

Choices Today Options Tomorrow: Conception and Pregnancy Outline

Grade: 9-12

Time: 45 minutes

Format Available: In-House, Outreach, Distance Learning, E-Learning

Content

I. Puberty

- A. Overview
 - 1. Why puberty occurs
 - 2. When puberty occurs
 - 3. Role of puberty in reproductive system
 - a. Hormones
 - 4. External changes of puberty
 - a. Growth spurt
 - b. Changes in body proportion
 - c. Body shape change
 - d. Hair growth
 - e. Vocal changes
 - f. Acne/Pimples
 - g. Body odor

II. Reproductive System

- A. Characteristics of reproductive system
 - 1. System that enables us to reproduce
 - 2. This system differs in the male and female
 - 3. Only system that does not begin working at birth
 - 4. Female reproductive cell: Egg Cell
 - 5. Male reproductive cell: Sperm Cell
- B. Female reproductive system
 - 1. Egg cells
 - a. Size and appearance
 - b. Present at birth
 - c. Contain half the genetic information needed to create human life
 - a. Anus
 - i. A part of the digestive system, this is where solid waste exits the body
 - ii. Location
 - b. Urethra
 - i. A part of the digestive system, this is where liquid waste exits the body
 - ii. Location
 - c. Vagina
 - i. Also called the birth canal
 - ii. Location
 - d. Cervix
 - i. Small opening between the uterus and the vagina
 - ii. Location
 - e. Uterus
 - i. Thick, strong, hollow, muscular organ
 - ii. Houses baby during pregnancy

- iii. Location
 - f. Fallopian Tubes
 - i. Location
 - g. Ovaries
 - i. Store egg cells
 - ii. Location
- 2. Sperm cell
 - a. Smallest cell in the human body
 - b. Capable of movement
 - c. Contains half of the DNA needed for human life
 - d. Males start to produce sperm when puberty begins
- 3. Male Cross section
 - a. Anus
 - i. A part of the digestive system, this is where solid waste exits the body
 - ii. Location
 - b. Urethra
 - i. A part of the digestive system, this is where liquid waste exits the body
 - ii. Also a part of the reproductive system, this is where sperm cells exit the body
 - iii. Location
 - c. Testicles
 - i. Sperm cells are produced here
 - ii. Location
 - d. Scrotum
 - i. Saclike structure made of skin that holds the testicles and the epididymis and is responsible for temperature control
 - ii. Location
 - e. Epididymis
 - i. Long, hollow, coiled up tube where sperm cells are stored
 - ii. Location
 - f. Vas Deferens
 - i. Hollow tube that leads to the seminal vesical
 - ii. Location
 - g. Seminal Vesical
 - i. Produces a milky white substance that mixes with the sperm cells and now it is called semen
 - ii. Location
 - h. Prostate Gland
 - i. Produces substances that give sperm cells energy and nutrients
 - ii. Location
 - i. Erection

- i. The blood vessels fill with blood and the penis becomes firm, hard, and erect and stands away from the male body
 - j. Ejaculation
 - i. There are a series of tiny muscles along the urethra that push the sperm cells out of the body
 - k. Nocturnal Emissions
 - i. A normal event where the body releases a small amount of fluid
 - ii. The body is checking to make sure that it is working properly
 - l. Spontaneous erection
 - i. An erection that can happen anytime of the day, it does not mean that the male is thinking of or doing anything wrong
 - ii. The body is checking to make sure that it is working properly
- 4. Conception
 - a. Union of a sperm cell and an egg cell
 - b. Also called fertilization
 - c. Conception video
- E. Twins
 - 1. Identical
 - 2. Fraternal
- F. Menstruation
 - 1. Define
 - 2. Process
 - 3. Onset- wide range of normal
 - 4. Three times in a female's life when she won't have period
 - a. Menopause
 - b. Before puberty
 - c. During pregnancy
- G. Intro to Expectations video
- H. Facts and Myths about conception
 - 1. Explain each fact/myth
 - 2. What other things have you heard?

III. Abstinence is good choice, especially for young people

- A. Physical
 - 1. No pregnancy/labor
 - 2. No STIs
 - 3. No unexpected condition/body changes
 - 4. No unexpected change in relationship
- B. Emotional
 - 1. Allows to enjoy childhood
 - 2. Time to learn age-appropriate skills
- C. Social
 - 1. Allows to make friendships

2. Easier to finish school
 3. More time and freedom
 4. Less responsibilities
- D. Financial
1. Pregnancy
 2. Labor
 3. Unexpected healthcare costs/emergency care