Sexual Health Education
Grade 6
Part 1
Lesson 1 - Human Reproduction

Three things I learned:
1.)
2.)
3.)

My Health Goal:

Lesson 2 - Pregnancy and Birth

Three things I learned:
1.)
2.)
3.)

My Health Goal:

Lesson 3 - Exploring Abstinence

Three things I learned:
1.)
2.)
Lesson 4 - Contraceptives

Three things I learned:

1. 

2. 

3. 

My Health Goal:

Lesson 5 - STI and HIV Prevention

Three things I learned:

1. 

2. 

3. 

My Health Goal:

Lesson 6 - Decision Making

Three things I learned:

1. 

2.
Lesson 7 - Delay Tactics and Refusal Skills

Three things I learned:

1.) _____________________________________________

2.) _____________________________________________

3.) _____________________________________________

My Health Goal: __________________________________

Lesson 8 - Sexual Health Resources

Three things I learned:

1.) _____________________________________________

2.) _____________________________________________

3.) _____________________________________________

My Health Goal: __________________________________
Human Anatomy and Reproduction

Grade 6 Lesson 1

Comparable lower grade lesson: Grade 5 Lesson 4-Human Reproduction

<table>
<thead>
<tr>
<th>National Sexuality Education Standards:</th>
<th>State Standards:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Describe male and female sexual and reproductive systems including body parts and their functions. AP.8.CC.1</td>
<td>• Goal 23: Understand human body systems and factors that influence growth and development.</td>
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<tr>
<td>• Define sexual intercourse and its relationship to human reproduction. PR.8.CC.1</td>
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</table>

Common Core Alignment:

CCSS.ELA-Literacy.L.5.4
Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grade 5 reading and content, choosing flexibly from a range of strategies.

CCSS.ELA-Literacy.L.5.4.c
Consult reference materials (e.g., dictionaries, glossaries, thesauruses), both print and digital, to find the pronunciation and determine or clarify the precise meaning of key words and phrases.

Rationale:
This lesson contains many new and unfamiliar vocabulary words related to human anatomy and reproduction. Students will learn these new words by using word banks and glossaries, as well as through direct instruction by the teacher. Students will hear these words in the context of small and large group discussions on the topic.

Teacher’s Note: Prior to this lesson, administer the 6th Grade Pre-Test to determine baseline knowledge of 6th Grade Sexual Health topics.

Time Requirements

Day 1
• 40 minute lesson

Day 2
• 10 minute video
• 20 minute lesson
• 10 minute group work

Lesson Objectives

• Students will define and identify parts of the male and female sex organs.
• Students will define and identify parts of the male and female reproductive organs.
• Students will learn how the female reproduction system prepares for reproduction.
• Students will learn how the male reproduction system prepares for reproduction.
Sexual Health Education
Grade 6

- Students will define sexual intercourse and its relationship to human reproduction.

Vocabulary

**Teacher's Note:** This lesson involves a lot of vocabulary which may be difficult for students to grasp. Make sure to spend enough time to ensure student understanding and feel free to use any strategy you think may help your students in their understanding.

**Genitalia**—External male and female reproductive organs

**Penis**—The male organ between the man or boys legs. The penis is made of spongy tissues and blood vessels that fill with blood when the male gets an erection. Urine and semen pass through the penis out of the opening of the urethra.

**Glans**—The sensitive head of the penis

**Scrotum**—A pouch like structure that hangs behind the penis and houses the testicles. The scrotum controls the temperature of the testicles for sperm production.

**Testes (testicles)**—The male reproductive organs that produce sperm and male hormones

**Epididymis**—The coiled tubes that connect to the vas deferens in the male reproductive system.

**Vas deferens (sperm ducts)**—A tube that carries sperm containing semen to the urethra in the male reproductive system.

**Bladder**—An organ that stores urine in males and females

**Urethra**—A tube that passes urine from the bladder and out of the body in males and females. In males the urethra also carries semen out of the body.

**Semen**—A white or clear sticky fluid made up of sperm and seminal fluid that comes out of the penis during an ejaculation.

**Sperm**—The male cell that contains the genetic material to reproduce.

**Seminal vesicles**—Sac like structures attached to the vas deferens that add sugar to semen

**Prostate gland**—Surrounds the ejaculatory ducts at the base of a male's urethra and produces parts of the semen.

**Cowper's gland**—A gland located below the prostate that produces a liquid that clears the urethra of sperm harming urine.

**Ejaculation**—When a male's body releases sperm and semen from the body through the penis.

**Anus**—The opening to the rectum where feces pass out of the body in males and females

**Vulva**—The female external reproductive organ

**Labia**—Folds of skin that protect the clitoris and vaginal opening

**Clitoris**—A sensitive female sex organ that fills with blood and becomes erect with stimulation

**Vaginal opening**—The opening to the vagina which leads to the internal reproductive organs

**Ovaries**—Two small, round organs that are inside the female in her pelvic area and produce estrogen and produce, store, and release eggs into the fallopian tubes.

**Ovum (egg)**—The female cell that contains the genetic material to reproduce.

**Fallopian tubes**—The tubes that carry the eggs from the ovaries to the uterus.
Sexual Health Education
Grade 6

Uterus: Part of the female internal reproductive organs. Lined with thick muscular walls, this organ is where the fetus grows during pregnancy.

Cervix — The lower end or “neck” of the uterus that creates a barrier between the vagina and the uterus

Ovulation — Releasing a mature ovum (egg) from the ovary

Menstrual “Period” — The time when hormones are released from different parts of the body to help control and prepare the body for pregnancy. During the menstrual period the uterine lining breaks down and is shed — this bleeding is what’s known as a period.

Fertilization — When the egg and the sperm meet

Zygote — The cell that forms when the egg and the sperm meet.

Implantation — When the zygote attaches to the wall of the uterus

Conception — Becoming pregnant


Materials

- Pre-test if not already administered
- Human Reproduction and Childbirth (Lesson 1 covers beginning through 11 minute mark of video.)— This film can be found on Safari Montage or can be checked out from the Office of Student Health and Wellness by contacting SexualHealthEd@cps.edu.
- Male and Female Anatomy Labeled
- Circumcised/Uncircumcised Penis Visual
- Male and Female Anatomy Student Packet
- Reproductive System Review Student Packet
- Board or butcher paper
- Box, container, or designated area for anonymous student questions (see Day 1)
- 6th Grade Table of Contents Worksheet
- Binders, folders, or materials to construct a Sexual Health Portfolio-1 per student (see Day 1)

Preparation

- Administer 6th grade pre-test if not already completed
- Review vocabulary and content of this lesson
- Print Male and Female Anatomy student packet-1 per student
- Print Reproductive System Review student packet-1 per student
- Print or project Male and Female Anatomy Labeled-1 teacher copy
- Print or project Circumcised/Uncircumcised Penis Visual-1 teacher copy
- Print 6th Grade Table of Contents worksheet-1 per student
Sexual Health Education
Grade 6

Key Content
- External reproductive organs can be defined as male and female genitalia.
- Internal organs can be defined as male and female reproductive organs.
- The female and male reproductive organs have specific functions to prepare for reproduction.
- The joining of the sperm and egg and implantation in the uterus result in pregnancy.
- Vaginal intercourse and genital contact can result in pregnancy.

Activity

Day 1

**Before You Begin:** Students should create a 6th Grade Sexual Health portfolio to keep all vocabulary and work covered in this unit. The 6th Grade Sexual Health Table of Contents activity sheet will be used at the end of each lesson for students to track their own learning.

**Sexual Health Portfolio:**
- Distribute Portfolio materials and the “Table of Contents” worksheet to students.
- Students should create and decorate a 6th Grade Sexual Health Activity Portfolio. This portfolio should show the progression of student’s knowledge over the scope of lessons. The portfolio should include:
  - Table of Contents
  - Handouts
  - Worksheets
  - Notes
  - Extension Activities
  - Goals

Encourage students to share the portfolio with their parents/guardians throughout the unit.

1.) **Introduction: Ground rules and Giggle Minute**

**Explain:** Students will be beginning a unit that covers topics on human reproduction, pregnancy, sexually transmitted infections, and sexual identity. Topics and vocabulary will be covered that they may not have heard before. Some of these topics may make them feel a little giggly or uncomfortable. That’s OK! But it is important to be respectful of themselves and their classmates.

**Ask** students to list rules for maintaining a respectful environment for themselves and their classmates. Write the rules out on butcher paper. This can be posted before each lesson as a reminder.
- Include: respecting everyone through your words and actions, no question is a bad question, use medically-correct vocabulary when possible, no “I” stories or questions, no names included in stories or questions.
**Sexual Health Education**
**Grade 6**

**The Giggle Minute:** Students (and teachers!) may be uncomfortable with the medically-accurate words contained within this lesson. Acknowledge this discomfort with students and affirm that it's ok to feel that way. However, it is important to learn the correct words for all body parts so that they can talk about their bodies with confidence. Give students a “giggle minute”, or the chance to get laughter out at the beginning of the lesson. Count down from five to signal the end of the giggle minute. Refer to Giggle Minute directions located in the Classroom Tools folder for further instruction.

Introduce the question box. Students will be able to submit anonymous questions to be answered in later lessons. The teacher is responsible for deciding when questions are appropriate for this grade level.

**The Question Box:** The question box is an opportunity for students to submit questions anonymously that they may otherwise not ask due to feelings of embarrassment. On days when it seems necessary pass out slips of paper and have all students write down a question, even if they do not have one specifically related to the lesson. This will allow the questions to remain anonymous. Prior to the next day’s lesson read through all the questions and determine which questions will be answered in front of the group.

2.) **Male Sex Organs and the Reproductive System**

*Explain:* It is important for students to understand how the male and female body works and the process of human reproduction. Having the correct information about male and female bodies and reproduction will help students feel more comfortable with their own growing bodies. It will help them make healthy choices and give them the words they need to ask questions about their body.

**Teacher’s Note:** You may wish to have student’s label the reproductive organs in the Male and Female Anatomy Student Packet as you review the vocabulary in the following activity.

*Project* the labeled external male reproductive organs.

*Explain:* This is a side view of the external (outside) male genitalia. Genitals are the external reproductive organs of a male or a female.

The male external reproductive organs are the penis, made up of the shaft and sensitive glans, and the scrotum. The job of the scrotum is to hold the testicles or testes at just the right temperature for sperm production – lower than 98.6 degrees. The scrotum will move the testicles closer or further away from the body to cool or warm them.

*Project* the labeled male internal reproductive organs.

*Explain:* Who knows what the other job of the testicles is besides producing sperm? They also make male hormones that tell the body to make the physical changes of puberty, like a deeper voice, broader shoulders, and hair growth.
Sperm are made in the testes and then they move into the epididymis, a long tube tightly coiled into the back of the scrotum. Sperm is the male cell that contains the genetic material for reproduction. The sperm stay there for 2-3 months while they mature.

Sperm then travel up into the male’s body through a tube called a vas deferens. There are two vas deferens; one leading from each epididymis. The sperm travel, through a vas deferens, past the bladder (where the urine or “pee” is stored), and into the tube that will carry them out of the body, the urethra. The urethra is the tube that runs through the male’s penis. In the male, the urethra has two jobs: urination and ejaculation (nothing else should come out of the urethra). On the way, the sperm gather fluids we call semen. These fluids come from three places: the seminal vesicles (which adds sugar for energy on the sperm’s long journey), the prostate gland (fluid that allows the sperm to swim freely), and the cowper’s gland (which clears the urethra of acidic urine that could harm the sperm).

A male has two openings in his private parts, the urethra is one. The other is the anus, where feces or “poop” comes out. This is not part of the reproductive system.

3.) Female Sex Organs and Reproduction System

Project the labeled external female reproductive organs slide.

Explain: Now we will look at the female reproductive system. The female genitalia is called the vulva, which is made of the protective labia and the sensitive clitoris. The female has three openings in her private parts. One is the opening to the urethra, where urine comes out, the vaginal opening which leads to the internal reproductive organs, and the anus, where feces (poop) come out. The anus is again, just as for males, not part of the reproductive system. The vaginal opening is also where blood and tissue from a woman’s menstrual period comes out and is the opening that a baby is born from.

Project the labeled internal female reproductive organ slide.

Explain: Where do the eggs and female hormones come from? The ovaries. A female has two of them and they take turns ovulating. During ovulation, ne releases an egg one month, and usually, the other releases an egg the next month. The ovaries make female hormones, so that a girl’s body will grow into a woman’s body.

When an egg leaves an ovary, it usually goes into the fallopian tubes. If an egg gets fertilized, that’s where it will happen. Then it travels down to the place it will grow for the next nine months.

What is that place called? The uterus. The bottom part of the uterus, its neck, is called the cervix. If a woman becomes pregnant the fetus grows in her uterus (not her stomach!) for about nine months. When the baby is ready to be born, the cervix becomes wide and thin. The uterus
contracts and pushes the baby through the cervix, into the vagina, and out the opening of the vagina.


Fast Fact: Women are born with all the egg cells she will create in her lifetime. Men produce new sperm cells every day, from the time they start puberty until the end of their life.

4.) Question and Answer
Provide time for questions. Students should complete labeling the male and female external sex organs and internal reproductive organs in groups or individually. They may begin working on the Reproductive Systems Review Packet if time allows.

Day 2

Teacher's Note: The video Human Reproduction and Childbirth is a review of yesterday's human anatomy lesson as well as an introduction to reproduction. Show the video through the 11 minute mark to review human anatomy and to teach reproduction. Activity 1: Identifying Vocabulary covers the topics of human reproduction and birth as well. You may decide to use this activity to support or review content covered in the video.

The remainder of the video will be viewed during Lesson 2: Pregnancy and Birth.

1.) Human Reproduction and Childbirth – Film
Show Human Reproduction and Childbirth from the beginning through the 11 minute mark. This film can be found on Safari Montage or can be checked out from the Office of Student Health and Wellness by contacting SexualHealthEd@cps.edu.

2.) Activity 1: Identifying Vocabulary
Write the following vocabulary on the board. Students should copy vocabulary on to a separate sheet of paper which will remain in their Sexual Health Portfolios.
- Ovulation
- Menstruation or Menstrual "Period"
- Ejaculate
- Semen
- Fertilization
- Zygote
- Implantation
Sexual Health Education
Grade 6

- Placenta
- Conception

Define the vocabulary using the following script below or divide students into pairs or small groups and have them use various research methods (i.e., student dictionaries, the internet) to define the vocabulary words above. Ask student pairs or groups to share their definitions and review as a class.

Say: "Ovulation is the releasing of a mature egg (ovum) from an ovary. It happens every 20 to 40 days. And usually a woman doesn’t know when it happens. A couple of weeks later she will menstruate. Menstruation or the menstrual “period” is when the lining of her uterus (the blood and tissue) comes out through the vagina, so that she can build up a fresh new lining the next month.

During sexual intercourse—or even if the male ejaculates onto the female’s labia, without ever putting the penis inside the vagina—a man can ejaculate sending semen, the fluid carrying sperm, out of the penis and into the woman’s vagina. The sperm swim up trying to pass through the cervix in search of an egg to fertilize. Many of the sperm do not get through. The small number that enter the uterus continue through the fallopian tubes. If an egg is traveling through a fallopian tube during ovulation it may encounter the sperm. Fertilization is when a sperm cell enters an egg and genetic material from both the sperm and egg fuse. The egg, now called the zygote, begins to divide rapidly as it continues its journey to the uterus. This journey will take a week or so. Once it has arrived it will begin to attach itself to the thick uterine lining. This is called implantation. Cells from the zygote and cells from the uterus together begin to form the placenta. The placenta will play a major role in pregnancy and birth. The combination of fertilization and implantation is what we call conception, meaning that a pregnancy has begun.”


3.) Activity #2: Review

In small groups, students should complete Reproductive System Review Packet. The vocabulary worksheet reviews vocabulary and concepts from 5th grade lessons — puberty and reproduction, as well as new concepts.

Review answers as a class.
Evaluation
- Students will track their learning by completing this lesson’s reflection in the Table of Contents section of their Sexual Health Portfolio.
- Students will be able to define and label parts of the male and female genitalia.
- Students will be able to define and label part of the male and female reproductive organs.
- Students will be able to identify how the male and female reproductive organs prepare for reproduction.
- Students will be able to define sexual intercourse and its role in human reproduction.
- Students will complete the Reproduction Systems Review – student packet.

Resources
Lesson 1 - Human Reproduction

Three things I learned:

1.)

2.)

3.)

My Health Goal:

Lesson 2 - Pregnancy and Birth

Three things I learned:

1.)

2.)

3.)

My Health Goal:

Lesson 3 - Exploring Abstinence

Three things I learned:

1.)

2.)
Lesson 4 - Contraceptives

Three things I learned:
1.)
2.)
3.)

My Health Goal:

Lesson 5 - STI and HIV Prevention

Three things I learned:
1.)
2.)
3.)

My Health Goal:

Lesson 6 - Decision Making

Three things I learned:
1.)
2.)
Lesson 7 - Delay Tactics and Refusal Skills

Three things I learned:

1.)

2.)

3.)

My Health Goal:

Lesson 8 - Sexual Health Resources

Three things I learned:

1.)

2.)

3.)

My Health Goal:
Male Circumcised and Uncircumcised Penis

circumcised penis  uncircumcised penis

Circumcised penis  Uncircumcised penis

Source: Human Relations Media
The Male Reproductive System
(External View)
The Male Reproductive System
(Internal View)

- seminal vesicle
- bladder
- vas deferens
- epididymis
- prostate gland
- Cowper's gland
- urethra
- testicle
The Female Reproductive System  
(External View)

labia

clitoris

vaginal opening

anus
(digestive system)
The Female Reproductive System
(Internal View)

- fallopian tube
- eggs
- ovary
- uterus
- cervix
- endometrium
- vagina (or birth canal)
The Male Reproductive System
(External View)
Word Bank
Cowper’s gland  epididymis  glans  penis  prostate gland
scrotum  seminal vesicle  shaft  testicle  urethra
vas deferens

The Male Reproductive System
(Internal View)

This activity is continued on the next page.
The Female Reproductive System
(External View)

Word Bank
clitoris  labia  vaginal opening
Word Bank

cervix
eggs
endometrium
fallopian tube

ovary
uterus
vagina
(or birth canal)

The Female Reproductive System
(Internal View)

This activity is continued on the next page.
**Reproductive System Vocabulary**

**NAME ___________________________ DATE ________________**

**DIRECTIONS:** Put the letter of each word next to the correct definition of the word.

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. circumcision</td>
<td>1. The penis or clitoris filling with blood and getting harder and larger</td>
</tr>
<tr>
<td>b. conception</td>
<td>2. The outside parts of the male's or female's reproductive system</td>
</tr>
<tr>
<td>c. ejaculation</td>
<td>3. Ejaculation during sleep (sometimes called &quot;having a wet dream&quot;)</td>
</tr>
<tr>
<td>d. erection</td>
<td>4. The process of fertilization and implantation</td>
</tr>
<tr>
<td>e. fertilization</td>
<td>5. A cell from a woman's body that can start a pregnancy (sometimes called an &quot;egg cell&quot;)</td>
</tr>
<tr>
<td>f. genitals</td>
<td>6. A cell from a man's body that can start a pregnancy</td>
</tr>
<tr>
<td>g. implantation</td>
<td>7. An operation to remove the foreskin from the penis</td>
</tr>
<tr>
<td>h. intercourse</td>
<td>8. The meeting of the sperm and ovum</td>
</tr>
<tr>
<td>i. menstruation</td>
<td>9. The penis being inside the vagina</td>
</tr>
<tr>
<td>j. nocturnal emission</td>
<td>10. The gland in the brain that triggers puberty</td>
</tr>
<tr>
<td>k. ovulation</td>
<td>11. A ripe ovum coming out of the ovary</td>
</tr>
<tr>
<td>l. ovum</td>
<td>12. Semen coming out of the penis</td>
</tr>
<tr>
<td>m. pituitary</td>
<td>13. The nesting of a fertilized egg in the wall of the uterus</td>
</tr>
<tr>
<td>n. puberty</td>
<td>14. The body beginning to change from a child's into an adult's</td>
</tr>
<tr>
<td>o. semen</td>
<td>15. The liquid that carries sperm</td>
</tr>
<tr>
<td>p. sperm</td>
<td>16. The lining of the uterus coming out through the vagina (sometimes called &quot;having a period&quot;)</td>
</tr>
</tbody>
</table>
Reproductive System Worksheet

Name ___________________________________________ Date ________________________

Directions: Use the word bank to fill in the blanks.

<table>
<thead>
<tr>
<th>cervix</th>
<th>ovary</th>
<th>fallopian tubes</th>
<th>labia</th>
</tr>
</thead>
<tbody>
<tr>
<td>testicles</td>
<td>uterus</td>
<td>anus</td>
<td>bladder</td>
</tr>
<tr>
<td>seminal vesicle</td>
<td>prostate</td>
<td>cowper’s gland</td>
<td>epididymis</td>
</tr>
<tr>
<td>vas deferens</td>
<td>urethra</td>
<td>opening to the vagina</td>
<td>clitoris</td>
</tr>
<tr>
<td>scrotum</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1.) The outside parts of the male reproductive system are the penis and the ________.

2.) The outside parts of the female reproductive system are the labia and the ________.

3.) The female has three openings: the __________________________ in the front, the
    __________________________ in the middle (where the blood comes out during her
    period) and the anus in the back.

4.) Sperm are made in the testicles. They are stored 2-3 months in the ____________
    and then they travel through the __________________________ and the
    urethra, which leads out of the penis.

5.) The semen is made up of sperm and liquids. The liquids are produced by the
    __________________________, the __________________________, and the __________________________.

6.) In both males and females, urine is stored in the __________________________ and
    leaves the body through the urethra.
7.) Both males and females have an opening where bowel movements come out. It is called the ____________________.

8.) A baby grows for about 9 months in the _____________________.

9.) The scrotum is the sac that holds the _____________________.

10.) The parts of the body that protect the urethra and vagina are called ________________.

11.) When an egg cell leaves the _____________________, it travels through the _____________________ on its way to the uterus.

12.) The opening of the uterus into the vagina is called the _____________________.

Pregnancy and Birth

Grade 6 Lesson 2

Comparable lower grade lesson: Grade 5 Lesson 4-Human Reproduction

<table>
<thead>
<tr>
<th>National Sexuality Education Standards:</th>
<th>State Standards:</th>
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<tbody>
<tr>
<td>• Describe the signs and symptoms of pregnancy. PR.8.CC.3</td>
<td>• Goal 23: Understand human body systems and factors that influence growth and development.</td>
</tr>
<tr>
<td>• Identify prenatal practices that can contribute to a healthy pregnancy. PR.8.CC.6</td>
<td>• Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</td>
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Time Requirements

Day 1
• 10 minute introduction
• 10 minute film
• 20 minute activity

Day 2
• 40 minute lesson

Day 3
• 30 minute lesson
• 10 minute activity to continue as homework

Lesson Objectives

• Students will identify which forms of sexual contact can result in pregnancy.
• Students will list the four requirements for pregnancy.
• Students will label the physical structure of the pregnant woman and fetus.
• Students will list the signs and symptoms of pregnancy.
• Students will learn there are multiple stages of fetal development.
• Students will compare and contrast vaginal birth and cesarean birth.
• Student will identify resources for asking questions about pregnancy and human reproduction.
• Students will research topics in prenatal health.

Vocabulary

Vaginal intercourse—Sexual contact when the male’s penis enters the female’s vagina.
Genital contact – Sexual contact between two external reproductive organs (i.e., penis or vulva) without penetration.
Sexual Health Education
Grade 6

Oral sex – Sexual contact in which the mouth of one partner sexually stimulates the penis, vulva, or anus of the other partner.

Anal sex – Sexual contact in which the penis is placed in the anus for sexual pleasure.

Manual sex – Stimulating a partner’s genitals with the hands.

Masturbation – Touching your own genitals for sexual pleasure.

Prenatal – Before birth.

Sonogram – An image of a fetus produced by an ultrasound exam.

Breast – A part of the woman’s reproductive organs that produce the milk needed to nourish the baby. The production of milk is called lactation.

Stomach – A part of the digestive system that breaks down food and absorbs nutrients.

Uterus – A muscular organ located in the woman’s pelvis. During pregnancy the uterus stretches to house the growing fetus.

Zygote – The cells that form from the joining of the male sperm and the female egg.

Embryo – The developing human from implantation through the second month of pregnancy.

Fetus – An unborn developing human, usually from 2 months after conception to birth.

Identical twins – occur when a single fertilized egg splits in two. Identical twins have the same genetic material and look exactly the same. Identical twins happen by chance.

Fraternal twins – occur when two, separate eggs are fertilized by two, separate sperm. Fraternal twins do not share the exact same genes — they are no more alike than they are to their siblings from different pregnancies. Fraternal twins tend to run in some families.

Placenta – An organ that develops during pregnancy. The placenta attaches to the wall of the uterus and extends to the abdomen of the fetus through the umbilical cord. The placenta has many blood vessels that allow the woman to provide the fetus with blood, oxygen, and nutrients. (note: the placenta does not surround the fetus)

Umbilical cord – Attaches to the placenta on one end and the abdomen of the fetus (the belly button!) on the other end. The umbilical cord carries nutrients, oxygen, and blood from the placenta to the fetus.

Cervix – The lower end or “neck” of the uterus that creates a barrier between the vagina and the uterus.

Vagina – The female reproductive organ that the fetus passes through in order to be born.

Vaginal birth – The process of giving birth to a child by way of the vaginal canal.

Trimester – Any of three periods of approximately three months each into which a human pregnancy is divided.

Cesarean birth – Surgical procedure in which the baby is born through an incision in the abdomen and uterus. Also called cesarean section or c-section.


Materials

- Pregnancy worksheet
- What Happens When? worksheet
Sexual Health Education
Grade 6

- Pregnancy and Birth PowerPoint
- *Human Reproduction and Childbirth* (Lesson 2-start at 10 minute mark of video) – This film can be found on Safari Montage or can be checked out from the Office of Student Health and Wellness by contacting SexualHealthEd@cps.edu.
- Writing and drawing materials
- Construction paper
- Box, container, or designated area for anonymous student questions

**Preparation**

- Print Pregnancy and What Happens When? Worksheets – 1 per student
- Review and project Pregnancy and Birth PowerPoint
- Review vocabulary

**Key Content**

- There are many forms of sexual contact, but vaginal intercourse and genital contact can result in pregnancy.
- Pregnancy requires the sperm, egg, and implantation.
- There are specific organs that change or develop to support a pregnancy in a woman’s body.
- A pregnant woman will experience signs and symptoms of pregnancy.
- Pregnancy is confirmed by a medical professional.
- The fetus experiences multiple stages of development before birth.
- A pregnant woman can maintain a healthy pregnancy through prenatal care, nutrition, exercise, rest, vitamin and folic acid, and avoiding cigarettes, drugs, and alcohol.
- Children born in and out of wedlock are the financial responsibility of their parents.

**Teacher’s Note:** Illinois Law states: *(2)* Course material and instruction shall teach honor and respect for monogamous heterosexual marriage. CPS lessons focus on acceptance and respect for all family types and helps students understand that all family compositions can be healthy and loving.

If discussion includes marriage and family, CPS recognizes all family types and discussion should emphasize the acceptance and respect for all family types.

**Activity**

**Day 1**

1.) **Introduction**

*Explain* that the following lesson will cover human pregnancy, birth, and the physical, social, and emotional changes that happen during this life event. Encourage students to use the question box to ask anonymous questions.
Sexual Health Education
Grade 6

Review class rules and reinforce the need to be respectful of each other and the material that will be covered. Remind students that in sharing and telling stories they should not identify other students, family members, or community members. Provide students with guidance as to who they can speak with and when about questions related to human reproduction they may not be comfortable sharing with the class or in the question box.

2.) Types of Sexual Contact

Teacher's Note: All students are expected to know that vaginal intercourse and genital contact can result in pregnancy. Teachers can choose whether to introduce students to oral sex, anal sex and manual sex as forms of sexual contact. Students will need to know that these forms of sexual contact can result in STIs and HIV in later lessons, but for the purposes of understanding pregnancy and birth introducing this content is up to the teacher's discretion. Masturbation should be introduced as a normal form of sexual exploration that should be practiced in private.

Explain: There are several forms of sexual contact. It is important to understand that certain types of sexual contact can result in pregnancy and some do not result in pregnancy.

Define:
- **Vaginal intercourse** — Sexual contact in which the penis is placed in the vagina for reproduction or sexual pleasure.
- **Genital contact** — Sexual contact between two external reproductive organs (i.e., penis or vulva) without penetration.
- **Oral sex** — Sexual contact in which the mouth of one partner sexually stimulates the penis, vulva, or anus of the other partner.
- **Anal sex** — Sexual contact in which the penis or another sexual object is placed in the anus for sexual pleasure.
- **Manual sex** — Stimulating a partner's genitals with the hands
- **Masturbation** — Touching your own genitals for sexual pleasure.

Teacher's Note: Emphasize that when practiced in healthy and safe ways, all of these forms of sexual contact are normal ways of expressing sexual relations for adults. However, students at this developmental level should not be engaging in sexual contact with a partner.

Ask: Which of these methods of sexual contact can result in pregnancy?
- Response: Vaginal intercourse and genital contact (ejaculation on the labia can result in pregnancy).

List: The four requirements for pregnancy:
- Egg
- Sperm
- Fertilization (when the egg and sperm meet forming the zygote)
Implantation (when the zygote burrows into the lining of the uterus)

3.) Signs and Symptoms of Pregnancy

Brainstorm how a woman “knows she is pregnant”. Write student responses on the board. Use the following list to review and add additional signs and symptoms.

- Monthly menstrual cycle stops – When a woman becomes pregnant the zygote produces hormones that tell the body a pregnancy has begun. The ovaries do not release any more eggs for the remainder of the pregnancy.
- The woman takes a pregnancy test – A positive pregnancy test indicates the woman is pregnant. Pregnancy tests are most accurate if used after the first missed period.
- Breasts enlarge and are often tender – Hormones tell breast tissue to prepare to produce the milk that will nourish a baby.
- Weight gain – Most women should gain 25-35 lbs. during pregnancy. This happens gradually, not all at once!
- Fatigue – Pregnant women often feel tired and need to rest often
- Morning sickness
- Having to urinate more often
- Feeling the fetus move
- Color changes in the vulva – During pregnancy more blood flows to the vulva, giving it a purple or bluish color.

Fast Fact: A pregnancy test is an indication of pregnancy, but a pregnancy can only be confirmed by a medical professional who hears the fetal heartbeat, feels the fetus in the uterus, or sees the fetus on a sonogram.

4.) The Pregnant Woman

Distribute the unlabeled Pregnancy worksheet. Students should work in groups to label parts of the pregnant woman. Review the female anatomy by using the Pregnancy and Birth PowerPoint slide 2.

Define:

- Breast – A part of the woman’s reproductive organs that produce the milk needed to nourish the baby. This is called lactation
- Stomach – A part of the digestive system that breaks down food and absorbs nutrients.
- Uterus – A muscular organ located in the woman’s pelvis. During pregnancy the uterus stretches to house the growing fetus.
- Fetus – An unborn developing human, usually from 2 months to birth.
- Placenta – An organ that develops during pregnancy. The placenta attaches to the wall of the uterus and extends to the abdomen of the fetus through the umbilical cord. The placenta has many blood vessels that allow the woman to provide the fetus with blood, oxygen, and nutrients. (note: the placenta does not surround the fetus)
Sexual Health Education
Grade 6

- **Umbilical cord** – Attaches to the placenta on one end and the abdomen of the fetus (the belly button) on the other end. The umbilical cord carries nutrients, oxygen, and blood from the placenta to the fetus.
- **Cervix** - The lower end or “neck” of the uterus that creates a barrier between the vagina and the uterus
- **Vagina** – The female reproductive organ that the fetus passes through in order to be born.

**Teacher’s Note:** Choose your vocabulary carefully when describing the developing human being. A **zygote** is the combination of the sperm and egg cells. When the zygote attaches to the wall of the uterus it is called an **embryo**. From two months until birth the developing human is referred to as a **fetus**, and only as a **baby** after birth.

**Day 2**

1.) **Human Reproduction and Childbirth – Film**
   
   *Show: Human Reproduction and Childbirth* (start at 10 minute mark) – Available on Safari Montage or for checkout from the Office of Student Health and Wellness by contacting SexualHealthEd@cps.edu.

   **Teacher’s Note:** Students may complete the “What Happens When?” activity sheet independently during the video or in groups after the video as a review of the stages of pregnancy and fetal development.

2.) **Fetal Development**
   
   *Distribute* the “What Happens When?” activity sheet for students to complete in groups. Review answers as a class using the Pregnancy and Birth PowerPoint slides 3-5.

   **Explain:** Only one sperm cell from a male fertilizes the female’s egg cell. After that one sperm cell penetrates the egg, the egg puts up a protective enzyme layer, like a force field, that keeps other sperm from getting in. The sperm and egg carry the genetic material (or code) that turns two cells into a human fetus! The genetic material tells the cells to become a boy or girl, to be short or tall, what color the baby’s hair will be, and much more.

   Sometimes the genetic material creates multiple fetuses – twins. This happens in two ways:
   - **Identical twins:** occur when a single fertilized egg splits in two. Identical twins have the same genetic material and look exactly the same. Identical twins happen by chance.
   - **Fraternal twins:** occur when two, separate eggs are fertilized by two, separate sperm. Fraternal twins do not share the exact same genes — they are no more alike than they are to their siblings from different pregnancies. Fraternal twins tend to run in some families.
Sexual Health Education
Grade 6

Sometimes something goes wrong in the pregnancy. An error in the genetic material may cause a **birth defect**. A woman can also have a **miscarriage**, and lose the pregnancy. Birth defects and miscarriages happen for many different reasons and often no one knows why. The mother or father did nothing wrong. However, if a woman uses drugs or alcohol while she is pregnant it greatly increases her chances of having a miscarriage or delivering a baby with a birth defect.

3.) **Birth**

**Review** using the Pregnancy and Birth PowerPoint slide 6.

**Explain:** Once the fetus reaches about 40 weeks of development it is ready to be born. At this time the cervix gets much thinner and wider to allow the baby to pass through. Contractions of the uterus push the baby into the vagina and out the opening of the vagina. Soon after the placenta will detach from the wall of the uterus and also be pushed out of the woman’s body. This is called a **vaginal birth**.

Sometimes a woman is not able to have a vaginal birth. That’s when a surgeon gets involved. The woman is taken to the operating room where the surgeon makes a cut through the skin of her abdomen and the muscle of the uterus. The baby is removed through that cut. This is called a **cesarean birth** or cesarean section or “c-section”.

Doctors, nurses and the parents work together to decide which way is safest for the mother and baby. Either way, the goal is a healthy baby!

**Day 3**

4.) **Question and Answer**

Answer questions from the question box.

5.) **Staying Healthy During Pregnancy**

**Ask:** What should a woman do during pregnancy to stay healthy?

**Write** answers on the board.

Use the Pregnancy and Birth PowerPoint slide 7 to cover the following topics:

1.) **Prenatal care** – This begins when a woman first sees a medical provider because she thinks she is pregnant. She will have monthly visits to the medical provider’s office for the first six months and then more often as she gets closer to giving birth. Getting prenatal care is one of the most important ways of making sure a baby is born healthy.

2.) **Nutrition** – A pregnant woman should increase her calories by 300 per day. That doesn’t mean candy bars and chips! She should eat fruits, vegetables, healthy proteins like chicken, and skim milk. Remember, what the woman eats gets shared with the baby.

   - Refer to the following websites for prenatal nutrition:
Sexual Health Education
Grade 6


3.) Exercise – Pregnancy is hard work! A woman should stay fit with at least 2.5 hours of moderate activity a week like walking.

4.) Rest – The growing fetus takes up a lot of the woman’s energy. She may need to plan for a nap during the day and get a full night’s sleep every night.

5.) Vitamins and folic acid – A daily vitamin and folic acid is an important way to help avoid birth defects. All girls and women who have reached puberty should take a daily vitamin that includes folic acid every day.

6.) Avoid cigarettes, drugs, and alcohol – Remember, everything a woman consumes goes into the baby too! Drugs and alcohol can cause severe birth defects and low birth weight.

Explain: One important thing to consider when deciding to become pregnant or when considering sexual activity is the financial responsibility a mother and father have to their baby. Whether married or not married, by law both parents are financially responsible for the baby. Babies are expensive and therefore the decision to have a baby or be sexually active is one that should be taken seriously.

6.) Who to Talk To

Brainstorm: Who should students talk to if they have questions or concerns about pregnancy?
- Family member, parent/guardian, teacher, counselor, nurse, family doctor, community clinic, women’s health center
- Include a pregnancy hotline:
  - http://www.plannedparenthoodchat.org/

7.) Activity #1 - Homework

Students will create a tri-fold flier on a pregnancy related topic. Students should choose from one of the following topics:
- Prenatal nutrition
- Folic acid and pregnancy
- Prenatal exercise
- What is a midwife?
- Alcohol and pregnancy
- Prenatal care services
- Pregnancy hotlines and support
- Safe surrender policies

Students should answer the following questions: (Using websites listed under Resources, as well as community clinics, or school-based health centers as resources)
- How does this topic relate to pregnancy?
Sexual Health Education
Grade 6

- What does the pregnant woman need to know about this topic?
- What are resources the pregnant woman can use related to this topic?

Teacher's Note: Students should be evaluated for knowledge of acceptable and medically/scientifically-accurate websites. Additional teaching on website quality can be found through Common Sense Media Lesson: Identifying High-Quality Sites (6-8). Students will learn that anyone can publish on the Web, so not all sites are equally trustworthy. 45 minutes. Retrieved from http://www.commonsensemedia.org/educators/lesson/identifying-high-quality-sites-6-8

-Or-

Interview a family member who is a parent (male or female.)
Students should ask the following questions:
- How did you prepare for the birth of the child?
- Did you/the mother receive pre-natal care? What was it like?
- What did you/the mother do to stay healthy during the pregnancy?
- How did you/the mother feel about becoming a parent?
Write interviews in the form of a birth announcement.

Evaluation

- Students will track their learning by completing this lesson's reflection in the Table of Contents section of their Sexual Health Portfolio.
- Students will identify which forms of sexual contact can result in pregnancy.
- Students will identify the requirements for pregnancy.
- Students will identify the physical structure of the pregnant woman and fetus.
- Students will identify the signs and symptoms of pregnancy.
- Students will identify the stages of fetal development.
- Students will identify resources for asking questions about pregnancy and human reproduction.
- Students will research topics in prenatal health and create a tri-fold brochure on that topic.

Resources

- Planned Parenthood: http://www.plannedparenthood.org/health-topics/pregnancy/prenatal-care-4255.htm
- OHSU.org http://www.ohsu.edu/xd/health/services/women/services/other-services/nutrition.cfm
- American Pregnancy Association http://americanpregnancy.org/pregnancyhealth/pregnancynutrition.html
Pregnancy and Birth

What happens when?

- Pregnancy lasts about 40 weeks, counting from the first day of a woman's last normal period.
- The weeks are grouped into three trimesters.

Healthy Pregnancy

- Prenatal Care – Early and often
- Nutrition – Increase good calories by 300 a day
- Exercise – 2 1/2 hours a week
- Rest
- Daily vitamin and folic acid – to prevent birth defects
- Avoid cigarettes, drugs, and alcohol
Pregnancy is an orderly process by which an egg and sperm give rise to a new human infant. The video shows the major events in each of the three trimesters. Use the list of events below and match the events with the trimester in which they occur. The events are listed in a random order.

**Events**

Body systems complete development
Sperm and egg unite
Fetus is about 11 inches long
Limb buds form
Fetus increases dramatically in size and weight
Fetus has a tail
Pregnant woman experiences “morning sickness”
Birth occurs
Head bulge forms
Fetus becomes active
Fetus is about 20 inches long
Heartbeat can be heard with a stethoscope
Gender can be determined with a sonogram
Pregnant woman may find movement difficult
Fetus is about three inches long
Placenta forms

**First Trimester:**

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This activity is continued on the next page.
Second Trimester:

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Third Trimester:

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To learn more about the stages of fetal development, consult the Fetal Development fact sheet.

The Answer Key for this activity appears on the next page.
Pregnancy Transparency/Worksheet 1

NAME _____________________________ DATE ______________________

DIRECTIONS: Fill in the chart, using the following terms:

BREAST
CERVIX
FETUS
PLACENTA

MOTHER'S NAVEL (clue: it is not connected to the baby)
UMBILICAL CORD
STOMACH (clue: this is not where a baby develops)
UTERUS (clue: this is also called the "womb")
VAGINA (clue: this is also called the "birth canal")

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