

6th Grade HGD

Foundation:

- Talk to the adult(s) in your life about our sessions
- There will be an opportunity to ask questions
- Use appropriate language (if you don't know, ask!)
- In HGD, when we talk about the male and female body, it's referring to the *biological sex* assigned to you at birth.
- Gender identity is different from biological sex.
- Some students may identify as male, female, non-binary, gender-fluid, non-conforming, intergender, agender, or another term we may not be familiar with, so please let us know.
- While we go through this presentation, please be aware that “male and female” are referring to biological sex that has been assigned at birth and not a person's gender.

Key Terminology

Sex - Biology:

- Male - XY Chromosome
- Female - XX Chromosome

Sex assigned at birth: The sex (male or female) given to a child at birth, most often based on the child's external anatomy. This is also referred to as "assigned sex at birth."

Intersex - Intersex people are born with a variety of differences in their sex traits and reproductive anatomy. There is a wide variety of difference among intersex variations, including differences in genitalia, chromosomes, gonads, internal sex organs, hormone production, hormone response, and/or secondary sex traits (physical feminine and masculine features).

Review

1. What gland is responsible for initiating puberty?
2. What other glands are important in the endocrine system?
3. XY Male reproductive system?
 - a. Anatomy
 - b. Hormones
 - c. body changes
4. XX Female reproductive system?
5. Changes for both males/females during puberty?
6. _____: the process of cell division.
7. The egg and sperm cells each have _____ chromosomes. When combined, the _____ chromosomes contain the entire DNA-coded blueprint for a new person.

Female Review

Reproductive System

External part - Vulva, or covering

Vagina and other reproductive organs located inside the body

Located in the pelvis - lower abdomen

Vulva

Labia

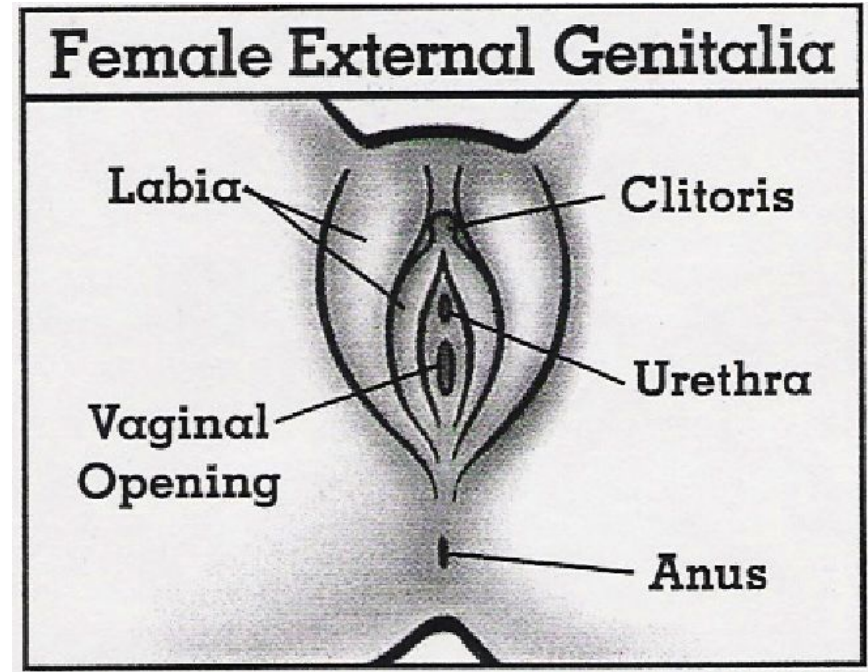
- Skin flaps that surround the vaginal opening & urethra

Clitoris

- Small sensory organ, toward the front of the vulva where the labia folds join

Urethra

- Carries urine from the bladder out of the body
- Located between the labia



Internal Organs

- Vagina
- Uterus
- Fallopian tubes
- Ovaries

Vagina

- Muscle-contract and expand
- Hollow, extends from vaginal opening (just below the urethra) to the uterus
- 3-5" long in grown women

Uterus

- Womb
- Expands/contracts
- Above the cervix

Cervix

Narrow passage forming the lower end of the uterus

This is what changes when a woman is in labor

Fallopian Tubes

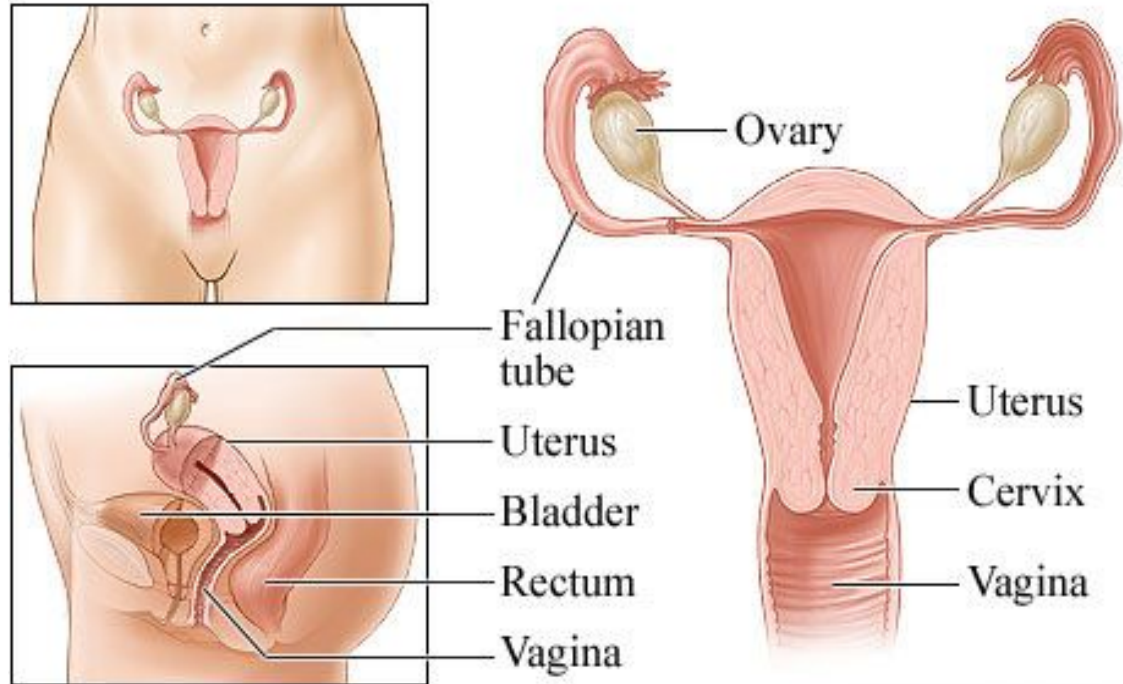
- Transfer ovum(egg) from ovary to uterus
- Site of fertilization

Ovary

Ova/Egg

- Produce, Store & Release eggs
 - Female Sex Cell
 - Ovulation
 - Needed for reproduction

Internal - Vagina/Uterus



Periods

- Start usually between 10-16 years old
 - About 2 years after breasts develop
 - Soon after growing pubic hair
 - After start to notice vaginal discharge
- Usually lasts 3-7 days
- Might not be regular at first
 - Could take years!



1

An ovary gets ready to release an egg.



2

The egg is released. The soft lining starts to thicken inside the uterus.



3

The egg travels along the fallopian tube to the uterus. The lining of the uterus gets thicker.









4

The lining is not needed and most of it is shed through the vagina. This is your period.

Ovulation

Day 14

January 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4 	5 	6 	7 	8 	9	10
11	12	13	14	15	16	17 
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Menstrual Cramps

Ache or cramp in the lower abdomen or along the inner thighs, back

What to do:

- Take a warm bath
- Heating pad - no longer than 15 minutes
- Exercise
- Check with an adult before taking medication

Male Review

Male

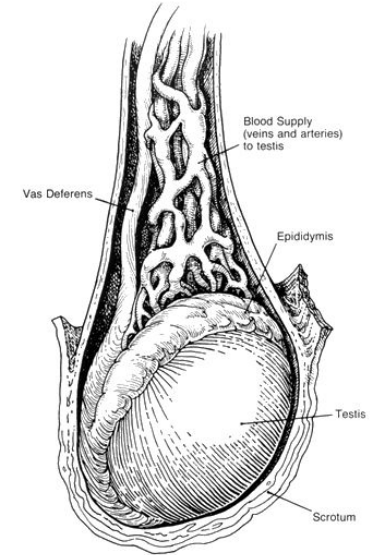
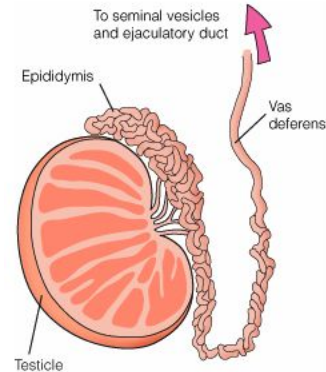
Internal and external reproductive organs or genitals

Include:

- Testicles
- Duct System, epididymis and vas deferens
- Accessory glands, seminal vesicles and prostate gland
- Penis and scrotum

Testes/Testicles

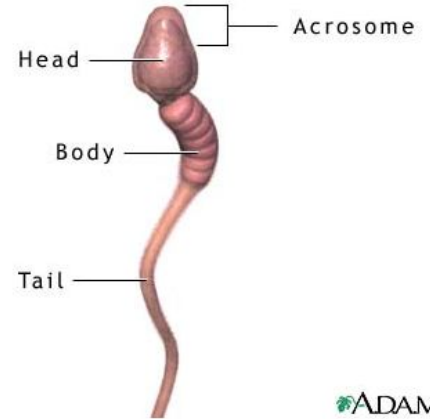
- Produce and store sperm cells.
- Oval-shaped
- Located in scrotum
 - Bag of skin, regulates temperature of the testes to protect sperm
- Produce testosterone
 - Puberty



Sperm

Male sex cell

Needed for reproduction



Epididymis/Vas Deferens

Alongside testicles

Transport sperm and fluid called semen

Seminal Vesicles/Prostate

Provide fluid that lubricates the duct system

Assists with nourishment and transportation of sperm

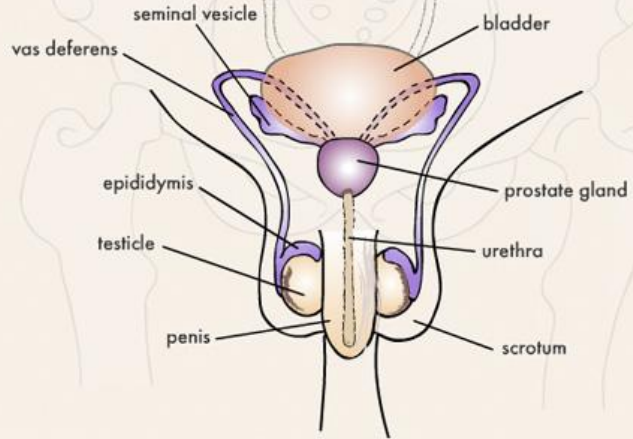
Penis

- Shaft
 - Main part of the penis
- Glans
 - Tip or head of the penis
- Small opening/slit
 - Urethra
 - Semen and urine exit the body

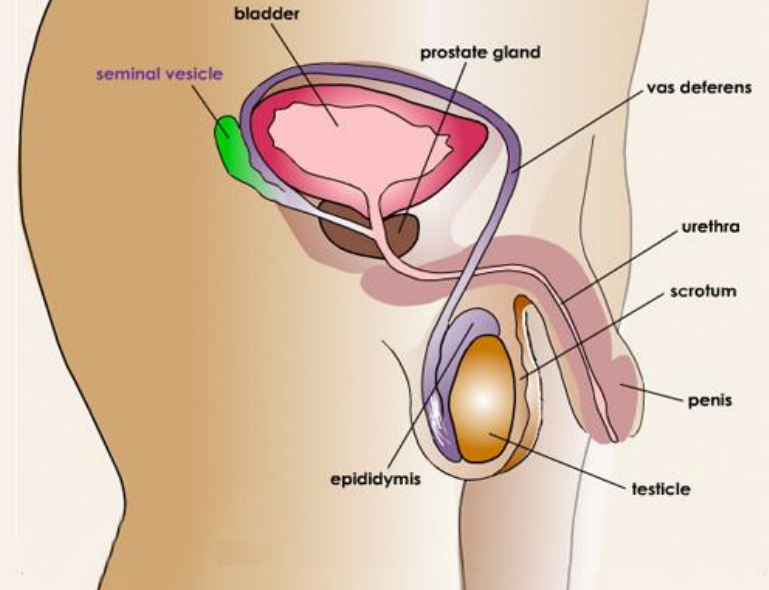
Foreskin

- Layer of skin that covers the end of the penis.
- All boys are born with foreskin
- Removal - Circumcision
 - A few days old

THE MALE REPRODUCTIVE SYSTEM



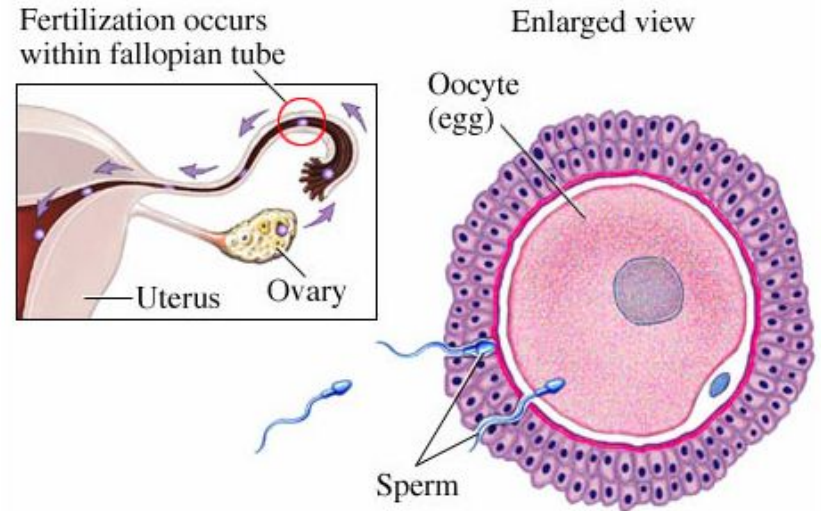
THE MALE REPRODUCTIVE SYSTEM



Fertilization

- Joining of the male and female reproductive cells (sperm and ovum)
- Occurs primarily through sexual intercourse
- One ovum, many sperm cells
 - Sperm surround wall of ovum, weaken wall
 - One sperm may enter ovum; “fertilization”

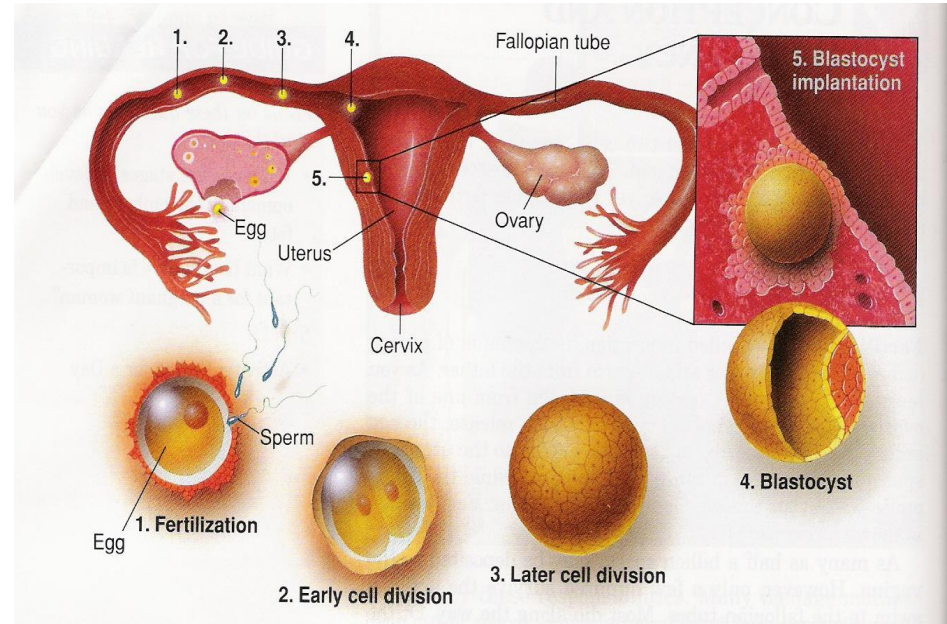
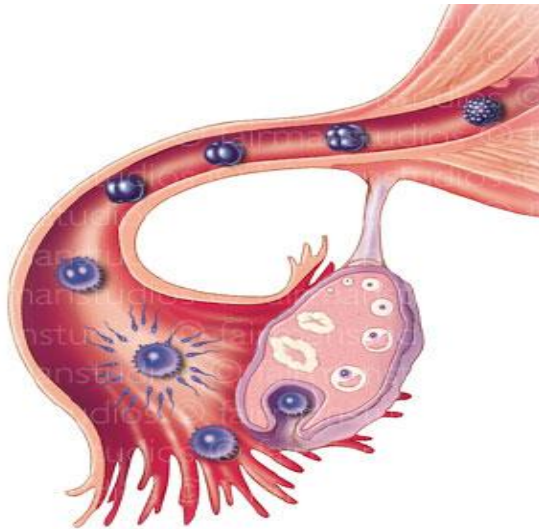
Fertilization



Fertilization

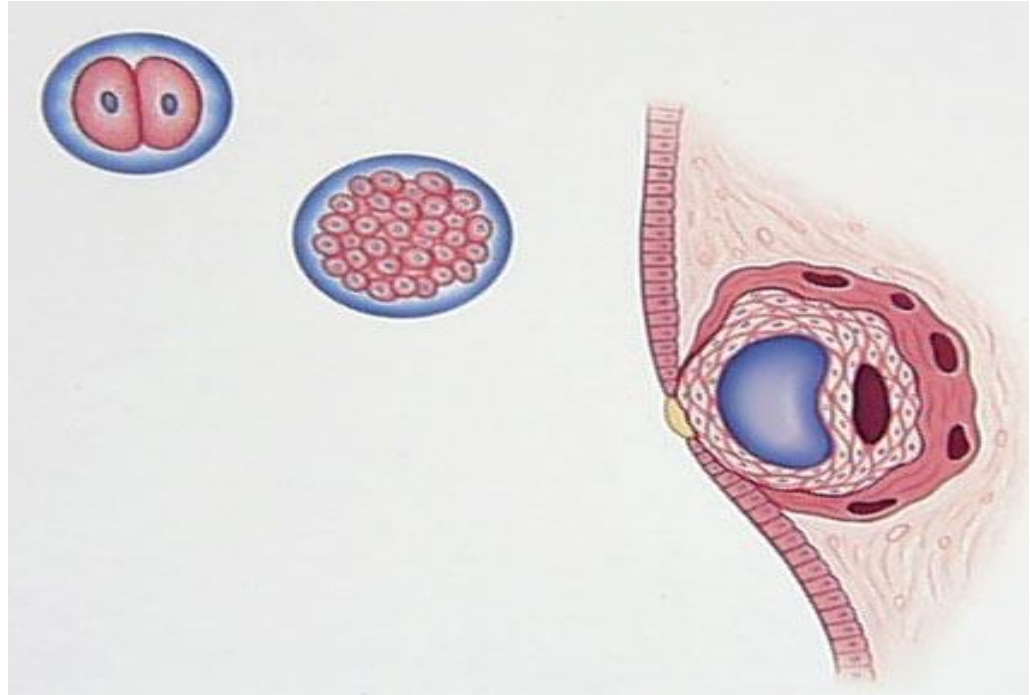
Occurs in fallopian tube

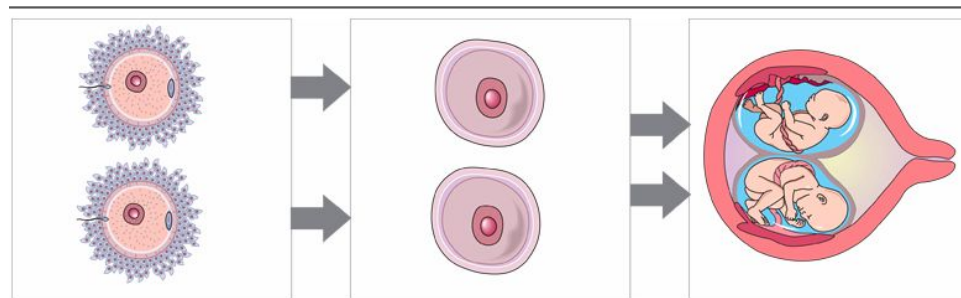
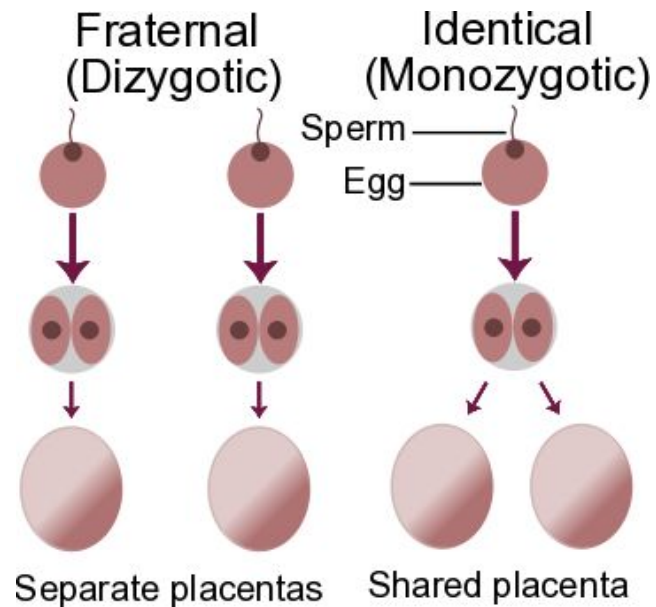
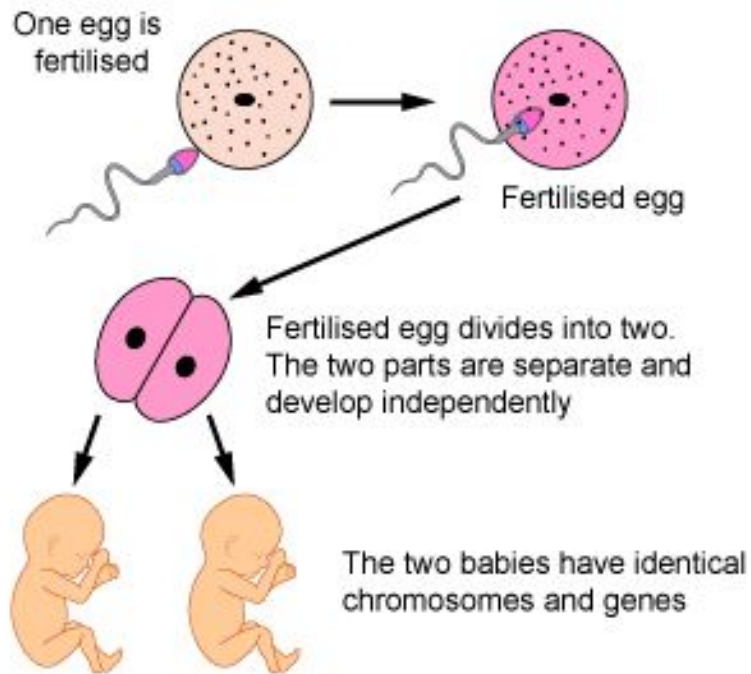
- Cells divide: differentiate into nerve cells, skin cells, muscle cells, etc.
- Zygote - fertilized cell



Implantation

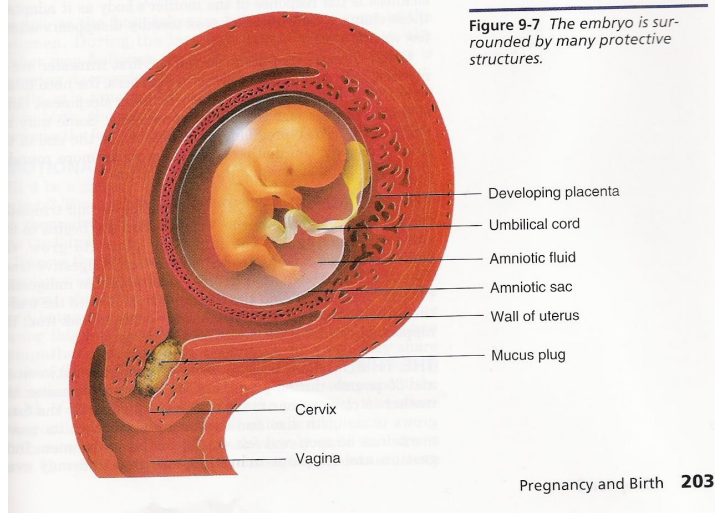
Fertilized cell moves into uterus and imbeds itself into thick blood lining of uterus





Embryo Development

The first few weeks



Embryo formation

Amniotic sac:

warm salty water & protection

Placenta:

provides blood supply and is a unique organ

Cord:

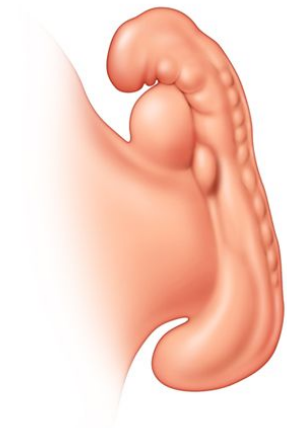
comprised of 2 arteries and one vein, umbilical attachment, food and oxygen are supplied by mother

Appearance:

length is about one inch, large head, little human resemblance

Trimesters

- 1st Trimester
 - 1-12 weeks
- 2nd Trimester
 - 13-27 weeks
- 3rd Trimester
 - 28-40 weeks



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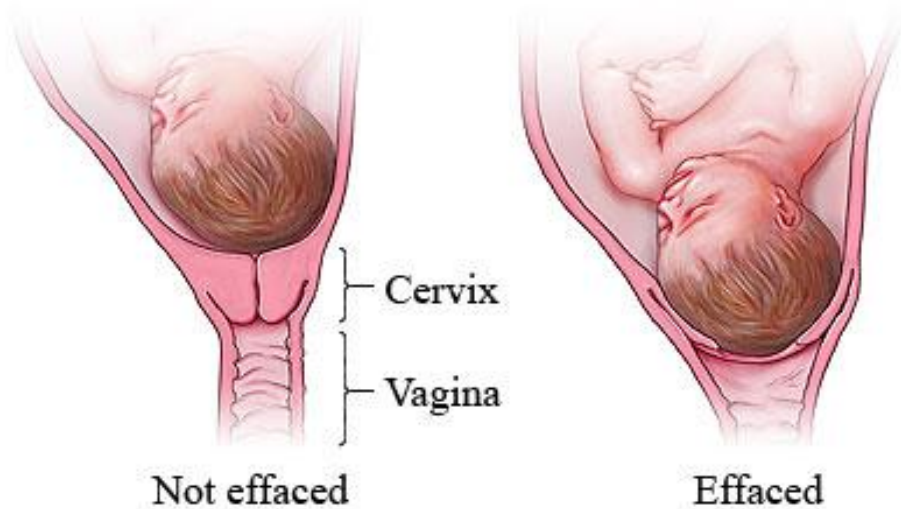
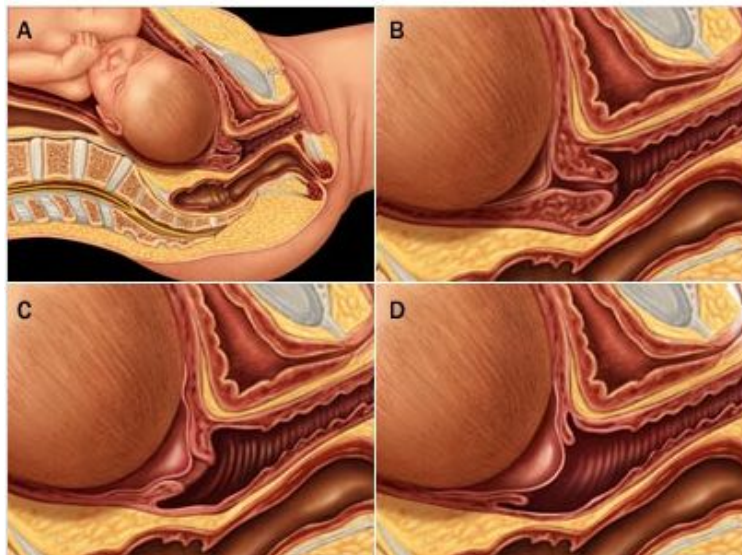


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Cervical effacement and dilation



Process of Labor and Delivery



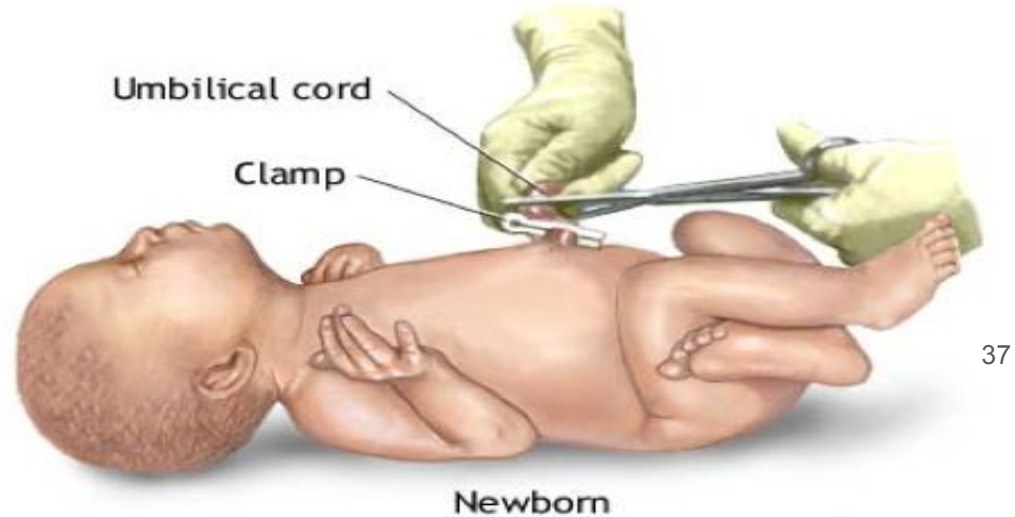
Signs of labor:

- Rupture of amniotic sac
- Uterine muscle contractions
- Changes in the cervix occur

Delivery

Baby is born:

- Lungs expand-baby cries
- Cord cut and clamped
- Placenta is delivered





Umbilical cord: Within about one to three weeks after birth, the newborn's umbilical stump will turn black, dry out and fall off.

Breastfeeding

Breast milk is the best source of nutrition for babies.

WHO and CDC - at least 6 months, 2 years and beyond.

10-12 feedings a day

Benefits:

- Easy to digest

- Promotes bonding

- Adapts to baby's needs

- Immune support

- Future health benefits for mom and baby



Shaken Baby Syndrome

Abusive head trauma results from injuries caused by someone vigorously shaking a young child

Anatomy of infants puts them at particular risk for injury from shaking

Majority of victims are infants younger than 1 year old. The average age of victims is between 3 and 8 months, although these injuries can be seen in children up to 5 years old.

Never Shake A Baby!

Can lead to permanent severe brain damage or death.

Symptoms may include:

- Irritability
- Lethargy
- Pale or blue skin
- Vomiting
- seizures



Cesarean section (C-section)

- **Cesarean section** (C-section) is the delivery of the baby through an incision in the woman's belly and uterus.



What is a Sexually Transmitted Infection (STI)?

A sexually transmitted infection (STI) is an infection that is almost always spread by sexual contact.

STIs don't discriminate - they infect sexually active people from all races, social classes and religions.

Who is at Risk?

- Men and women
- You can't tell just by looking
- Many people who are infected don't even know it themselves!

Risk factors for contracting an STI include:

- Being sexually active
- Having multiple sex partners
- Having unprotected sex
- Having sex under the influence of alcohol or drugs
- Trusting that someone does not have an STI because he or she “looks healthy”

Bacteria or Virus?

Bacterial STIs:

- Gonorrhea
- Chlamydia
- Syphilis

An STI that is caused by bacteria can be treated with antibiotic pills or injections.

Bacterial STIs can be cured, but they can also be reacquired if safer sex practices are not followed.

Viral STIs:

- Genital herpes
- Human Papillomavirus (HPV)/warts
- Hepatitis B
- HIV/AIDS

An STI that is caused by a virus cannot be cured. This means that the infection—and the risk of spreading the virus—lasts a lifetime.

At least 65 million people are believed to be infected with a viral STI. That is more than one in five Americans.

How can STIs be prevented?



Abstain from sexual intercourse, or be in a long-term relationship with only one partner, who has been tested and is known to be uninfected.

Using Latex condoms consistently and correctly!

Be sure to have an honest discussion with your partner about STIs, testing and past sexual activity before engaging in any sexual contact.

BE PROACTIVE

Some viral STIs have
vaccinations or preventative
medication available.

HPV - 2-3 set vaccination series,
begins around age 9

Hepatitis B - 3 set vaccination
series. Given after birth and within
the first few years of life. Able to get
as an adult if you were not
vaccinated as a child.

HIV - Oral medication available for
at risk teens age 15+. Information
may be found at
www.chw.org/teenhealth

Healthy Relationships

Signs of a healthy relationship

Trust

Honesty

Mutual Respect

Good Communication

Separate Identities

Fairness/Equality

Think about qualities or behaviors that might raise suspicion that your partner is **controlling or abusive**, indicating an unhealthy relationship.

WARNING SIGNS

Does my friend or dating partner:

- get angry when I don't drop everything for him or her?
- criticize the way I look or dress, and say I'll never be able to find anyone else who would date me?
- keep me from seeing friends or from talking to any other special guy or girl friends?
- want me to quit an activity, even though I love it?
- ever raise a hand when angry, like he or she is about to hit me?
- try to force me to go further intimately than I want to?

Consent

Consenting means agreeing to do something.

Saying **Yes**.

Giving **sexual consent** means agreeing to sexual behaviors such as kissing, hugging, touching, & sex.

Consensual sex means that no one was forced or manipulated in any way to participate in a sexual behavior.

All people have the right **to give or withhold** sexual consent.

All people have the **responsibility to respect** their partner's right to give or withhold such consent.

How do you get consent?

ASK

LISTEN

RESPECT

Consent **cannot** be given if:

A person is drunk, high or under the influence of any kind of drug.

A person doesn't say anything. Silence does not mean yes.

A person is verbally or emotionally threatened to say "yes" with comments like "I thought you loved me" or "I'll break up with you if we don't have sex."

Coercion

When someone forces (or attempts to force) another individual to engage in sexual activity (i.e. kissing, hugging, touching, sex) against her/his will.

Remember that at any moment, you are entitled to change your mind about what feels acceptable or to speak up if you believe you are not being fully understood and respected. You can say NO even if you initially said yes.

A person who consents to an experience one time has the right to say no to the same experience in the future.

WISCONSIN

Laws and Definitions

1. Sexual contact - means any of the following types of intentional touching, whether direct or through clothing, if that intentional touching is either for the purpose of sexually degrading or sexually humiliating the victim or sexually arousing or gratifying the perpetrator:
 - a. intentional touching by the defendant or, upon the defendant's instruction, by another person, by the use of any body part or object, of the complainant's intimate parts; or
 - b. intentional touching by the complainant, by the use of any body part or object, of the defendant's intimate parts or, if done upon the defendant's instructions, the intimate parts of another person, Wis. Stat. sec. 948.01(5)(a). Reference also Wis. Stat. sec. 948.01(5)(b) and (c).
2. Sexual intercourse - means various types of penetration between persons or any other intrusion, however slight, of any part of a person's body or of any object into the genital or anal opening either by the defendant or upon the defendant's instruction. The emission of semen is not required, Wis. Stat. sec. 948.01(6).

Age - Consent

- Consent laws vary from state to state, but ranges from 14 to 18 years of age in the United States.
 -
 - In WI, sexual contact or sexual intercourse under the age of 16 is a felony.
 -
 - Students 16 or 17 can consent to sexual contact, however sexual intercourse is a Class A misdemeanor and carries same penalty as a sexual assault.

Dating Violence

Controlling, abusive and/or aggressive behavior

It can include:

verbal abuse

emotional abuse

physical abuse

sexual abuse

Sexual Violence

- **SEXUAL ABUSE:** any sort of unwanted sexual contact often over a period of time. A single act of sexual abuse is usually referred to as a “sexual assault.”
- **SEXUAL ASSAULT:** Any unwanted sex act committed by a person or people against another person.
- **RAPE:** A type of sexual assault that involves forced vaginal, anal, or oral sex using a body part or object.



Things to think about:

What went wrong?

What went right?

Impressing friends - worth it?

Emotional abuse: Teasing, bullying, humiliation, threats, intimidation, putdowns, betrayal, etc.



Things to think about:

What went wrong?

What went right?

Sometimes children (under 18) feel they must say yes, if an adult asks or pushes for sex/sexual contact. Sometimes it is difficult to speak up if someone touches you in a way that makes you uncomfortable. If you find it difficult to speak up, speak to a trusted adult. This type of behavior for an adult is NEVER ok and you are NEVER at fault.



Things to think about:

What went wrong?

What went right?

Ending Unhealthy Relationship

Talk to the person to inform them the relationship is over.

Friends can help and be supportive

If they do not comply, get an adult involved.

Talk to your teachers, a trusted adult or meet with Mrs. Gahl-Sweeney

Resources

Asha Family Services Crisis Phone 414-875-1511

Milwaukee Women's Center 414-671-6140

Sojourner Family Peace Center 24 hour phone 414-933-2722

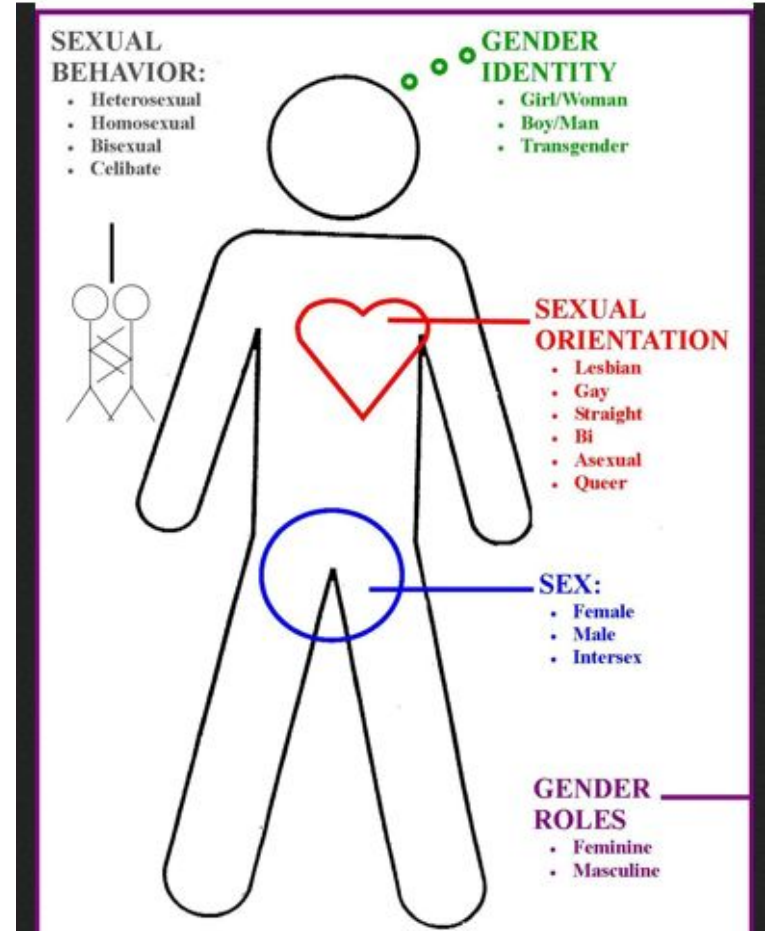
National Teen Dating Abuse Helpline 1-866-331-9474

[Loveisrespect.org](https://loveisrespect.org)

Social Influences & Gender Terms

LGBTQ Ally - A term used to describe someone who is actively supportive of LGBTQ people. It encompasses straight and cisgender allies, as well as those within the LGBTQ community who support each other.

Please remember that each person's gender identity, gender expression and sexual orientation is special and unique to *them*.



Gender Terms-

Gender Identity - One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

Gender expression - External appearance of one's gender identity, usually expressed through behavior, clothing, body characteristics or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

Gender Neutral - This phrase refers to a number of different concepts, all of which revolve around neutrality. It could be used to discuss gender-neutral pronouns, bathrooms or identities.

Gender Roles - The social expectations of how people should act, think and/or feel based on their assigned biological sex.

Gender Terms-

Transgender - Transgender individuals are people who don't identify with the sex they were assigned at birth and instead choose to express a different gender identity.

Cisgender - A person is considered to be cisgender if they identify with the sex they were assigned at birth.

Non-binary - An adjective describing a person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do. Non-binary can also be used as an umbrella term encompassing identities such as agender, bigender, genderqueer or gender-fluid.

Gender dysphoria - Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify.

Gender-expansive - A person with a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system. Often used as an umbrella term when referring to young people still exploring the possibilities of their gender expression and/or gender identity.

Gender Terms-

Gender-fluid - A person who does not identify with a single fixed gender or has a fluid or unfixed gender identity.

Gender non-conforming - A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category. While many also identify as transgender, not all gender non-conforming people do.

Genderqueer - Genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual orientation. People who identify as "genderqueer" may see themselves as being both male and female, neither male nor female or as falling completely outside these categories.

Gender transition - A process some transgender people undergo to match their gender identity more closely with their outward appearance. This can include changing clothes, names or pronouns to fit their gender identity. It may also include healthcare needs such as hormones or surgeries.

Reflections:

What are some ways society has “categorized” people, things, etc. into males and females or being feminine or masculine?

- Toys?
- Colors?
- Careers?
- Clothing/appearance (hair length)?

What are your thoughts/feelings about these common sayings:

- “You throw like a girl.”
- “You scream like a girl.”
- “You dress like a tomboy.”

Definitions RE: Sexual Orientation

Sexual orientation

An inherent or immutable enduring emotional, romantic or sexual attraction to other people.

Note: an individual's sexual orientation is independent of their gender identity.

Heterosexual - A term used to describe people who are romantically and sexually attracted to people of a different gender from their own.

Homosexual - A term used to describe people who are romantically and sexually attracted to people of their own/same gender.

Same-gender loving - A term some prefer to use instead of lesbian, gay or bisexual to express attraction to and love of people of the same gender.

Asexual - The lack of a sexual attraction or desire for other people.

Bisexual - Individuals who identify as bisexual are attracted to both sexes, either in physical or emotional ways, or both.

Additional Definitions RE: Sexual Orientation -

Lesbian/Gay - This term is used to refer to individuals who are emotionally, romantically, or sexually attracted to someone of the same gender; women who are attracted to other women often prefer the term “lesbian,” while men use the term “gay.”

Pansexual - Describes someone who has the potential for emotional, romantic or sexual attraction to people of any gender though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with bisexual.

Queer - Once carrying a negative connotation, numerous LGBT youth have re-appropriated this word to refer to the LGBT community as a whole.

Questioning - A term used to describe people who are in the process of exploring their sexual orientation or gender identity.

Additional Definitions:

Biphobia - The fear and hatred of, or discomfort with, people who love and are sexually attracted to more than one gender.

Homophobia - The fear and hatred of or discomfort with people who are attracted to members of the same sex.

Coming Out - The process in which a person first acknowledges, accepts and appreciates their sexual orientation or gender identity and begins to share that with others.

Outing - Exposing someone's lesbian, gay, bisexual transgender or gender non-binary identity to others without their permission. Outing someone can have serious repercussions on employment, economic stability, personal safety or religious or family situations.