Anatomy and Pregnancy

A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum

Fostering respect and responsibility through age-appropriate sexuality education.

GRADE: Grade 9/10 and 11/12

TIME: 50 Minutes

MATERIALS NEEDED:

- Desktop or laptop with internet connection
- LCD projector and screen
- Anonymous question box
- Pencils in case students do not have their own
- Path A: Sexual & Reproductive Body Parts handout
- Path B: Sexual & Reproductive Body Parts handout

ADVANCE PREPARATION FOR LESSON:

- Prepare an anonymous question box, if you don't have one already, by taking a shoebox or other similarly-sized box and cutting an opening in the top large enough for a folded up index card to fit through.

LEARNING OBJECTIVE:

By the end of this lesson, students will be able to:

1. Correctly describe at least four internal and external sexual and reproductive anatomy parts and their functions. [Knowledge]
2. Describe the stages of pregnancy and fetal development. [Knowledge]
3. Define intersex [Knowledge]

LESSON RATIONALE:

Students often have lots of questions about their bodies, particularly their sexual and reproductive body parts and how they work together in systems. This lesson will enable students to review their body parts, and how they work together in reproduction, conception, pregnancy, and birth.

A NOTE ABOUT LANGUAGE:

You will notice that this lesson will refer to Path A and Path B when discussing sexual and reproductive body parts. Path A refers to a person assigned "female" at birth, and Path B refers to a person assigned "male" at birth. The intent is to be as inclusive as possible to all bodies, including bodies born with different variations of internal and external anatomy (intersex). Referring to people with particular body parts or being specific if you're talking about the functions of body parts (such as "a person with a vulva," "a person who menstruates," or "a person who creates sperm") will create a more inclusive classroom than "female anatomy."

PROCEDURE:

STEP 1: Introduce the topic by saying, **"Today we're going to review the sexual and reproductive parts of our bodies, and explore fetal development and birth."** *(2 minutes)*

STEP 2: Distribute both the *Path A* and the *Path B: Sexual & Reproductive Body* worksheets. Say, **"You'll notice that one worksheet says 'Path A' and has inside and outside parts of what you may have heard as 'female' before. The other worksheet has 'Path B' and shows inside and outside parts of what you may have heard as 'male' before. I'm calling them Path A and Path B since these are what's typically expected for bodies to look like. Although it's not often talked about, there's actually a third path (or Path C), which we call Intersex. Someone who's intersex has sexual or reproductive characteristics that are variations from Path A & Path B and are unique and specific to them. These variations are perfectly natural.** *(5 minutes)*

Say, **"I want to explain what I mean when I say 'sex assigned at birth.' A person's biological sex is usually made up of their chromosomes, hormones, and the genitals, and is often declared by a health care provider right when the baby is born. The health care provider will often look down at the genitals and say 'It's a boy!' or 'It's a girl!' But people delivering babies can't tell what chromosomes or internal body parts look like just by looking at the outside of a baby's body, so we often don't know the whole story about a baby's biological sex just by looking between their legs. That's why we say 'sex assigned at birth.'**

"**We often only hear about people assigned male or female at birth, but there's actually a lot of variation of people's bodies when they're are born. Babies can be born intersex, which means their internal and/or external genitals, chromosomes, or hormones may vary from the sexual characteristics of Path A and Path B. Being intersex is one example of variation, but there's lots of variations among bodies that exist, and all are totally normal."**

STEP 3: Explain, **" Most of this should be a review for you by now, so we're going to play a quick review game to test your knowledge." Divide students into partner pairs. Distribute individual white boards and markers to each partner pair, or ask students to get out blank pieces of paper with pencils.**

Explain the game by saying, **"I'm going to share two body parts, and I'd like you to write down quickly on your white board how those two body parts are related to each other. When you've finished writing, hold up your white board so I can see the response. We'll give a point to the partner pair that is fastest, but we'll give two points to the partner pair that is the most accurate."** Assign a student to help you keep score for the classroom. As you go over each correct answer, ask students to fill out the blanks on their handouts with the correct terms.

Read of the matching body parts on the *Reproductive Anatomy Race!: Teacher's Guide* to allow students time to make connections with their partners. Award points in whatever way feels equitable for your students.

Explain that one important component of our reproductive systems is our hormomes. Say, "During puberty, our pituitary gland begins to release estrogen and testosterone in our bodies, and this can make us feel sexually attracted to others or interested in sexual behaviors. Given the increase in hormones during our teenage years, it's normal to feel more interested in sex, and it's also important to be aware of the role hormones may play in our sexual decision-making." *(15 minutes)*

STEP 4: Say, "In this class, we'll talk a bit about what happens after pregnancy occurs. What the stages of pregnancy are for the person carrying the fetus, and what the stages of fetal development are." Show students the following two videos:

- Amaze.org "What are the Stages of Pregnancy" video: https://amaze.org/video/pregnancy-stages-of-pregnancy/
- Britannica's Human Embryonic Development video: https://www.britannica.com/video/192622/Human-embryonic-development-birth-fertilization *(10 minutes)*

STEP 5: After viewing the videos ask students the following discussion questions to check for understanding and answer questions:

- How many stages of pregnancy are there? (Probe: 3 stages of pregnancy, each called trimesters)
- When does the most significant fetal development occur? (Probe for: The most significant time of fetal development occurs in the earliest trimester of pregnancy (ie, cell specialization and formation of organs and systems). In the last trimester, much of the fetal development is growth.
- What role does the placenta and umbilical cord play in pregnancy? (Probe for: sharing oxygen and nutrients with the fetus, keeping the fetus' blood separate from the pregnant persons.)
- What do you think the most difficult part of being pregnant may be? What do you think the most exciting part of being pregnant might be?
- What happens when a person gives birth? (Probe for: the uterine wall starts to contract, and that can often be painful, the cervix opens up so that the baby can pass out of the body from the uterus through the vaginal canal, and a person will likely seek care of a birthing professional, such as a doctor, nurse, midwife, or doula). *(10 minutes)*

RECOMMENDED ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:
Step 2 will achieve objective 3. Step 3 will achieve Objective 1,and Step 5 will achieve Objective 2.

HOMEWORK: None

Reproductive Anatomy Race!
Teacher's Guide

Call out the two body parts listed in each box, and award points to the students who are both the fastest and most accurate.

Scrotum	**Testicles**
Relationship: The scrotum holds the testicles, where sperm are made.	
Ovary	**Egg**
Relationships: An egg is released from ovary, and an egg can start a pregnancy	
Cervix	**Uterus**
Relationship: The cervix is the opening of the uterus, from which babies and menstrual fluid is released.	
Penis	**Urethra**
Relationship: The urethra is the opening at the tip of the penis, from which both urine and semen are released	
Vulva	**Vagina**
Relationship: The vulva is the opening between a person's legs that covers the vaginal opening and urethra. The vagina is the canal that runs from the outside of the body to the uterus.	

Label Set

PATH A (INSIDE)

UTERUS

OVARY

FALLOPIAN TUBE

VAGINA

PATH A (OUTSIDE)

VULVA

LABIA

CLITORIS

VAGINA

URETHRA

PATH B

PENIS

FORESKIN

TESTICLE

SCROTUM

EPIDIDYMIS

VAS DEFERENS

SEMINAL VESICLE

PROSTATE GLAND

URETHRA

Diagram: Path A (inside)

See below for example of Path A (inside) diagram - doesn't have to be this exact drawing, but should have numbers/spaces for Path A (inside) labels:

Uterus

Ovary

Fallopian Tube

Vagina

Cervix

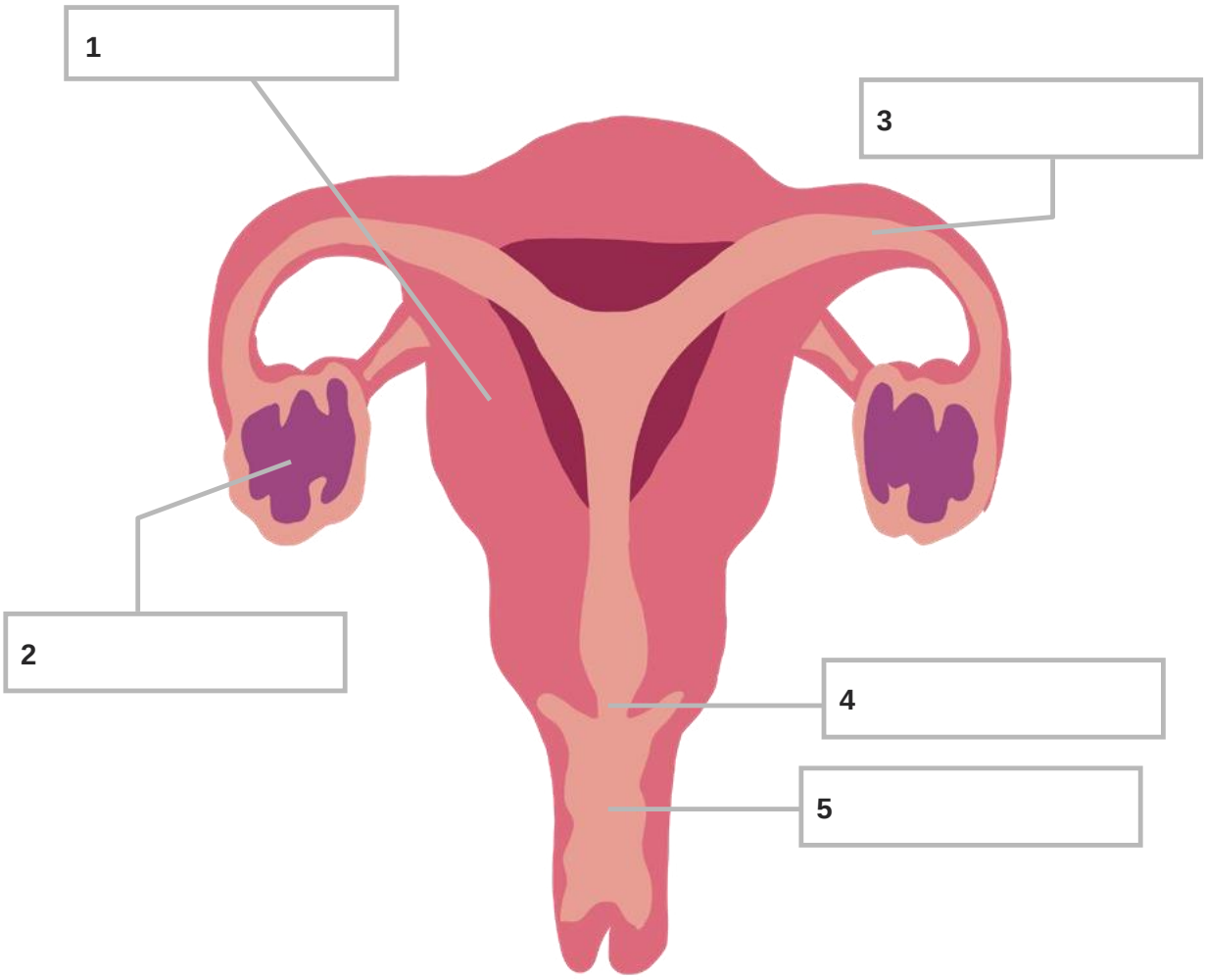


Diagram: Path A (outside)

See below for example of Path A (outside) diagram - doesn't have to be this exact drawing, but should have numbers/spaces for Path A (outside) labels:

Vulva
Labia
Clitoris
Vagina
Urethra

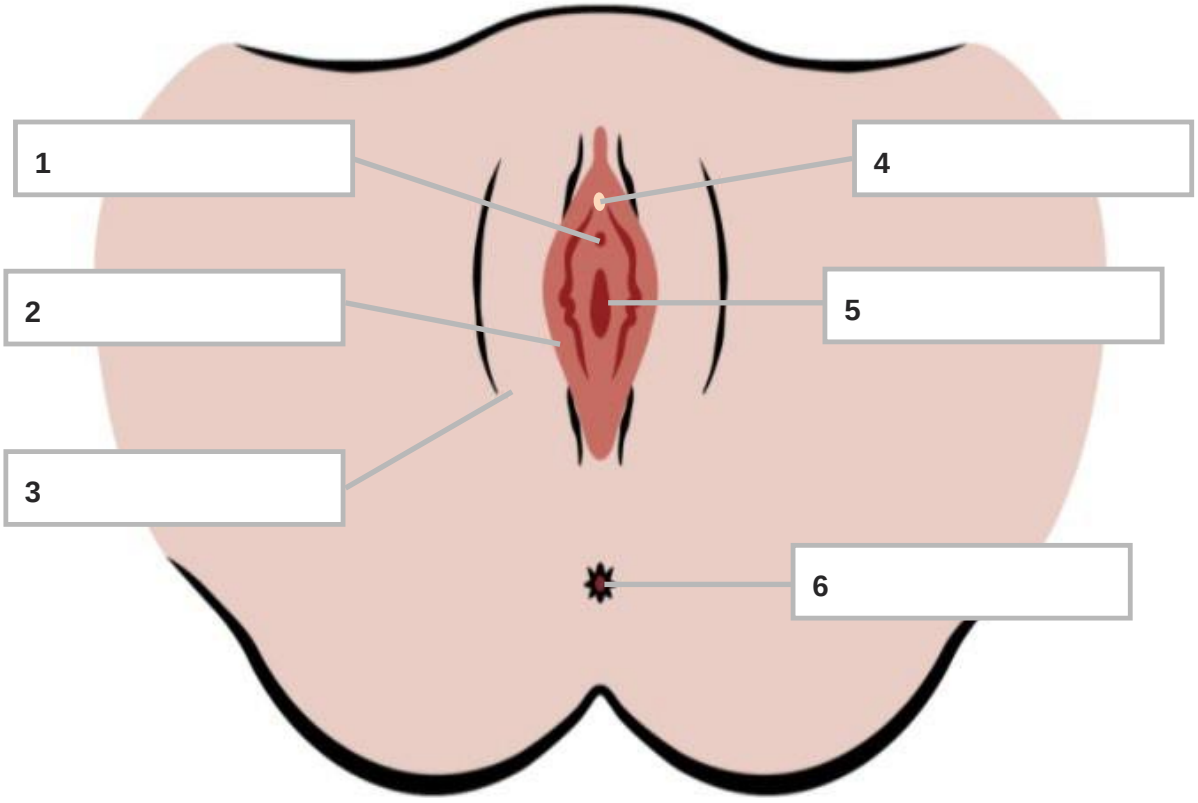
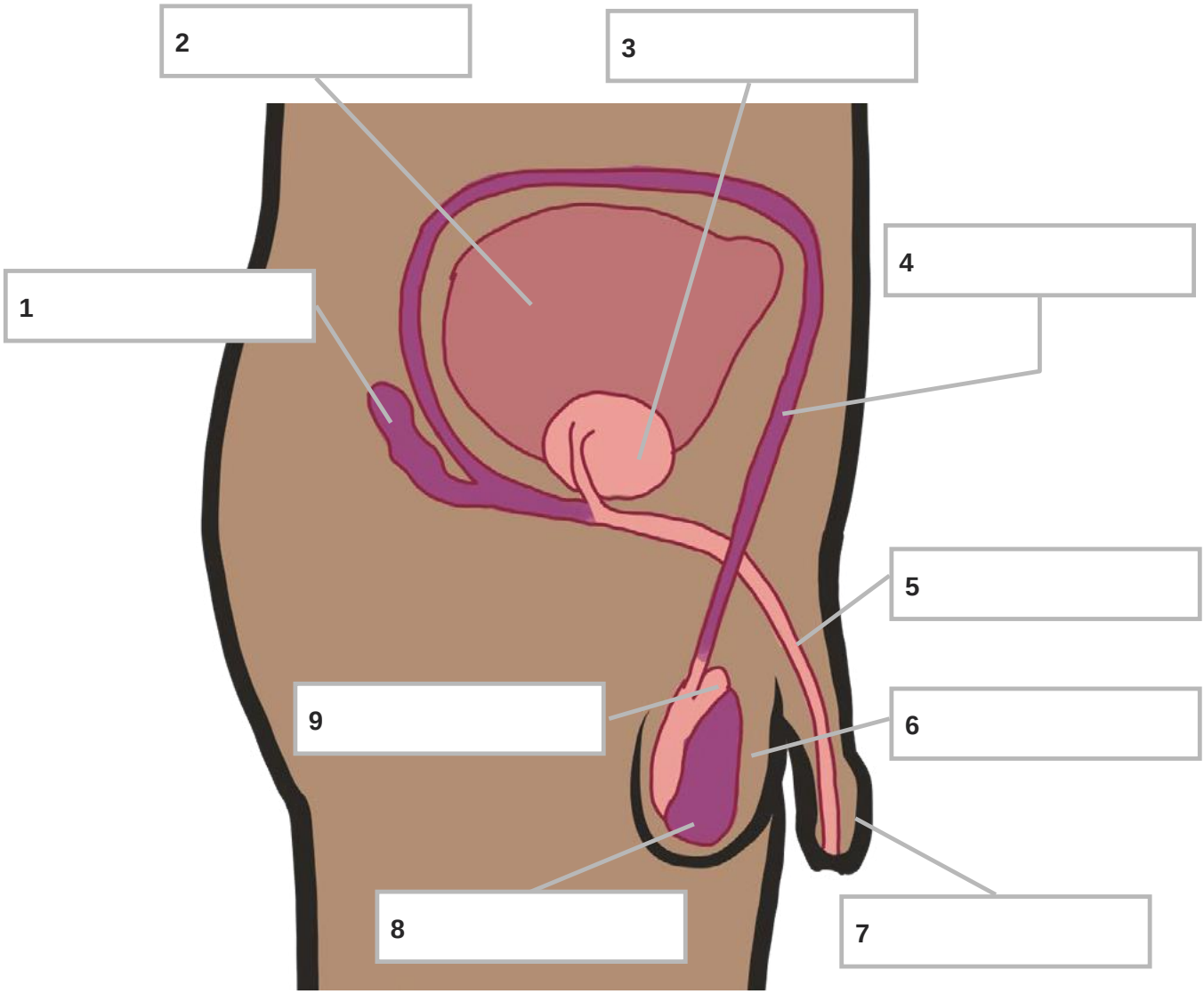


Diagram: Path B

See below for example of Path B diagram - doesn't have to be this exact drawing, but should have numbers/spaces for Path B labels:

Penis	Epididymis
Foreskin	Vas deferens
Testicle	Seminal vesicle
Scrotum	Prostate gland
	Urethra