

Choices Today Options Tomorrow: Parenting Wake Up Call

Outline

Grade: 9-12

Time: 45 minutes

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

Content

I. Reproductive System

1. Egg cells
 - a. Size and appearance
 - b. Present at birth
 - c. Contain half the genetic information needed to create human life
2. Female 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. 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
3. 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
4. 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
- 5. Conception
 - a. Union of a sperm cell and an egg cell

- b. Also called fertilization

II. **Pregnancy**

1. Cross section
2. Weight gain in pregnancy
3. Empathy belly activity

III. **Fetal Development**

1. Fetal Development video
2. 1 month- heart has begun to beat
3. 2 months- brain is more developed, baby has finger and toe buds
4. 3 months- all body parts are developed, note amniotic fluid and placenta
5. 4 months- lanugo forms on the baby
6. 5 months- vernix caseosa forms on the skin to protect it from the amniotic fluid
7. 6 months- baby practices breathing movements
8. 7 months- baby responds to sound, light and pain
9. Ultrasound video
10. 8 months- baby gains about half a pound of fat a week in preparation for birth
11. 9 months
 - a. Labor
 - b. Delivery
 - i. Vaginal birth
 - ii. Cesarean section

IV. **Risks to an unborn child**

1. Smoking and Pregnancy
2. Sudden Infant Death Syndrome (SIDS)
3. Fetal Alcohol Spectrum (FAS)
4. Alcohol and Pregnancy

V. **Cost of Parenting**

1. Financial
2. Social- Emotional
3. Time
4. Cost of parenting activity

VI. **Abstinence**

1. Only 100% effective way to prevent a pregnancy
2. Abstinence is a healthy choice
 - a. Can enjoy childhood
 - b. No financial responsibility
 - c. Easier to finish school
 - d. Easier to accomplish life goals
 - e. No parenting responsibilities

VII. **Safe Haven Info**

1. Abandoning a baby is illegal

2. Placing a baby at a safe haven is safe
3. No questions asked no legal issues
4. Can give information but do not need to
5. In Indiana can leave an infant up to 30 days of age
6. Other states may offer up to only 3 days of age
7. Indiana Safe Haven sites are:
 - a. Hospital
 - b. EMS provider
 - c. Fire station
 - d. Police department
 - i. www.nationalsafehavenalliance.org for info from other states for age and for safe haven placements