

Towards Maturity Outline

Time: 45 minutes

Grade: 6-8

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

Content

- I. Introduction
 - a) Adolescence
 - i) Definition – A stage of development that leads a person from childhood to adulthood.
 - ii) Typically begins around 10 and ends around 19
 - iii) Includes the physical changes of puberty
- II. Puberty
 - a) Starts in the pituitary gland
 - i) Chemical messengers called hormones
 - ii) Testosterone produced in testicles
 - iii) Estrogen and progesterone produced in ovaries
 - b) Outward changes
 - i) Male – Facial hair, chest and back hair, broad shoulders and chest, genital growth
 - ii) Female – hips widen, breast development, menstruation
 - iii) Both – mood swings, growth spurt, increased sweat and body odor, acne/pimples, voice change, hand and feet growth, and axillary hair growth
 - c) Daily hygiene is essential – shower daily, wear deodorant, clean clothes, brush teeth and floss
 - d) Hygiene video
- III. Reproductive system
 - a) Purpose
 - i) Matures to make sexual reproduction (having a baby) possible
 - b) Egg cells
 - i) Size and appearance
 - ii) Present at birth
 - iii) Contain half the genetic information needed to create human life
 - c) Female Cross section
 - i) Anus
 - (1) A part of the digestive system, this is where solid waste exits the body
 - (2) Location
 - ii) Urethra
 - (1) A part of the digestive system, this is where liquid waste exits the body
 - (2) Location
 - iii) Vagina
 - (1) Also called the birth canal

- (2) Location
- iv) Cervix
 - (1) Small opening between the uterus and the vagina
 - (2) Location
- v) Uterus
 - (1) Thick, strong, hollow, muscular organ
 - (2) Houses baby during pregnancy
 - (3) Location
- vi) Fallopian Tubes
 - (1) Location
- vii) Ovaries
 - (1) Store egg cells
 - (2) Location
- viii)Sperm cell
 - (1) Smallest cell in the human body
 - (2) Capable of movement
 - (3) Contains half of the DNA needed for human life
 - (4) Males start to produce sperm when puberty begins
- d) Male Cross section
 - i) Anus
 - (1) A part of the digestive system, this is where solid waste exits the body
 - (2) Location
 - ii) Urethra
 - (1) A part of the digestive system, this is where liquid waste exits the body
 - (2) A part of the reproductive system, this is where sperm cells exit the body
 - (3) Location
 - iii) Testicles
 - (1) Sperm cells are produced here
 - (2) Location
 - iv) Scrotum
 - (1) Saclike structure made of skin that holds the testicles and the epididymis and is responsible for temperature control
 - (2) Location
 - v) Epididymis
 - (1) Long, hollow, coiled tube where sperm cells are stored
 - (2) Location
 - vi) Vas Deferens
 - (1) Hollow tube that leads to the seminal vesical
 - (2) Location
 - vii) Seminal Vesical
 - (1) Produces a milky white substance that mixes with the sperm cells and now it is called semen
 - (2) Location
 - viii) Prostate Gland
 - (1) Produces substances that give sperm cells energy and nutrients
 - (2) Location

- ix) Erection
 - (1) The blood vessels fill with blood and the penis becomes firm, hard, and erect and stands away from the male body
- x) Ejaculation
 - (1) There are a series of tiny muscles along the urethra that push the sperm cells out of the body
- xi) Nocturnal Emissions
 - (1) A normal event where the body releases a small amount of fluid
 - (2) The body is checking to make sure that it is working properly
- xii) Spontaneous erection
 - (1) An erection that can happen anytime of the day, it does not mean that the male is thinking of or doing anything wrong
 - (2) The body is checking to make sure that it is working properly

IV. Conception

- a) Union of a sperm cell and an egg cell
- b) Also called fertilization
- c) Conception video
- d) Fetal Development video
- e) Ultrasound

V. Abstinence

- a) Define – Choice not to engage in sexual activity until a person is married.
- b) Only 100% effective way to prevent a pregnancy
- c) What are you parents/guardian's job? What are your jobs?
- d) Practicing abstinence would ensure a kid gets to be a kid and not be forced to take on the role of a parent before they are prepared.

VI. Menstruation (Period)

- i) Define
- ii) Process
- iii) Onset-wide range of normal
- iv) Three times in a female's life when they do not have a period: before puberty, during pregnancy, menopause
- v) Sanitary supplies and managing your period

VII. Finding Out Who You Are Video

- a) Values – beliefs and ideas that are important to you
- b) Identify important qualities in a friend
- c) Conflict resolution
 - i) We are not going to agree with everyone we meet
 - ii) Still must show respect to everyone
 - iii) Understanding a person's perception can help resolve conflicts
- d) Empathy
 - i) Trying to view a situation from another person's perspective is called empathy.
 - ii) M and W activity

VIII. Decision Making

- a) Seeking independence
- b) What choices may you face?

IX. Choose Your Own Adventure activity as time allows