

Puberty & Sex Education Middle School

General Overview

- Puberty
- Self-Care
- Anatomy Overview
- Sexual Health, including Abstinence
- Implications of Sexual Health
- Reproduction
- Contraception
- Relationships
- Consent
- Staying safe online



Class Guidelines



- Be Respectful
- Zero Tolerance for Bullying
- Use Correct Medical Terminology
- Don't be Afraid to Ask Questions
 - Chances are someone else has the same one!

What is Puberty?

Developmental time when our body changes and prepares to be an adult and be reproductively mature, approximately between ages 9 and 15.



Changes to Expect

- Everyone goes through puberty at a different time
- Your body grows taller
- You begin to grow hair under your arms and in your pubic area
- Your body may sweat more and you may develop body odor
- Your skin may become oilier and you may get pimples
- You may gain weight

Changes in Males

- Voice breaks (gets deeper)
- Testes and penis enlarge
- Testes begin to produce sperm cells
- Shoulders become wider
- Hair grows on the face and chest



Changes in Females

- Ovaries start to release egg cells (the menstrual cycle begins)
- Hips start to widen
- Breasts start to develop



Self-Care Practices

- Use deodorant
- Wash face daily
- Brush teeth 2x daily
- Use shampoo and body soap
- Shower daily
- Eat a well balanced diet
- Get plenty of exercise
- Get enough sleep



What is Sex Education?

It is a broad term used to describe education about human sexual anatomy, sexual reproduction, sexual intercourse, reproductive health, emotional relations, abstinence, contraception, and other aspects of human sexual behavior free of coercion, discrimination and violence.

Definitions:

Vaginal sex: Vaginal sex is what most people think of as "sex" -specifically when a man's penis enters a woman's vagina.

Oral sex: Some teens believe that they can remain a virgin if they only have oral sex, but contrary to popular belief, Oral Sex IS sex. Oral sex is any kind of sex that involves contact between the mouth and genitals Oral Sex can also result in STI transmissions as well

Anal sex: Anal sex is any type of sex that involves penetrating someone's anus. It carries the same risks of disease as vaginal sex and oral sex.

Abstinence

- Abstinence is when a person abstains from sex, meaning that they choose not to engage in any of the forms of sex.
- Some people do this for religious purposes, however others abstain for health reasons.
- This is the safest way to protect yourself from any STDs/STIs, teen pregnancy, and emotional turmoil.

Impacts of Having Sex

- Worry about pregnancy
- Worry about exposure to disease such as STIs, HIV/AIDS
- Feel you went against morals or ethics
- Worry your parents might find out
- Regret and wish you hadn't had sex
 - Feel Used
 - Feel you harmed your reputation
 - Long term effects of STI that can't be resolved/cured

Male Anatomy

1- Penis: allows for excretion of urine and semen

2- Testicles: produces sperm and testosterone

3- Scrotum: sac of fluid around testicles, epididymis and Vas Deferens

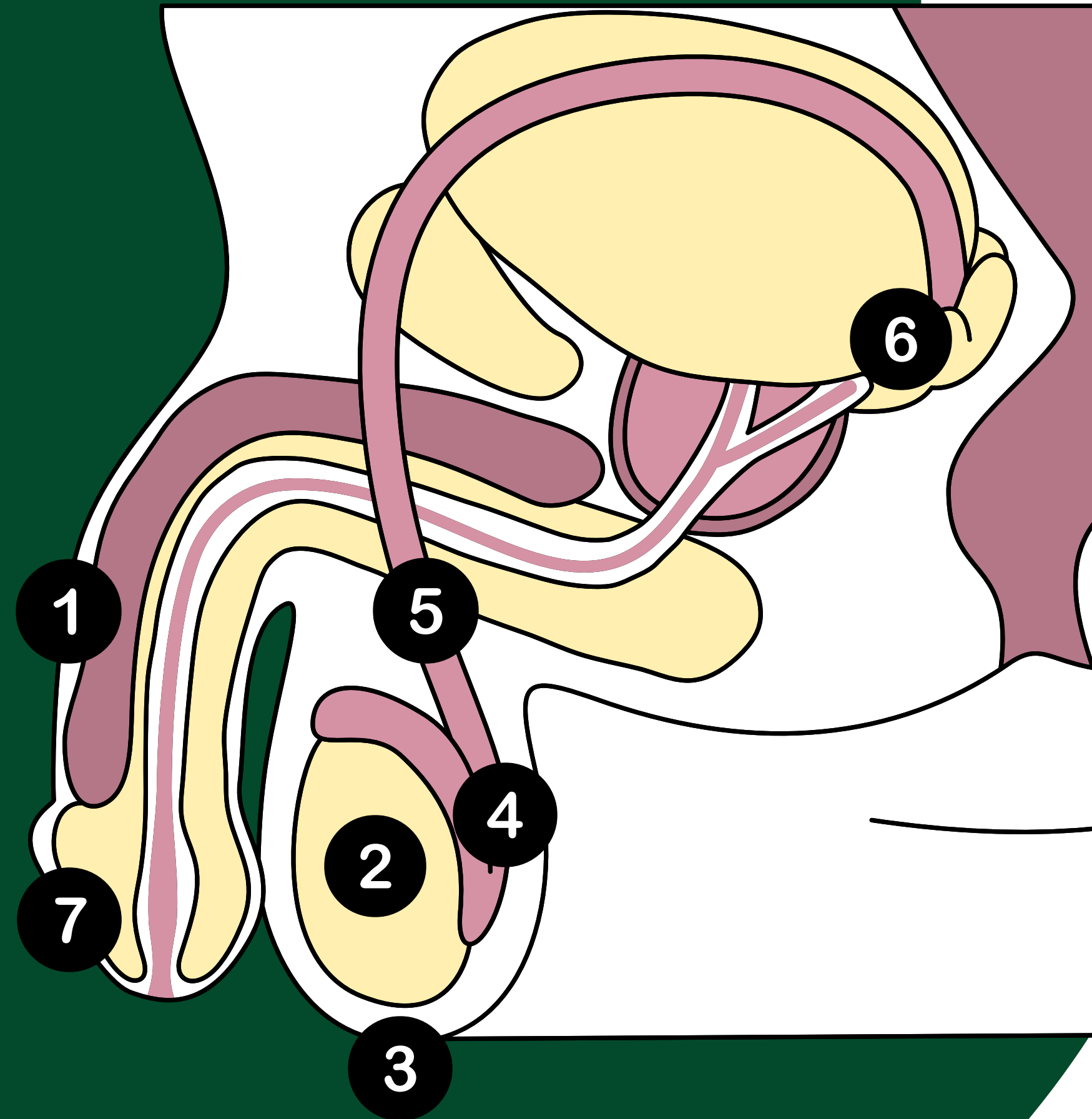
4- Epididymis: stores all sperm

5- Vas Deference: transports sperm from epididymis to the ejaculatory duct

6- Seminal Vessel: holds components of semen

Prostate: holds another 20% of the semen volume and activates sperm

7- Glands Penis: tip of penis contains urethral



Female Anatomy

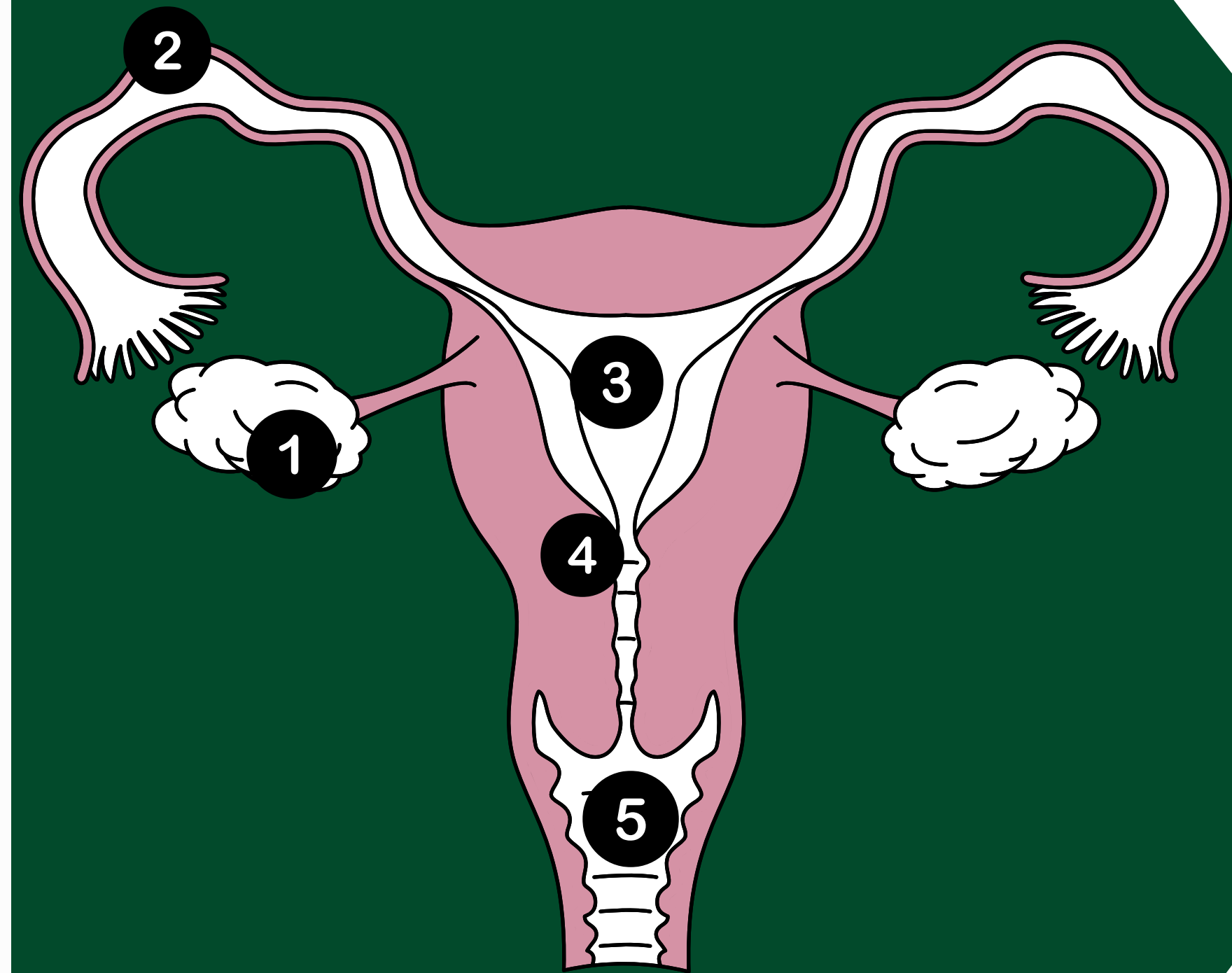
1- Ovaries: Making and releasing female gametes. The female releases one ovum (egg) every four weeks

2- Oviducts/Fallopian Tubes: Tubes which carry the ova from the ovaries

3- Uterus/Womb: a pear shape organ. The wall contains involuntary muscle. The embryo develops in the uterus during pregnancy.

4- Cervix: is the neck of the uterus, where the uterus joins the vagina.

5- Vagina: It is part of the female system which receives the penis during sexual intercourse. It is muscular and stretchable.



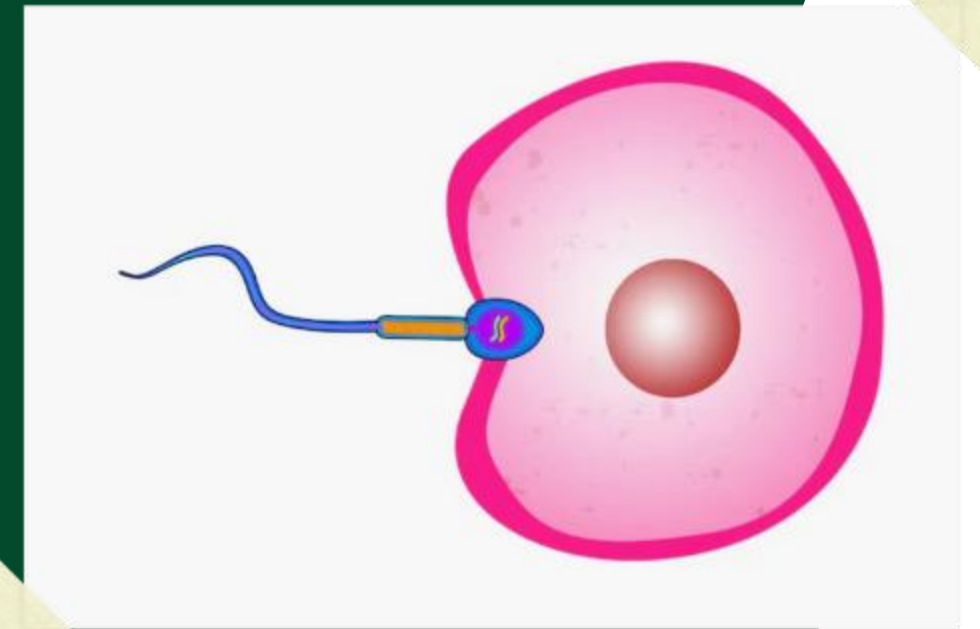
Reproduction

A woman's body released 1 egg each month. The egg released is surrounded by a few layers of follicle cells. During this time they are considered fertile and able to become pregnant for several days around this time.

If the egg does not become fertilized then it will be discarded and the woman will have her menstrual cycle.

When sperm is released into a woman's vagina through sexual intercourse the sperm swim toward the egg and fertilize it.

Only one sperm enters the egg
After fertilization of the egg from the sperm this will result in a pregnancy.



Contraceptives

Different Types of Over the counter and Prescribed Methods:

Condoms (Male & Female)

Long acting reversible contraceptives

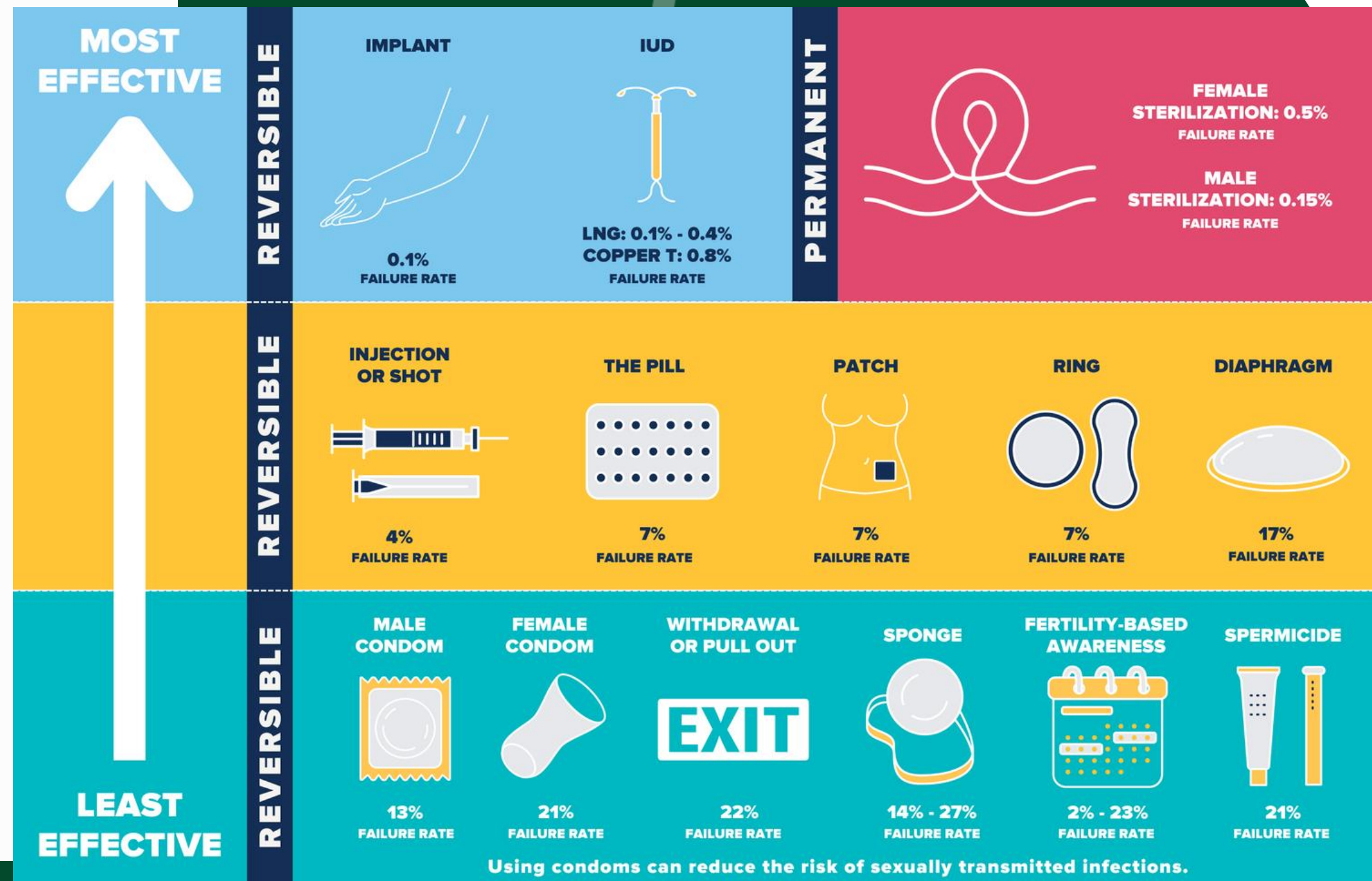
IUDs

Subdermal implants i.e. Nexplanon

Birth Control Pill

Depo-Provera Shot

Sterilization



Sexually Transmitted Infections

Bacterial

Chlamydia

Gonorrhea

Syphilis

Viral

Herpes

Hepatitis

Human Immunodeficiency Virus (HIV)

Human Papillomavirus (HPV)

Parasitic

Trichomoniasis

Crabs (genital lice)

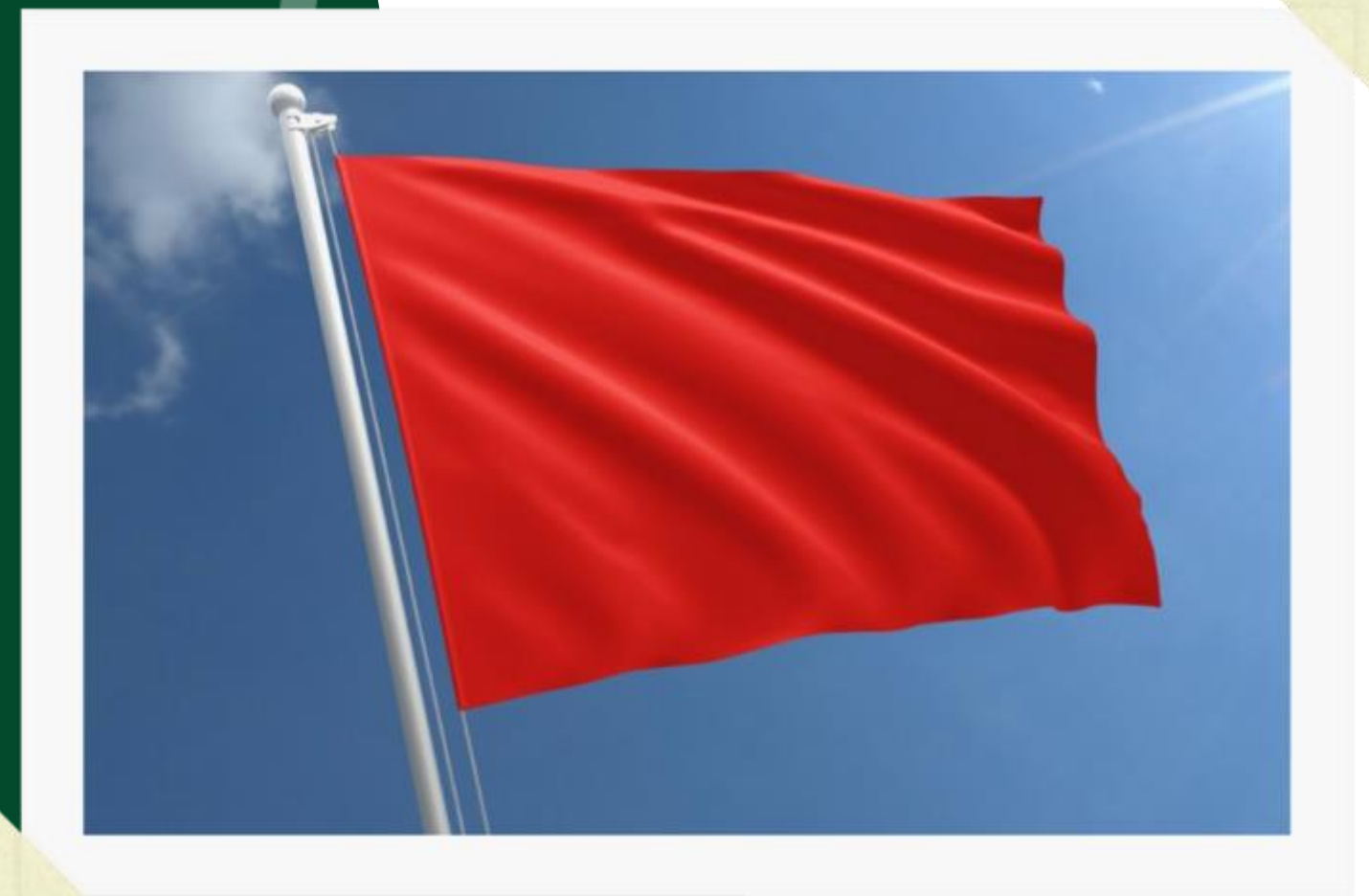
Healthy Relationships

- Communicate about everything including fears
- Respectful of choices, and supportive
- Honest
- Treat as an equal
- Can enjoy time apart without worry or consequence
- Decisions are mutually agreed upon
- Accepts boundaries
- Doesn't play games



Unhealthy Relationships

- Extreme jealousy, monitors your every move
- Blaming others for problems
- Never able to admit wrongdoings
- Cruelty to animals
- Rigid beliefs about sex-roles
- Controlling : makes all decisions and keeps you from seeing friends/family
- Violent behavior: slams doors, hits, punching walls,etc.
- Tries to make up by saying they are sorry, they love you, it will NEVER happen again and/or buying you flowers and jewelry



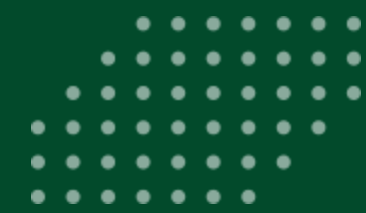
Sexual Consent

- Sexual Consent is an agreement to participate in sexual activity.
- Before being sexual with someone, you need to know if they want to be sexual with you too.
- It's also important to be honest with your partner about what you want and don't want.

Consenting and asking for consent are all about setting your personal boundaries and respecting those of your partner — and checking in if things aren't clear.

Both people must agree to sex — every single time — for it to be consensual

Without consent, sexual activity (including oral sex, genital touching, and vaginal or anal penetration) is sexual assault or rape.



Sexual

Explicit Consent

- Any contact from/to a peer or adult that is of sexual nature. Maybe from call, text, social media or apps.
- This can have legal ramifications and consequences, even if consenting peers.
- Protect your future
- Think before posting, texting, or messaging

Stay **SMART** Online

S	M	A	R	T
Stay SAFE!	Don't MEET up!	ACCEPTING	RELIABLE	TELL someone!
Don't give your address, phone number, social media handles, or school name to online strangers.	Don't meet someone you met online without checking with a parent or guardian first.	Don't accept friend requests or files from people you don't know.	Stop the spread of misinformation by relying on trustworthy sources, family, and friends.	If you see something, speak up! If something seems off, tell a responsible adult.

How to Stay Safe

- Arm yourself with basic information about STDs:
 - How are these diseases spread? How can you protect yourself? What are the treatment options?
- Have the most accurate information
- Know yourself and your personal morals
- Ask questions and get answers from qualified people
- Think about your future now

The image features a dark green, abstract, organic shape that resembles a stylized leaf or a drop with a tail. The shape is filled with a solid dark green color. On the left side, there is a white, curved, brushstroke-like line that follows the contour of the shape. At the bottom center, there is a white, semi-circular shape with a dotted pattern of small white dots. The text 'THANK YOU' is written in a white, clean, sans-serif font, centered within the green shape. The word 'THANK' is on the top line, and 'YOU' is on the bottom line.

THANK
YOU