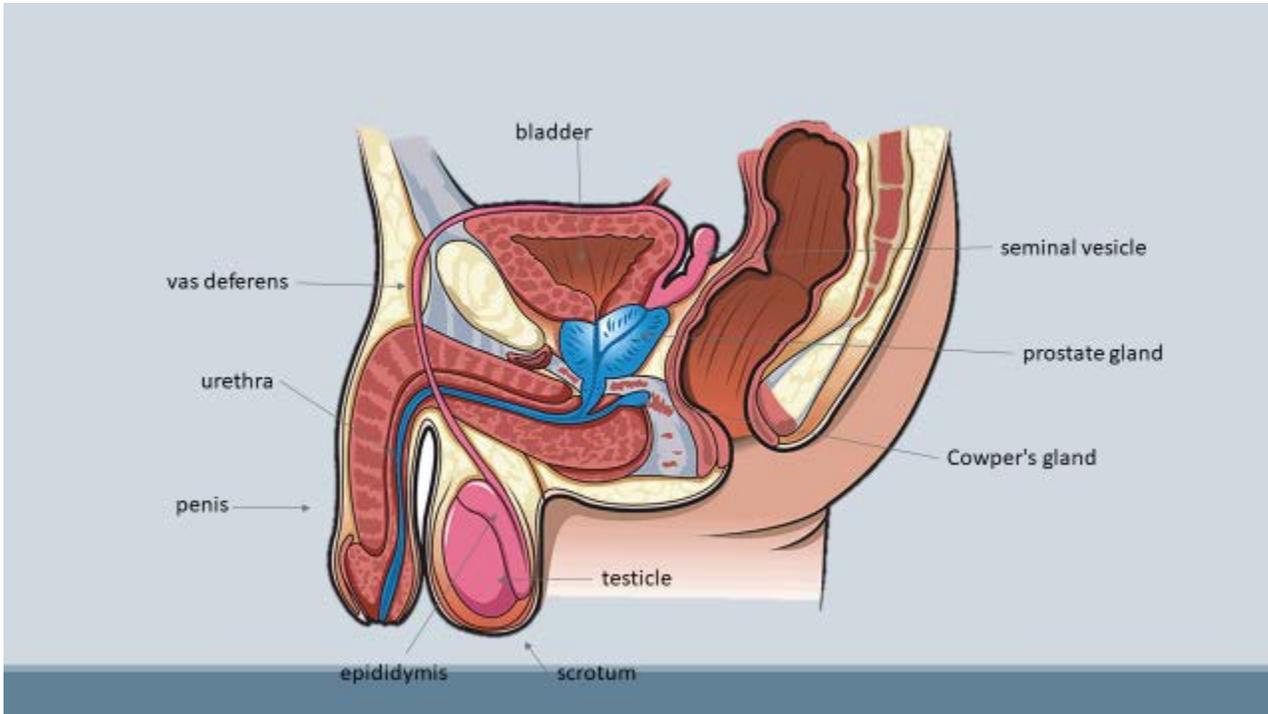
Review the biological male reproductive system

Slide 2: Biological Male Anatomy video link-play video



Distribute the Male Reproductive Organs activity sheet.

Students work independently for few minutes to fill in their responses. Have them turn to a partner and compare. Students make corrections as you go over the diagram.

Slide 3: Male reproductive organs

Review each organ and its functions, asking students to share what they know. Correct any misinformation, as needed, using the notes below to guide discussion.

The male reproductive system includes the penis, testicles, scrotum, epididymis, vas deferens, prostate gland, seminal vesicles, urethra and Cowper's glands.

The Male Reproductive System

The penis

- Is made up of a spongy tissue. Most of the time it's soft and limp.
- When a male becomes sexually excited, the tissue of the penis fills with blood and it becomes larger and firmer. This is called an erection.
 - It happens before sexual intercourse.
 - It can happen when a male has feelings of sexual attraction or thoughts about sex. It can happen when a male feels excited or nervous, or for no reason at all. It can also happen during sleep.

The testicles

- The 2 testicles are about the size and shape of small plums.
- They make the hormone testosterone and produce sperm, the male reproductive cells. Every day, a healthy male produces several hundred million sperm.
- The testicles make sperm best at a few degrees cooler than normal body temperature. This is why they hang outside the body in the scrotum.

The scrotum

- Is a loose sac of skin that hangs behind the penis.
- It holds the testicles.
- If the testicles get cold, the scrotum hugs the body to warm them up to the best temperature for making sperm.
- If the testicles get too warm, the scrotum hangs low to cool them down.

The epididymis

- Is a tightly coiled tube that curves over the top of each testicle.
- After sperm are made, they move into the epididymis for up to 6 weeks.
- There they mature and develop the ability to swim.

The vas deferens

- Is the tube that leads out of the epididymis.
- There are 2 of them, one from each testicle.
- Each vas is about 17 inches long.
- Mature sperm move from the epididymis into the vas deferens, where they are stored until they leave the body.
- Unused sperm break down and get absorbed by the body.

The prostate gland

- Is about the size and shape of a walnut.
- The prostate makes a thin, milky fluid that helps the sperm move.
- The prostate grows larger at puberty.

The seminal vesicles

- Are pouches that connect to each vas deferens before it reaches the prostate gland.
- They make a sticky yellow liquid called seminal fluid that gives sperm energy and helps them move.
- Together, the fluid from the seminal vesicles and prostate gland make semen-the milky white liquid containing sperm that leaves the penis when a male ejaculates.
- Ejaculation is when the muscles of the reproductive organs contract and push the semen out of the male's body.

The urethra

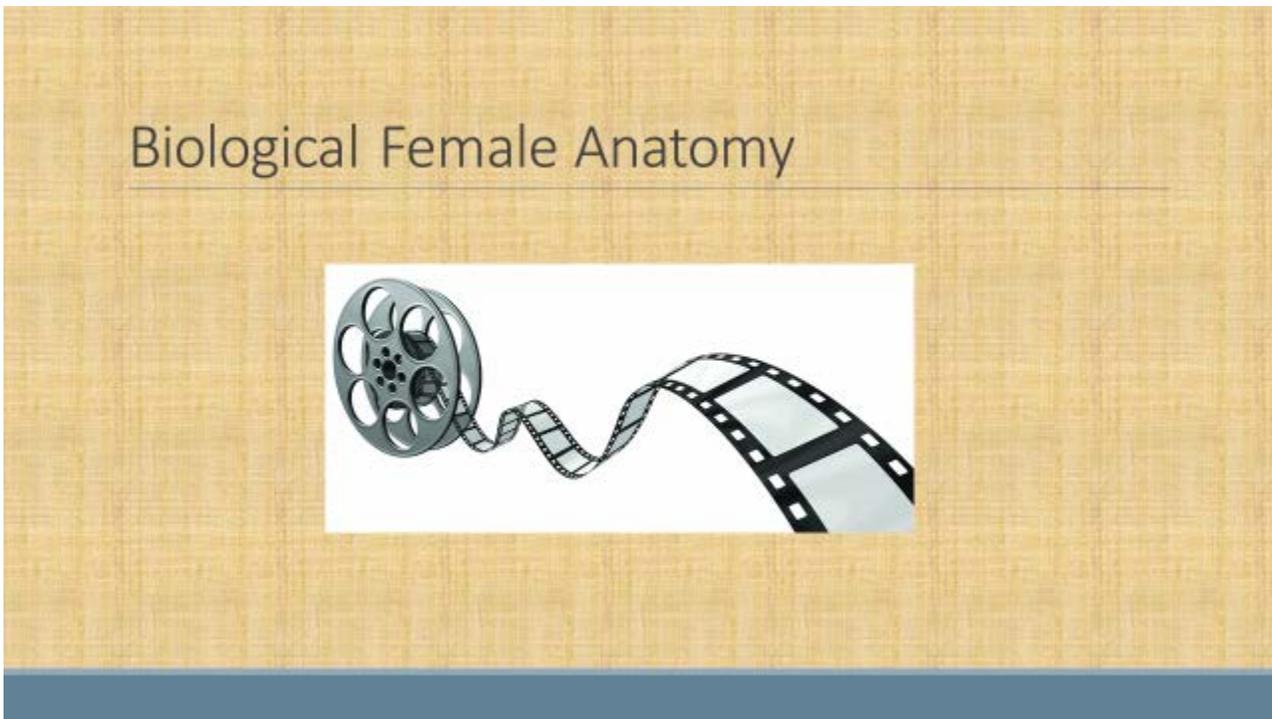
- Is a tube that starts at the bladder and runs through the penis to its end.
- It carries both urine and semen out of the body, but never at the same time.
- When a male is sexually excited, a valve closes off the bladder, so urine can't pass through the urethra.

The Cowper's Gland

- 2 small glands along the urethra.
- They make a clear fluid that passes through the urethra before a male ejaculates to flush out any traces of urine.
- This fluid is called pre-ejaculate.
 - Sometimes this fluid can contain sperm that have been left in the urethra from earlier ejaculations.

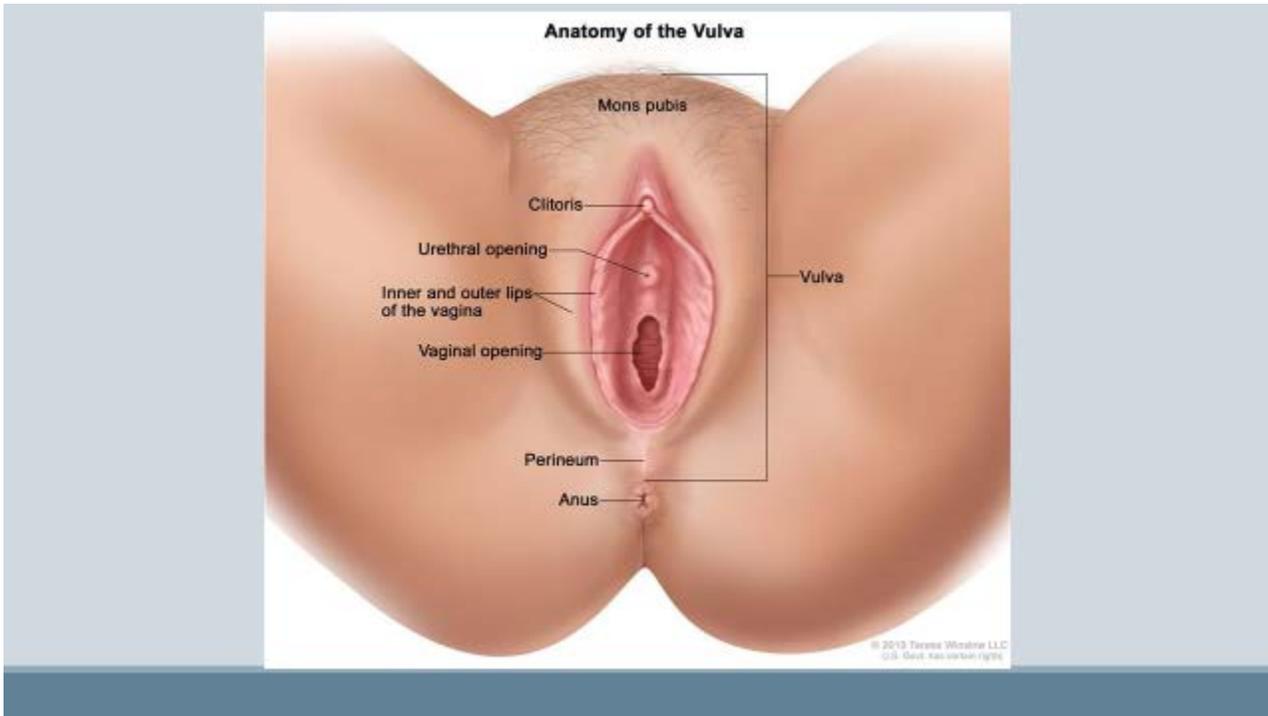
The Biological Female Reproductive System

Slide 4: Biological Female Anatomy video link-play video



Distribute the Female Reproductive Organs activity sheet.

Students work independently for a few minutes to fill in their responses. Have them turn to a partner and compare. Have students make corrections as you go over the diagram.

Slide 5: Female reproductive organs

The external female reproductive organs are the labia majora, labia minora, clitoris, urinary opening, and vaginal opening. Together with the mons pubis they are called the vulva.

The mons pubis

- Is the area where fat under the skin covers the pubic bone. Hair grows in this area during puberty.

The labia majora (outer lips) and labia minora (inner lips)

- Are folds of skin that surround and protect the clitoris, vaginal opening, and urinary opening.

The clitoris

- Is located at the top of your vulva, where the inner lips meet.
- Everyone's is a different size and can range in size from about the size of a pea to the size of a thumb.
- Made of spongy tissue and is full of sensitive nerve endings (more than any other part of the body).
- Its purpose is to provide sexual pleasure.
 - Clitoral hood- covers the tip of the clitoris which protects the clitoris throughout the day.

*Important to note: when the fetus is forming in the womb, the penis and the clitoris are very similar in the way that they start.

The urethral opening

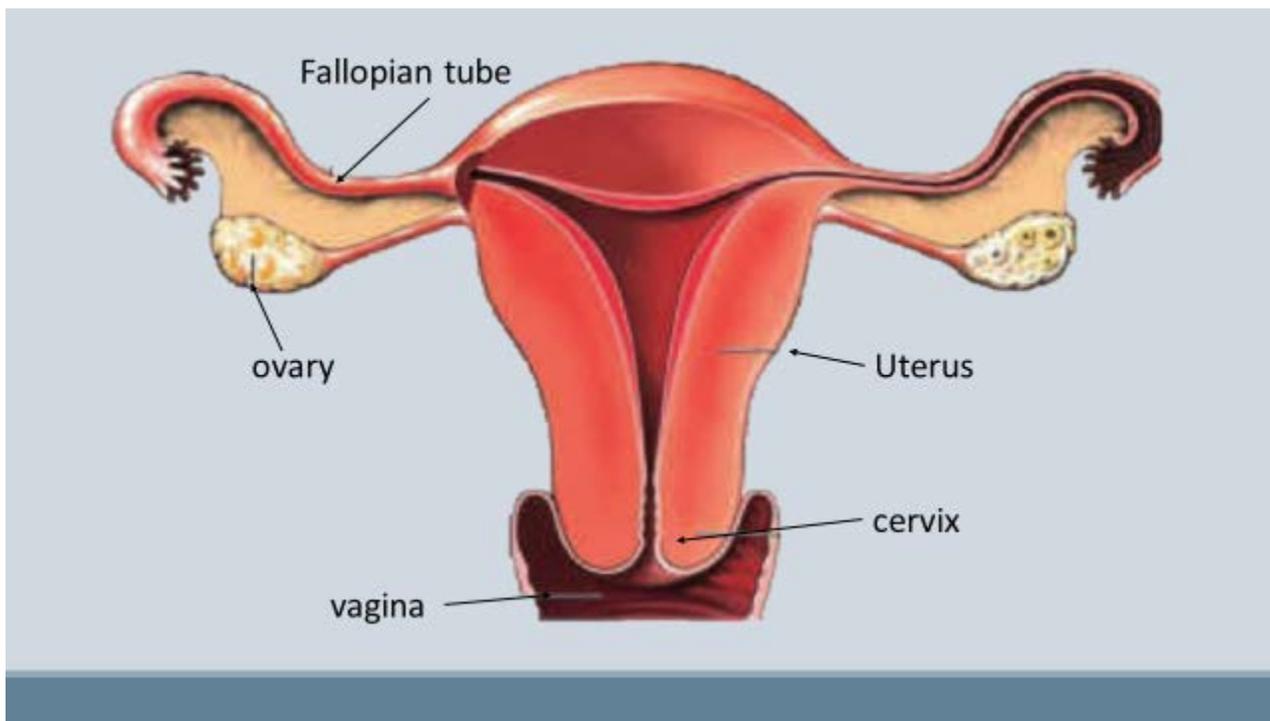
- Located below or behind the clitoris and this is where urine leaves the body.

The vaginal opening

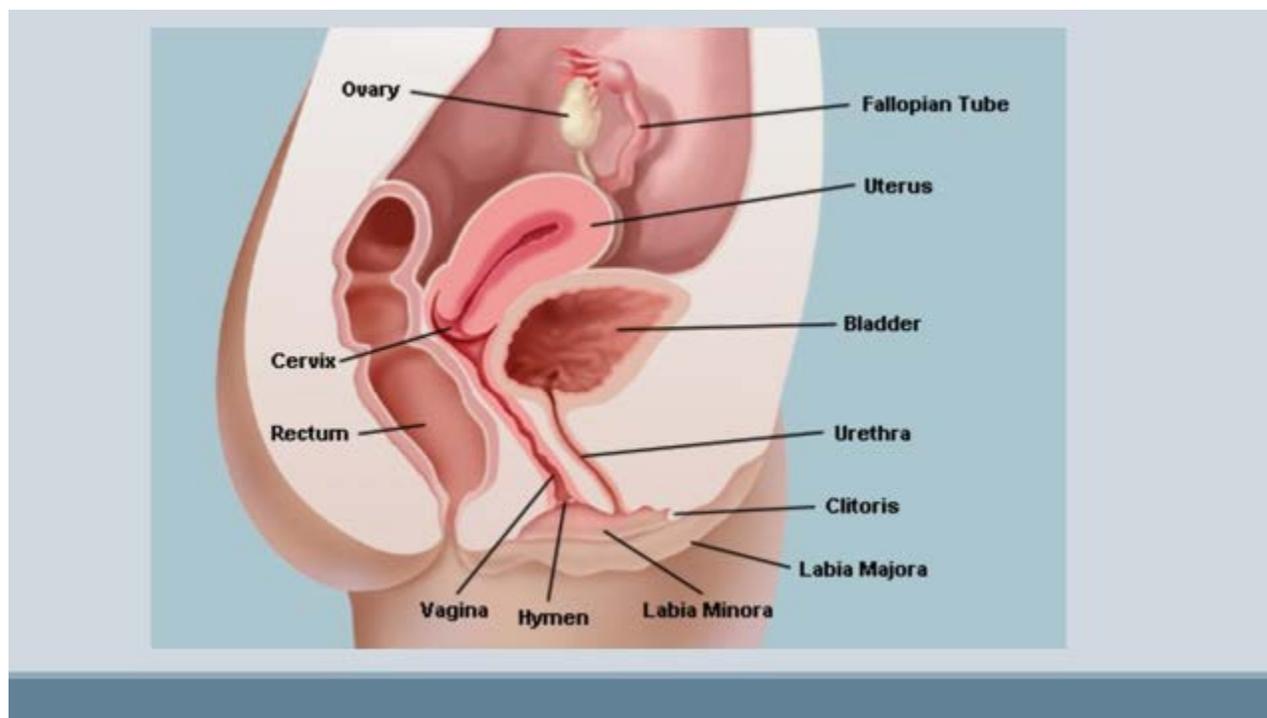
- Below or behind the urinary opening and this is where menstrual fluid leaves the body.
- Where a male's penis enters the female's body during vaginal sexual intercourse.
- Where a baby comes out during childbirth.

Biological Female Reproductive Organs-Internal

Slide 6: Internal female reproductive organs



Slide 7-



The internal female reproductive organs include the vagina, uterus, ovaries, fallopian tubes and cervix.

The vagina

- Is a muscular tunnel about 4 inches long that goes from the vaginal opening to the opening of the uterus.
- It provides a way for menstrual fluid to leave the body, and receives a male's penis during vaginal intercourse.
- It is also the passage through which a baby is born, so it's sometimes called the birth canal.

The uterus (can also be referred to as the womb)

- Is a pear-shaped organ, about the size of a fist.
- It is one of the strongest muscles in the body because it has to be able to push a baby out during childbirth.
- It's where a fertilized egg grows and develops into a baby when a female is pregnant.
- After a biological female reaches puberty, the uterus builds up a thick lining of blood and tissue approximately once a month, to support the growth of a fertilized egg. When the egg isn't fertilized this lining isn't needed, so it flows out of the body through the vagina. This is called menstruation or having a period.

The ovaries

- Are almond-shaped organs that make female hormones and hold the female's eggs.
- When a biological female is born, her ovaries contain more than 300,000 egg cells.
- After puberty, about once a month, an egg matures in one of the ovaries and is released into the fallopian tube.

The fallopian tubes

- Come out of each side of the uterus.
- An egg travels from an ovary through a fallopian tube to get to the uterus.
- Fertilization happens when a male sperm enters the female egg while it is in the fallopian tube.

The cervix

- Is the narrow end of the uterus that opens into the vagina.
- During pregnancy, it stays tightly closed to help protect the developing fetus.

Review of Menstrual Cycle

Slide 8: menstrual cycle diagram



- One of the signs that a biological female has reached puberty is that she begins to menstruate, or have periods.
- The menstrual cycle is called a cycle because it happens over and over. It is one way the female body becomes physically ready to reproduce.
 - Important to note: For the first few years after a female starts her period, it may not come regularly. This is normal at first. By about 2-3 years after the first period, a biological females periods should be coming around once every 4-5 weeks.
 - Its also possible to become pregnant before a female's first period.
- Emotional Changes
 - Premenstrual syndrome (PMS) is when a female has mood and/or body changes before or during their period. It's usually at its worst during the 4 days before a period. PMS usually goes

away 2-3 days after the period begins. But remember every body is different and the signs, symptoms and duration of PMS will vary between individuals.

- Signs and symptoms of PMS
 - Sadness
 - Mood swings
 - Crankiness
 - Anxiety
 - Tiredness
 - Food cravings
 - Pimples
 - Bloating
 - Backaches
 - Sore breasts
 - Headaches
 - Constipation
 - Diarrhea
- Period Cramps: are pain in the lower belly during a female's period. Many females have cramps during the first few days of their periods. Period cramps are caused by prostaglandin, a chemical in the body that makes the muscle in the uterus contract.
 - What can help alleviate period cramps
 - A warm heating pad on your belly
 - Taking ibuprofen (Advil, Motril or store brand) or naproxen (Aleve or store brand); this works best if the medicine is started at the first sign of cramps.

(TeensHealth.org)

Ask student volunteers to explain how the menstrual cycle works. Use the slides of the reproductive organs and the notes below, if needed, to reinforce and illustrate the following information.

- When a biological female's body is going through puberty, about once a month, an egg begins to mature in one of her ovaries.
- While this is happening, the uterus begins building up a lining of blood and tissue that could support a fertilized egg. The time this takes can vary from female to female.
- When the egg is mature, it is released from the ovary into the fallopian tube.
 - This is called ovulation.
 - Ovulation happens about 14 days before a females next period.
- The egg then travels down the fallopian tube to the uterus.
 - When the egg is in the fallopian tube, it can be fertilized by a male's sperm.
 - If the egg has been fertilized, it attaches to the lining of the uterus and begins to grow. This is the start of a pregnancy.
 - If the egg hasn't been fertilized, the uterus will begin to shed its lining. The blood and tissue leave the uterus and flow out the vagina, and the wo male has her period.

Slide 9: Intersex

Intersex

- “Intersex” is an umbrella term for people who are born with some combination of sex characteristics such as chromosomes, genitals, internal reproductive organs, or hormone levels that do not fit within the typical binary notion of male or female sex.



• <https://interactadvocates.org/>

- Intersex people are not that rare! Nearly 2% of the population is born intersex -- that's about as common as people born with red hair or green eyes!
- Intersex traits aren't always "visible" -- you can't tell that someone is intersex just by looking at them.
- Intersex is a variation of physical sex traits, not a gender identity or a sexual orientation. Intersex people exist across all orientation and gender categories!
- Being intersex is different than being transgender: transgender refers to someone whose gender is different from their birth assignment, while intersex refers to someone born with sex characteristics that are outside of binary male or female sex.

Review of How Pregnancy Occurs

Slide10: Pregnancy and Reproduction Explained Video

Pregnancy and Reproduction Explained



- Once people reach puberty, anywhere from age 9 to 16, they're physically able to reproduce. Biological females can get pregnant, and biological males can fertilize an egg. However, usually young people are not prepared to raise and support a child until many years after puberty. When you know how pregnancy happens, you're better able to protect your reproductive health.
- About halfway through the menstrual cycle, one mature egg leaves the ovary — called ovulation — and travels through the fallopian tube towards your uterus.
- The egg hangs out for about 12-24 hours, slowly moving through the fallopian tube, to see if any sperm are around.
- If semen gets in the vagina, the sperm cells can swim up through the cervix and uterus and into the fallopian tubes, looking for an egg. They have up to 6 days to find an egg before they die.
- When a sperm cell joins with an egg, it's called fertilization. Fertilization doesn't happen right away. Since sperm can hang out in your uterus and fallopian tube for up to 6 days after sex, there's up to 6 days between sex and fertilization.
- If a sperm cell does join up with your egg, the fertilized egg moves down the fallopian tube toward the uterus. It begins to divide into more and more cells, forming a ball as it grows. The ball of cells (called a blastocyst) gets to the uterus about 3–4 days after fertilization.
- Implantation usually starts about 6 days after fertilization, and takes about 3-4 days to complete. The embryo develops from cells on the inside of the ball. The placenta develops from the cells on the outside of the ball.

- When a fertilized egg implants in the uterus, it releases pregnancy hormones that prevent the lining of the uterus from shedding — that's why people don't get periods when they're pregnant. If the egg doesn't meet up with sperm, or a fertilized egg doesn't implant in the uterus, the thick lining of the uterus isn't needed and it leaves the body resulting in a period.

Remind students that being sexually abstinent is the only 100% effective way to prevent sexually transmitted HIV, other sexually transmitted diseases or infections and pregnancy.

Slide 11: WCSD def. of abstinence

WCSD Definition of Abstinence

- **Sexual abstinence** is defined as refraining from all forms of sexual activity and genital contact such as vaginal, oral and anal sex.
- An abstinent person is someone who has either never had sex or someone who's had sex but who has decided not to continue having sex for a period of time.
- Abstinence is the only 100% effective way to prevent sexually transmitted HIV, other sexually transmitted diseases or infections and pregnancy.
 - SEX – when a person's genitals touch another person's genitals, mouth or anus.

Early Pregnancy Symptoms

Slide 12: early pregnancy symptoms

Early Pregnancy Symptoms

Missed period
Swollen or tender breasts
Nausea and/or vomiting
Feeling tired
Bloating
Constipation
Peeing more often than usual

Many people notice symptoms early in their pregnancy, but others may not have any symptoms at all.

Common signs and symptoms of pregnancy can include:

- Missed period
- Swollen or tender breasts
- Nausea and/or vomiting
- Feeling tired
- Bloating
- Constipation
- Peeing more often than usual

Slide 13: How can I reduce my sexual Health Risk? Video



Slide 14: Talk to a trusted adult

Talk to a trusted adult

- Even if you're worried that talking to a trusted adult about your body and sexual health being awkward, it's a good idea to ask for their help (as long as you feel safe).
- They were your age once, and they know what it's like to be a teenager.
- They might even be proud of you for being responsible about your health

Trusted Adults may be: parent, guardian, relative, faith leader, school counselor, teacher, healthcare provider

Slide 15: Going to see a medical care provider

Who are Healthcare Providers...

- Medical Doctor (MD)
- Physicians Assistant (PA)
- Nurse Practitioner (NP)
- Midwife

Why It's Important to See a Health Care Provider

- It's an important part of making sure you stay healthy.
- They will be able to answer any questions you have about puberty, your body, and sex.
- And its important to talk to them when you are thinking about having sex.

Title X funding gives organizations the protection of providing services (such as reproductive health care and contraceptives) confidentially, and free, to any young person, regardless of age, without running their insurance or requiring parental consent. The law does impact this in that providers have to report if a 12 or 13 year old says they are having sex. Not if they are requesting contraception, but only if the minor states they are having sex.

Slide 16: Things to talk to your health care provider about

Things to talk about with your healthcare provider

These are confidential conversations

- have had vaginal sex, oral sex, or anal sex
- have had unprotected sex (sex without a [condom](#) or dental dam)
- think you might have an [STD](#)
- feel any pain, itching, or discomfort in your genitals (penis, testicles, vagina, vulva, or anus)
- have really bad cramps, PMS, or other problems with your periods
- notice any lumps in your testicles
- Feel a lump in your breast or vulva
- think you might be pregnant
- don't feel safe in a relationship or at home

Slide 17: Things to remember during your visit

Things to remember...

- Healthcare providers ask lots of questions so they can figure out if it's a good idea to give you certain tests, help you use birth control, or talk with you about your relationships.
- There's no need to be embarrassed about answering those questions
 - — there are no wrong answers!

Slide 18: Things to keep in mind

Keep in mind:

Your body? You're the boss. If you don't want a particular exam or test, or you want them to stop something they've already started, it's OK to say stop.

Ask why. You're allowed to ask your healthcare provider why they want to do an exam, test, or procedure they say you need. You have a right to know, and to feel safe about what they're doing. This idea is called "informed consent." Plus, healthcare providers are usually happy to educate you about your body.

You can change doctors. Didn't feel safe with the healthcare provider you visited? Find out if there's someone else in your area you can go to for your health care. It's good to find someone you can trust — and it's OK if it takes a few tries.

If anything happens during your appointment that doesn't feel right or makes you feel unsafe, let an adult you trust know about it.

- **Your body? You're the boss.** If you don't want a particular exam or test, or you want them to stop something they've already started, it's OK to say stop.
- **Ask why.** You're allowed to ask your health care provider why they want to do whatever exam, test, or procedure they say you need. You have a right to know, and to feel safe about what they're doing. This idea is called "informed consent." Plus, health care professionals are usually happy to educate you about your body.
- **You can change doctors.** Didn't feel safe with the health care provider you visited? Find out if there's someone else in your area you can go to for your health care. It's good to find someone you can trust — and it's OK if it takes a few tries.

If anything happens during your appointment that doesn't feel right or makes you feel unsafe, let an adult you trust know about it.

Slide 19: local resources (Keep the slide up and suggest students take photos for reference)

Local Resources

take a photo for future use

Washoe County Health District: Teen Health Mall/Clinic 775-328-2470

Northern Nevada HOPES: 775-786-4673

Planned Parenthood: 775-688-5555

Crisis Call Center: text “listen” to 839863

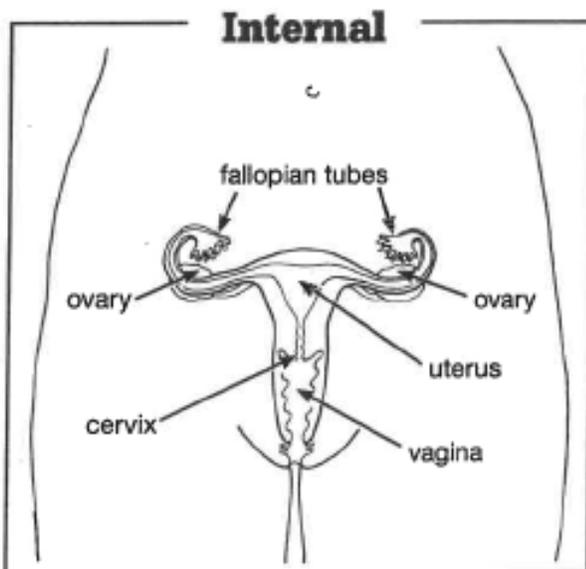
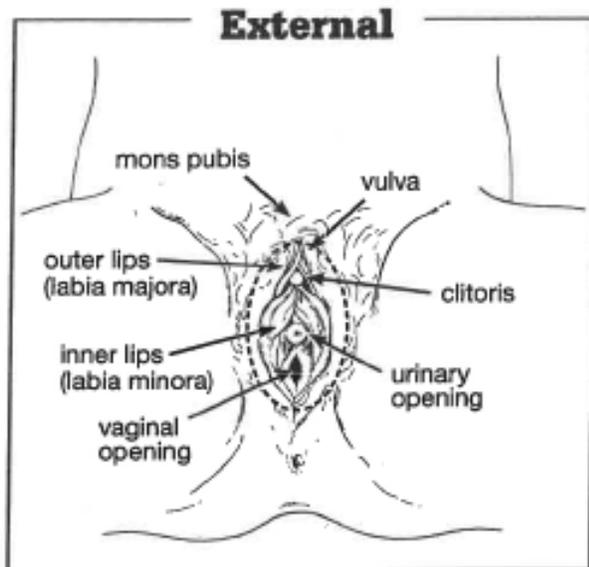
Suicide Prevention Lifeline: 1-800-273-8255

LGBTQ+ Friendly Services:

<https://www.nnhopes.org/patients/services/lgbtq/>

Female Reproductive Organs

Directions: Write the name of the organ above its definition.



The name for all of the external female reproductive organs.

The fatty tissue covering the pubic bone, above the vulva.

Inner folds of skin that cover and protect the vaginal and urinary openings.

Outer folds of skin that surround and protect the other external organs.

A pea-shaped organ full of nerve endings. Its purpose is to provide sexual pleasure.

Urine leaves the body through this opening.

A muscular tunnel that connects the external and internal reproductive organs.

A pear-shaped organ, about the size of a fist. It's where a fertilized egg grows and develops while a woman is pregnant.

Almond-sized organs that make female hormones and hold eggs.

Tubes that carry eggs from the ovaries to the uterus.

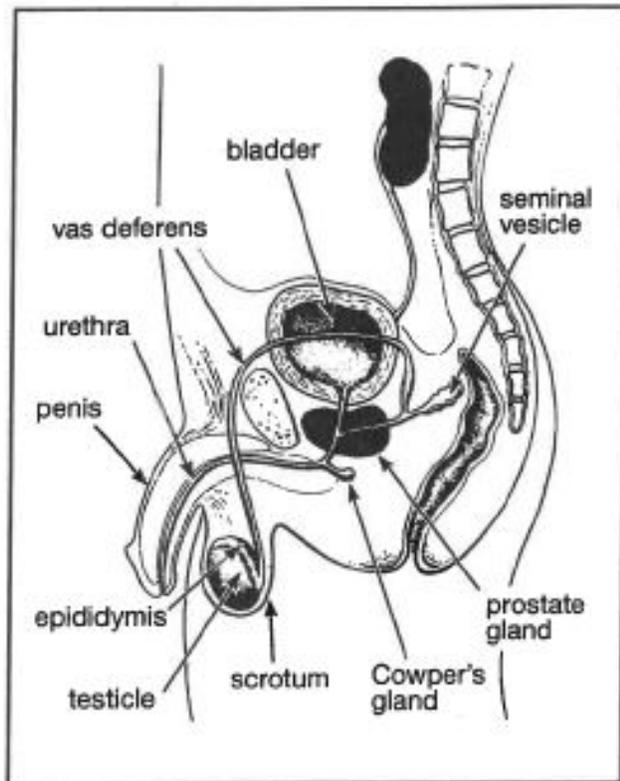
The end of the uterus that connects it to the vagina.

Self-Check

I wrote the name of each organ by its correct definition.

Male Reproductive Organs

Directions: Write the name of the organ above its definition.



Egg-shaped organs that make testosterone and sperm.

A tightly coiled tube where sperm mature.

This pouch makes a fluid that gives sperm energy and helps them move.

This organ is made up of spongy tissue. When a man becomes sexually excited, the tissue fills with blood and becomes erect.

This loose sac of skin holds the testicles and keeps them at the right temperature for making sperm.

The tube that carries mature sperm away from the testicles and holds them until they leave the body.

This gland makes a clear fluid that cleans the urethra before sperm pass through it.

This walnut-sized gland makes fluid that mixes with the sperm to form semen.

The tube that carries sperm and urine out of the body.

Self-Check

I wrote the name of each organ by its correct definition.