

The background is a dark green field with abstract, overlapping geometric shapes in various shades of green and yellow-green on the right side. A thin white line runs diagonally across the lower right portion of the image.

Human Sexuality

6th Grade

Lesson 2

Helpful
definitions for
understanding
today's
lesson:

The Reproductive System

- **Definition:** The reproductive system is a group of organs responsible for reproduction in males and females.
- **Male Reproductive System:** Includes the **testes, penis, vas deferens, prostate gland, and seminal vesicles** (produces sperm).
- **Female Reproductive System:** Includes the **ovaries, fallopian tubes, uterus, vagina, and cervix** (produces eggs and supports pregnancy).
- **Function:** Facilitates reproduction through the production of gametes (sperm and egg) and supports fetal development in females.

Sexual Intercourse

- **Sexual intercourse** refers to the physical act of penetrative sex, involving the insertion of the penis into the vagina.

Contraception

- **Contraception** (birth control) refers to methods used to prevent pregnancy.
- **Types:**
 - Barrier methods (e.g., condoms)
 - Hormonal methods (e.g., pills, patches)
 - Intrauterine devices (IUDs)
 - Permanent methods (e.g., sterilization)

Pregnancy

- **Pregnancy** occurs when a sperm fertilizes an egg, leading to the development of an embryo in the uterus.
- Typically lasts **about 40 weeks** and is divided into **three trimesters**.
- **Signs of pregnancy:** Missed periods, nausea, fatigue, and hormonal changes.

Masturbation

- **Masturbation** is the self-stimulation of the genitals for sexual pleasure.

STD's (Sexually Transmitted Diseases)

- **STDs** (also known as **STIs - Sexually Transmitted Infections**) are infections transmitted through sexual contact.
- **Causes:** Can be caused by **bacteria** (e.g., chlamydia, gonorrhea), **viruses** (e.g., HIV, HPV, herpes), and **parasites** (e.g., trichomoniasis).
- **Common Symptoms:** Pain during urination, unusual discharge, sores, itching, or no symptoms at all.
- **Prevention:** Use of condoms, regular testing, and vaccination (e.g., HPV vaccine).

Understanding Abstinence- A Healthy Choice

What is Abstinence?

- ▶ Abstinence means choosing not to do something
- ▶ In this context, it refers to not having sexual activities
- ▶ It's a personal decision to wait until you're older or ready
- ▶ Abstinence is 100% effective in preventing pregnancy and sexually transmitted infections (STIs)

Why Choose Abstinence?

- Focus on personal growth and education
- Avoid risks associated with sexual activity
- Build stronger friendships and relationships
- Align with personal, family, or religious values
- Take time to understand yourself better

Physical Benefits of Abstinence

- No risk of pregnancy
- No risk of sexually transmitted infections (STIs)
- Avoid potential health complications
- More energy for other activities like sports or hobbies
- No need to worry about contraceptives

Emotional Benefits of Abstinence

- Reduced stress and anxiety
- Build self-esteem and confidence
- Develop stronger trust in relationships
- Avoid potential feelings of regret and guilt
- Focus on emotional connection without physical pressure

Social Benefits of Abstinence

- Maintain reputation among peers and family
- Avoid potential conflicts with parents or guardians
- More time to spend with friends and family
- Participate fully in school and extracurricular activities
- Develop communication skills in relationships

Myths About Abstinence

- Myth: “Everyone is doing it”
- Fact: Many young people choose abstinence
- Myth: “Abstinence means you can’t date”
- Fact: You can still have romantic relationships
- Myth: “Abstinence is boring”
- Fact: There are many fun, non-sexual activities to enjoy

Ways to Practice Abstinence

- Set clear boundaries in relationships
- Communicate your choice to partners and friends
- Avoid situations that might lead to pressure
- Engage in group activities instead of one-on-one dates
- Find hobbies and interests to occupy your time

Handling Pressure

- It's okay to say “no” to sexual activities
- Practice saying “no” confidently
- Suggest alternative activities
- Surround yourself with supportive friends
- Talk to a trusted adult if you feel pressured

Resources and Support

- School counselors are available to talk
- Trusted adults (parents, teachers, religious leaders)
- Online resources for teens about abstinence
- Support groups for young people choosing abstinence
- Remember: Your choice is valid and respected

Myths or Facts?

- ▶ Today we are going to discuss myths and facts about Sexual Health, but before we do that we will be discussing some vocabulary to help you understand the questions.
- ▶ This lesson does not assume that anyone is currently sexually active. Whether or not someone is sexually active, it's helpful to have factual information about this topic.
- ▶ When we talk about sensitive topics like this, we need to pay extra attention to our group guidelines.
- ▶ This might be an embarrassing or difficult topic for some people and it might feel comfortable for others. Either way, we all need to work together to make sure this is a safe space.
- ▶ We know that sometimes when we feel uncomfortable, we can get a little silly and giggly. It's okay to be silly and giggly, but it's not okay to be disrespectful or put anyone down.
- ▶ It's not okay to put people on the spot or identify someone by name and share their personal experience.

Myth or Facts?

- ▶ During our discussion today, when we say “male” or “female” we will be referring to people with a penis or vagina.
- ▶ We’re going to play a game, each of your groups have a piece of paper that reads “Myth” and a piece of paper that reads “Fact.”
- ▶ I have a set of statements- some are myths and some are facts.
- ▶ After I read one, you will either raise your hand saying you believe the statement is a myth or fact.



Abstinence is the only
method of
contraception, or
preventing pregnancy,
that is 100% effective.

- ▶ Abstinence is the only 100% effective way to avoid unintended pregnancy.
- ▶ However, if someone is sexually active, correctly used contraception can be very effective in preventing pregnancy.

FACT



If someone who is a
female, isn't
menstruating by age of
13, there is probably
something wrong.

MYTH

- ▶ Menstruation begins at different times for different people, and some people may not get their first period until they are 15 years old.
- ▶ If someone is worried about not having started their period, they can see a healthcare practitioner to make sure everything is okay.



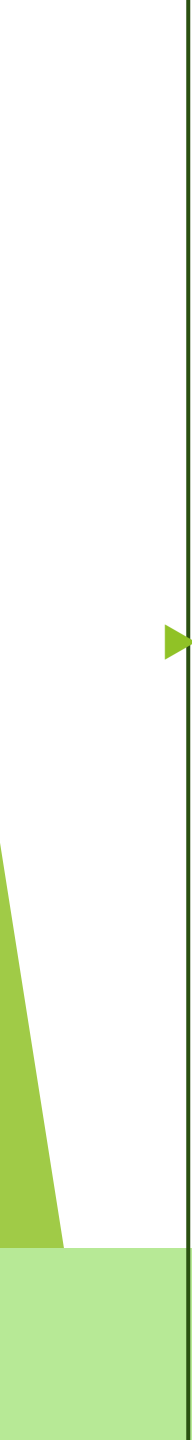
It is unhealthy to
bathe or swim while
menstruating, or
having a period.

MYTH

- ▶ There is no physical reason why an activities should be restricted during a menstrual period. However, some people may avoid certain activities because of religious beliefs or culture customs.
- ▶ Bathing or showering is especially important during one's period for good hygiene.

The slide features a green geometric background with overlapping triangles on the right side. On the left, there is a photograph of a field with yellow dandelions and white seed heads, with a blurred green tree in the background.

Menstrual cramps
are caused by
contractions of the
uterus.

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- 
- ▶ Cramps are caused by a hormone that makes the uterus contract. Some people have very strong contractions during their periods, and therefore, painful cramps.



For people with a
penis, wet dreams
are a normal part
of puberty.

- ▶ A wet dream, or nocturnal emission, is when the penis becomes erect (or hard) while a person is sleeping and ejaculation occurs.
- ▶ Ejaculation is when semen, which includes sperm and other fluid, leaves the penis.
- ▶ Wet dreams occur less often as someone gets older and they may eventually stop.

FACT



Usually both
breasts are the
same shape and
size.

MYTH

- ▶ Most breasts are slightly different in size and shape.



One testicle
usually hangs
slightly lower
than the other.

- ▶ Having one testicle hang lower than the other is completely normal.

FACT



Masturbation or touching
and stimulating the
genitals, is a normal,
healthy sexual behavior.

- ▶ People of all ages masturbate. It helps them feel relaxed and releases sexual tension without any risk of pregnancy or disease.

FACT



If someone is a
virgin, they
can't use
tampons.

MYTH

- ▶ Even if a person has never had sexual intercourse (when the penis penetrates the vagina) the vagina is large enough for a tampon.
- ▶ Some people may choose to use tampons and others may choose not to; the menstrual products a person uses are a personal choice.



STDs (sexually
transmitted
diseases) always
have symptoms

MYTH

- ▶ Many STDs have no symptoms and can be detected only by a medical test.
- ▶ It is possible to have an STD and still feel completely healthy.
- ▶ Even if an STD has no symptoms, it can harm an infected person's health and be passed on to a sexual partner.
- ▶ Many STDs are curable and all are treatable.



Only teenagers who
are female can get
HPV (Human
Papillomavirus)
vaccine.

MYTH

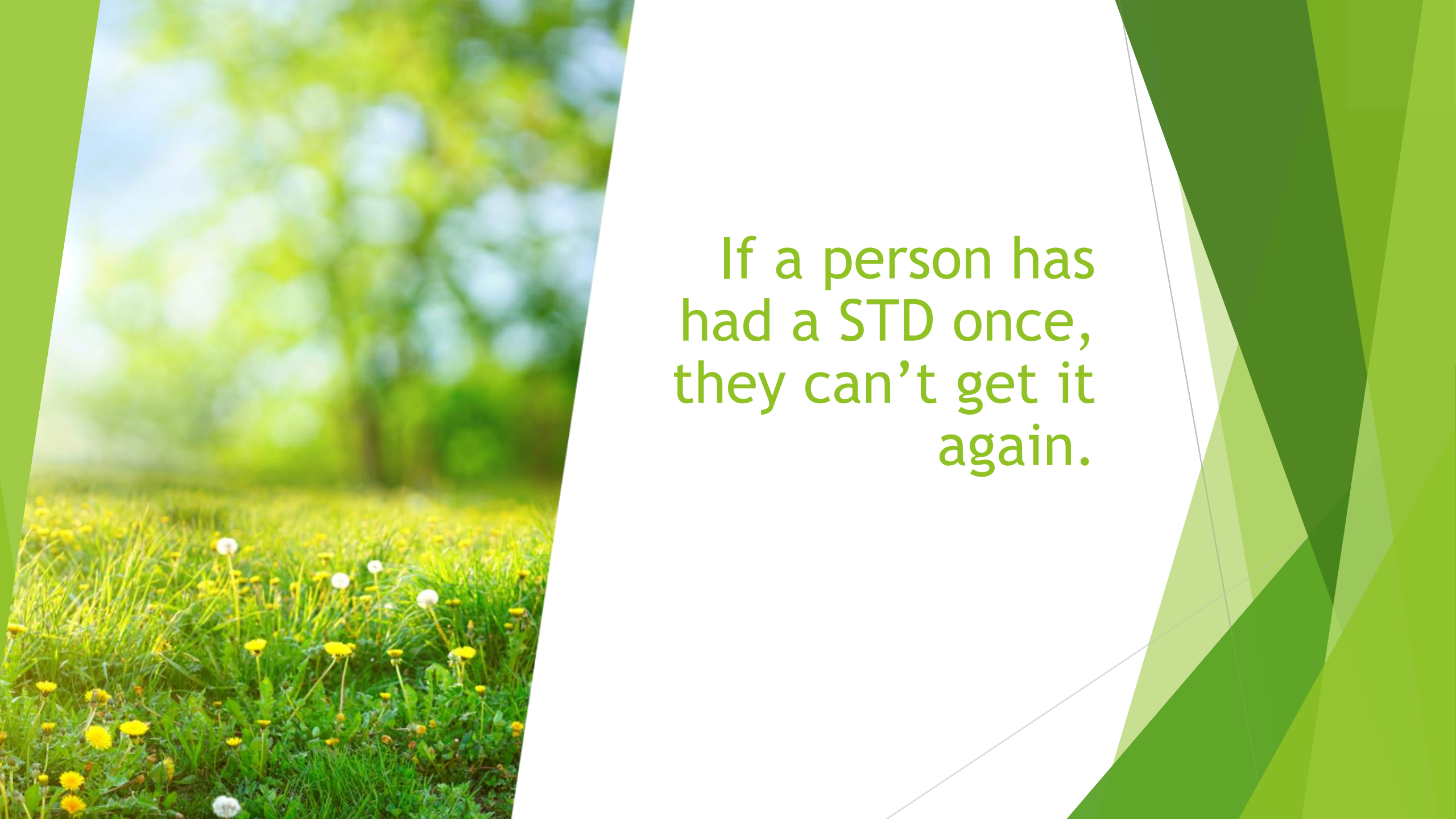
- ▶ All teenagers can get the HPV Vaccine
- ▶ The vaccine helps protect against HPV, which is an STD that can lead to genital warts and cancer.
- ▶ Adults through age 26 who have not already been vaccinated can also receive the vaccine



If someone has had
sexual intercourse with
only one partner, they
don't need to get
tested for STDs.

MYTH

- ▶ Anyone who is sexually active is at risk for STDs, including people what have had sex with only one partner.
- ▶ If someone is sexually active, they should be tested regularly for STDs.



If a person has
had a STD once,
they can't get it
again.

MYTH

- ▶ For many STDs, including gonorrhea, chlamydia and trichomoniasis, a person can be treated and cured, then get it again.
- ▶ If someone is sexually active, they should be tested regularly for STDs.
- ▶ If someone finds out they have an STD, they need to tell their sexual partner(s) so they can be treated as well. It is possible to request “expedited partner therapy,” where a healthcare provider writes a prescription or provides medication for a partner as well.



There is one
absolutely safe time
each month when it
is impossible for
pregnancy to occur.

MYTH

- ▶ There is no completely safe time for having sexual intercourse and avoiding pregnancy.
- ▶ Some people think having sex during their period protects them from pregnancy; this is not true. While it is less likely that pregnancy will occur at this time, it is still possible.
- ▶ Sperm can live in a female's body, able to fertilize an egg, for 3 to 5 days. If ovulation occurs during this time, pregnancy can occur.
- ▶ Ovulation can happen before someone's period has ended or within a few days after it is over.
- ▶ It is also important to know that vaginal bleeding does not always mean that someone is having their period; spotting may occur between periods and there is sometimes a small amount of bleeding at time of ovulation, when a period is most fertile.



The sperm cell
determines the
sex of a baby.

- ▶ Eggs carry an X chromosome and sperm provide an X or Y chromosome, which determines whether a baby will be born female or male.

FACT



Once someone has a full erection, they must ejaculate either through intercourse or masturbation.

MYTH

- ▶ There is no harm that occurs if ejaculation does not happen after an erection.
- ▶ There might be some discomfort and heaviness in the testicles (commonly referred to as “blue balls”) if the person is sexually excited for a long period of time without ejaculating. However, the feelings will disappear.



Alcohol and
marijuana make it
easier to get
sexually aroused.

MYTH

- ▶ These substances actually have the opposite effect. Alcohol and marijuana are depressants—they decrease blood flow to the genital area, making it more difficult for an erection and orgasm to happen.
- ▶ They can also reduce a person's inhibitions and make them feel like it is okay to do things they would not normally do, such as have sex or have sex without protecting against pregnancy and STDs.



It's OK to use alcohol
or drugs after the
first 3-4 months of
pregnancy.



MYTH

- ▶ Many newborns are damaged by alcohol, heroin, amphetamines and other drugs because their mother used them during pregnancy.
- ▶ For example, when mothers drink alcohol during pregnancy, babies may be born with fetal alcohol syndrome.
- ▶ Smoking during pregnancy increases the risk of miscarriage, stillbirth, low birth weight and sudden infant death syndrome (SIDS.)



The most effective
way to avoid
getting an STD is
to use condoms.

MYTH

- ▶ Abstaining from sexual contact of any kind is the most effective way to avoid getting an STD.
- ▶ If someone is sexually active, they can reduce their risk of getting an STD by correctly using latex condoms every time they engage in sexual activity and limiting sexual activity to only one partner who has no other partners and has been tested and is not infected.
- ▶ Condoms made from natural or lambskin materials do not protect against STDs.
- ▶ Some STDs can be spread through skin-to-skin contacts even if a condom is used.
- ▶ Vaccines are available to prevent Human Papillomavirus (HPV) and Hepatitis B