

## **Human Sexuality Lesson 4**

### **LETTER FROM CHRIS**

*My name is Chris and I want to tell you what's happening to me. It seems like every day brings a new change. It's almost like I'm getting a new body! They tell me I'm going through puberty!*

*One of the things that's happening is this new hair that's growing in places it's never been before. Like under my arms. I know this is supposed to happen and all, but it still takes getting used to.*

*I don't mind some of the changes I'm seeing. In fact, some things I even like. I'm taller than I was last year. I know I'm smarter just because I'm able to think and write about what I'm going through now.*

*But then, there are some changes that aren't so great. Like B.O. (body odour). The first time I noticed it, I thought it was coming from someone else! Now I realize it's not too bad if I wash often, use deodorant, and change my shirts and socks so that they don't get too stinky!*

*A really dirty trick, though, is acne. I remember I was getting ready to go to a party when I looked in the mirror and saw this big zit staring back at me! I went to the party anyway. I noticed that many other kids had the same or a worse time with their zits.*

*There's one thing I get kind of embarrassed about. When I was at the party the other night, I was with someone I 'like' (I'm not mentioning any names). I got this funny feeling 'down there'. It was strange, but felt good at the same time. I wonder if that's normal?*

*They tell me I'm going through puberty. That means I have to go to school with my zits and B.O. But, I'm bigger and smarter. I guess I'll survive.*

### **Teacher Prompts:**

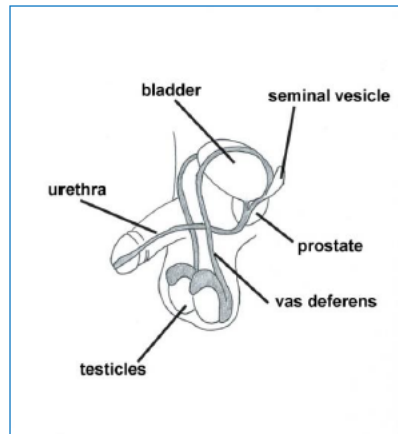
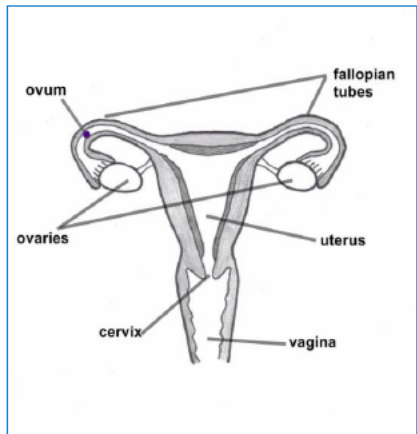
"Do you think Chris is a boy or a girl?"

"Does it matter? Why or why not?"

"What part of the body did Chris mean by 'down there'?"

"What are you looking forward to about growing up?"

## How a Baby is Made / How a Family is Made



### Teacher Prompts:

☑ “To make a baby you need an ovum (egg), a sperm, and a **uterus**. Commonly, a baby is made when a female and a male have a type of sexual intercourse where the penis ejaculates sperm inside the vagina. The sperm travels from the vagina through the uterus into the **fallopian** tubes. If ovulation has occurred, or is just about to, then the egg and sperm may connect.”

☐ “**Fertilization** is when the ovum chooses one of the sperm (remember millions of sperm are in the **semen** every time a male ejaculates) and lets it inside. This fertilized ovum then moves into the uterus to grow and develop.”

☐ “**Pregnancy** is when this fertilized ovum attaches to the inside of the uterus and begins to develop.”

☐ “A human pregnancy usually lasts about 9 months, although many babies are born earlier or later than this.”

☐ “Sometimes people want to reproduce but they cannot. They may need help with the three things that are needed – an ovum, a sperm, and a uterus.”

☐ “Sometimes they choose to go to a fertility clinic and see a doctor to help them use a donated ovum or donated sperm to help them get pregnant.”

☐ “Sometimes they may ask someone to grow the baby in their uterus for them. This is called being a surrogate.”

☐ “Sometimes people create a family through adoption.”

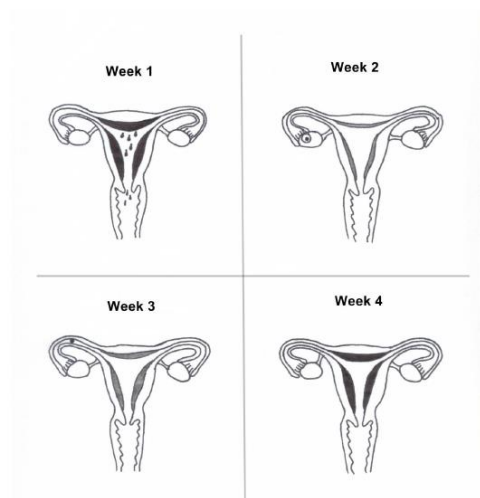
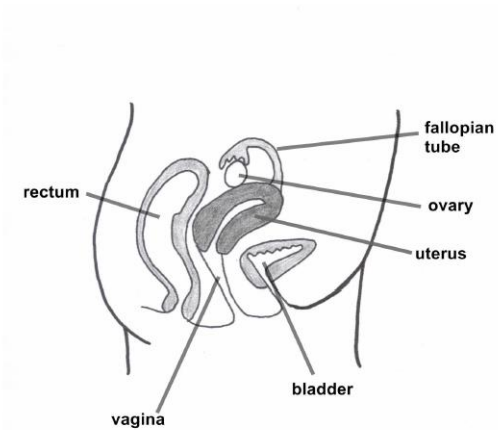
☐ “Other times children are parented by a guardian, like a grandparent, other family member, or a foster parent.”

☐ “Families come in all sizes and can be created in all sorts of ways.”

# Ovulation, Fertilization, Pregnancy, and Birth

## Internal Female Reproductive Organs

## The Menstrual Cycle



### Teacher Prompts:

- ☑ "Females are born with hundreds of thousands of ova that are stored inside the ovaries."
- ☐ "At puberty, hormones cause the ova to start to mature and the ovaries begin to take turns releasing a mature ovum into the fallopian tube. This is called ovulation and happens about once a month or approximately 14 days before the next menstrual period."
- ☐ "The ovum travels along the fallopian tube towards the uterus – this trip takes about 24 hours."
- ☐ "While the ovum is maturing in the ovary, hormones cause the uterus to build up a thick lining of blood and other tissue to be ready in case the ovum is fertilized."
- ☐ "Fertilization is when the ovum chooses one of the sperm and lets it inside. This fertilized ovum moves into the uterus to grow."
- ☐ "Pregnancy is when this fertilized ovum attaches to the inside of the uterus and begins to grow and develop."
- ☐ "A birth can be through the vaginal opening or through a surgery called a caesarean section (also known as a C-section)."
- ☐ "During a vaginal birth, the vagina (birth canal) stretches over the baby's head and body (like a tight turtleneck) to allow the baby to be born."

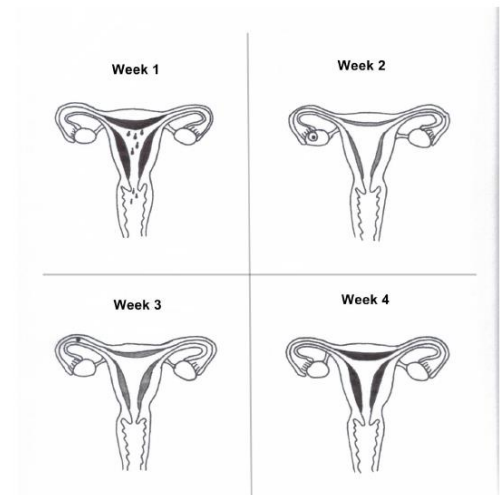
## Menstruation

### Teacher Prompts:

☑ "Let's talk about how menstruation, or getting a period, happens. Most of the time the ovum does not meet with a sperm cell in the fallopian tube, so it then dissolves. About two weeks later, the lining, made up of blood and tissue that had been building up in the uterus, is not needed and it will slowly flow out of the uterus through the cervix, then through the vagina to the outside of the body."

- ☐ "Ovulation (the release of an ovum from the ovary into the fallopian tube) happens about once a month."
- ☐ "A first period usually happens between the ages of 9 and 14 years old. It may be earlier or later than this."
- ☐ "Secretion of a clear or whitish fluid from the vagina (which may be noticed on the underwear) usually starts 1-2 years before the first period."
- ☐ "Someone would know that their first period had started when they saw some bloody discharge (menstrual fluid) on their underwear or on toilet paper when wiping."
- ☐ "It may be brownish, pink, or bright red in colour."
- ☐ "This menstrual fluid (about 2 tablespoons to a ½ cup per menstrual period) will come out during the day and night usually for between 3 and 7 days."
- ☐ "Pads, tampons, or **menstrual cups** are used to catch the menstrual fluid."
- ☐ "The next period will occur in the same way in about a month's time. Sometimes periods don't come every month for the first 1-2 years."
- ☐ "The first day of each menstrual period can be marked on a calendar so that someone with regular periods may be able to predict when their next period will come."

### The Menstrual Cycle



## Menstrual Discomforts

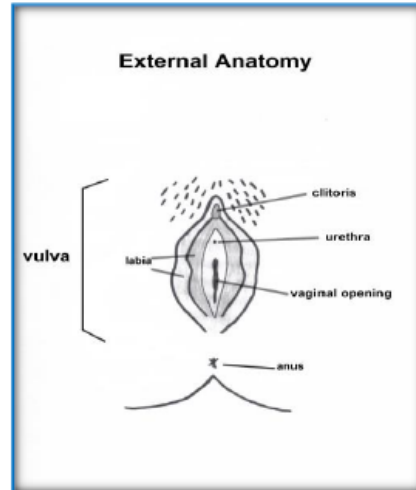
### Teacher Prompts:

- ☐ "Has anyone heard of menstrual or period cramps?"
- ☐ "Some people get abdominal pain, cramping, headaches, diarrhea, or changes in mood with their periods; others do not."
- ☐ "Nausea can accompany the cramping for some people."
- ☐ "Cramps usually start on the first day of a period but may start a day or two earlier."
- ☐ "Cramps can be felt in the lower belly, lower back, or even in the thighs."
- ☐ "What could someone do to alleviate the symptoms?"
- ☐ "Symptoms may be eased by applying heat with a heating pad or hot water bottle."
- ☐ "Eating a diet with lots of fruit and vegetables, and getting regular exercise, may help prevent cramps for some people."
- ☐ "Students should talk with a trusted adult before trying certain herbal teas and remedies."

## Female External Anatomy

### Teacher Prompt:

☐ "Here is a diagram of the external female genitals, also called the **vulva**."



### Teacher Prompts:

☐ "At the top of the vulva is the **clitoris**, which is an important organ for female pleasure."

☐ "Touching or rubbing the clitoris can cause a pleasurable feeling (called **self-pleasuring**, **self-exploration**, or **masturbation**)."

☐ "The vulva has two openings."

☐ "The **urethra** is a very small opening, in front of the vaginal opening, where urine comes out of the body. All people have urethras for this purpose."

☐ "The vaginal opening is where menstrual fluid comes out of the body and where a tampon can be inserted when a person has a period. It is also where the penis enters during vaginal intercourse and where the baby comes out during a vaginal birth."

☐ "The **anus**, the opening behind the vulva, is where bowel movements come out of the body. All people have an anus for this purpose."