Session 7.3

Puberty and Pregnancy

Session Overview:

1. Review Session 7.2.
2. Review the process of puberty and pregnancy.
3. Use the Puberty and Pregnancy Review game to help participants understand the physical and emotional changes that occur during puberty, the function of male/female reproductive systems, and the process of pregnancy.
4. Wrap up session.
5. Distribute Parent Connection Form Session 7.3: Puberty and Pregnancy.

Learning Objectives:

- Participants will recognize the physical and emotional changes that occur during puberty and the benefits of remaining abstinent.
- Participants will identify the function of structures of the reproductive systems in males and females.
- Participants will summarize the process of pregnancy.

Materials Needed:

- Computer, projector, and speakers
- Jar of Now and Later candy
- Puberty and Pregnancy Review PowerPoint (7.3.2)
- Wheel with Puberty and Pregnancy Review Game Cards (7.3.3)
- Handouts:
  - Male Reproductive System (Handout 7.3.2A)
  - Female Reproductive System (Handout 7.3.2B)
  - Parent Connection Form Session 7.3: Puberty and Pregnancy
- Question cards
- Question bag

Classroom Planning:

- Review Session 7.3 curriculum.
- Review Puberty and Pregnancy PPT and Puberty and Pregnancy Review Game.
- Make copies of handouts.
- Set up game wheel with the Puberty and Pregnancy Review Game Cards.
- Gather the question cards and question bag.

The Standards:

- See Appendix E for a list of state and national standards met in this session.

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Educator states:
During the last session we talked about the importance of who we choose as friends. Your friends are going to be the ones you take with you along the journey to success. We emphasized that it is important that you don't choose friends who are going to take your journey on a detour. Choose friends who will help you on your path to success. Who has noticed that their friend is acting weird or maybe that they act differently than last year? Have you noticed that last year there was someone you maybe said 'hi' to in the hallway, but never really talked to, and this year they're your best friend? Maybe last year you had a close friend who you shared everything with, and this year you're not as close? What about this: Last year, you thought somebody was so cute/so fine, and this year, you feel totally differently. How about this: Last year you thought someone was okay-looking, and then this year you find them attractive? Anyone in here noticed that change? These changes are normal; there's nothing to worry about. You're sitting there asking why is my friend acting weird. You know what they're asking? The same thing. There are a lot of changes going on right now, both physically and emotionally, and mentally because of this word called puberty. Today we are going to be talking with you about puberty and pregnancy. Now, I know that we have already talked about these two topics with you last year, but we are just going to do some review.

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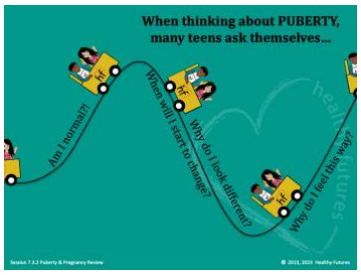
Educator states:
Now, just because we covered puberty with you already, it doesn't mean that you will have all the answers. When you hear the word puberty, it is ok to have unanswered questions. We want to have an open discussion today about a somewhat uncomfortable topic, so we want to encourage that we are respectful of one another and any questions that are asked (no laughing, mocking etc.). For any unanswered questions you have at the end of today's lesson, remember that we have our question box if you feel uncomfortable asking your question out loud. For right now, let's just start with a few questions that might be going through everyone's mind:

PPT Slides: Puberty & Pregnancy Review

[Slide 1]



[Slide 2]

- Am I normal?
- Why do I look different?
- When will I start to change?
- Why do I feel this way?
- Is my body normal?
- How tall will I be?
- When will I be able to date?
- Is it ok to have sexual thoughts or feelings?

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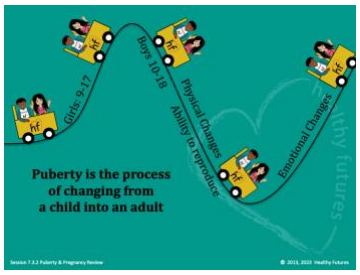
Educator states:
The comforting news is that everyone goes through puberty. However, everyone also experiences puberty in different ways.

[Slide 3]

The questions on the slide are normal questions a lot of teens have during puberty. Everyone's body has its own timetable. Some of you are well into puberty and some of you have not started puberty yet. Both are normal. As a result of the body growing and maturing, teens begin to think more about sex or have sexual feelings. That too is normal. As you begin to think more about sex or have sexual feelings, it is important you talk with your parents/guardians. Remember, if you have these concerns right now, that is normal. If you don't have these concerns yet, that is also normal.

Before we go any further, let's go ahead and define what puberty is. Puberty is the process of changing from a child into an adult.



[Slide 4]

As we already mentioned, this is a process everyone experiences in their own unique ways. Each person begins and ends puberty at different times. However, typically, girls begin and end puberty earlier than boys. The average ages for puberty to occur in girls is 9-17, whereas boys average ages are 10-18. Puberty affects every aspect of who you are. The most obvious change that occurs with puberty is that your body begins to change, and gains the ability to reproduce (or have children). Your emotions and interests will change during this time period as well.

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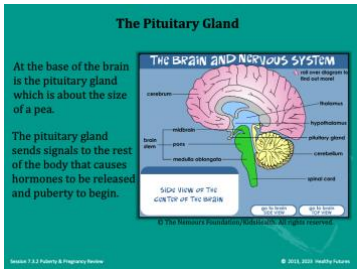
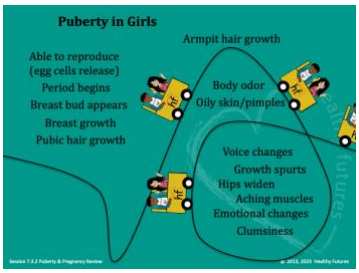


[Slide 5]

Educator states:
So, you may be wondering what is responsible for these changes that are transforming you from a child to an adult? The main biological explanation is something called the pituitary gland. This gland, located at the base (or bottom) of your brain, is so tiny that it is about the size of a pea! However, it is very powerful. This gland is responsible for the hormone production in your body. It signals to the rest of your body the information it needs in order to release the appropriate hormones and signal the beginning of the puberty process. The hormones affect girls and boys differently.



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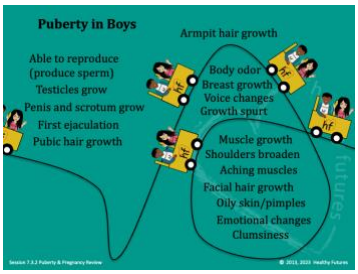

[Slide 7]

Puberty in Girls	Puberty in Boys
➢ Able to reproduce (egg cells release)	➢ Able to reproduce (produce sperm)
➢ Period begins	➢ Testicles grow
➢ Breast buds appear	➢ Penis and scrotum grow
➢ Breast growth	➢ First ejaculation
➢ Pubic hair growth	➢ Pubic hair growth
➢ Armpit hair growth	➢ Armpit hair growth

Notes:

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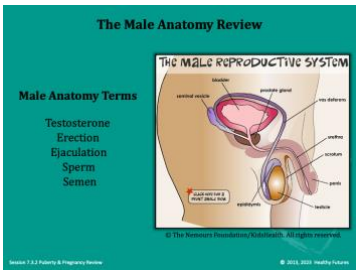
Educator states:

Puberty in Girls	Puberty in Boys
➢ Body odor ➢ Oily skin/pimples ➢ Voice changes ➢ Growth spurts ➢ Hips widen ➢ Aching muscles ➢ Emotional changes ➢ Clumsiness	➢ Body odor ➢ Breast growth ➢ Voice changes ➢ Growth spurts ➢ Muscle growth ➢ Shoulders broaden ➢ Aching muscles ➢ Facial hair growth ➢ Oily Skin/pimples ➢ Emotional changes ➢ Clumsiness

Now we are going to review the male and female anatomy.



[Slide 8]

The name of the primary sex hormone in males is testosterone. Testosterone leads to the changes in reproductive organs and give men many of their male characteristics. The testicles are located under the penis. This is where sperm, which are reproductive cells, are produced. The sperm is stored in the epididymis. The vas deferens carry the sperm from the epididymis to the prostate, where the sperm combines with semen. Semen, a white or gray fluid, is produced in the seminal vesicle. When sexually aroused, an erection will occur where the penis becomes firm and enlarged. During orgasm, ejaculation takes place and semen and sperm are released through the urethra.

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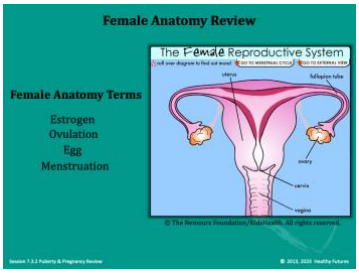

[Slide 9]

Educator states:
A female has two ovaries which store her egg cells until they are ready to be released. These organs also produce the female hormone estrogen, which give women many of their female characteristics. Females also have two fallopian tubes which extend from the uterus toward the ovaries. These tubes contain cilia which create a current that allow the eggs to travel to the uterus. The uterus is the organ where the fetus and embryo develop if a female becomes pregnant. The uterus contains a lining made up of blood and tissue that is shed every month along with any unfertilized egg during menstruation, also known as the monthly period. If a female is pregnant, she will not get her period. Below the uterus is the cervix with a small opening that connects the uterus to the vagina. The vagina connects the female internal reproductive organs with the outside of the body. The vagina is where sexual intercourse takes place, where the menstrual blood and tissue is released during a period, and is the canal through which a baby leaves the uterus during childbirth.

[Slide 10]

It is important to know the parts of the reproductive system and what each does in order to understand how a pregnancy occurs. About once a month, a female releases egg(s) from the ovaries and that egg travels down the fallopian tube toward the uterus. This process is called ovulation and is shown here. During sexual intercourse, the male ejaculates, releasing sperm from the penis into the female's vagina. Sperm have tail-like structures enabling them to travel up through the cervix and uterus to the fallopian tubes and reach the egg(s). If an egg is present a sperm and egg will join and continue to travel to the uterus. This process is called fertilization. When the fertilized egg reaches the uterus, it will attach to the lining, where it will receive nourishment and develop into a baby. Nine months later, the female will give birth.

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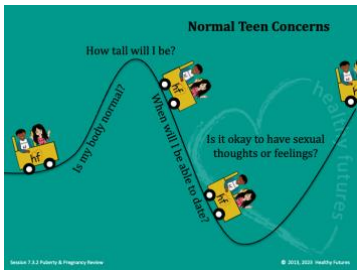

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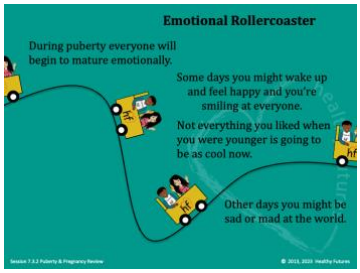
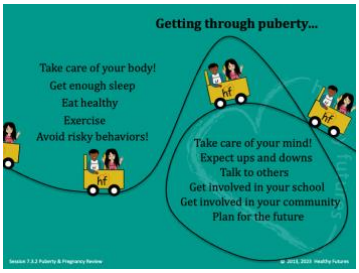


[Slide 12]

Educator states:
Now that we have addressed the major changes that occur to you physically during puberty, let's talk about how puberty might affect you emotionally.

Some days, hours, or even moments are going to feel like an emotional roller coaster. You might wake up feeling happy one day and other days you might be sad or mad at the world. These emotions are a normal part of puberty.



[Slide 13]

All of these changes may seem overwhelming at times. We have talked about a lot of changes you are going to be experiencing over the next few years, so it is important for you to know how to cope with these changes. Since both your body and mind are affected by puberty, it is important to take care of them! For your body, remember that getting enough sleep, eating healthy, exercising, and avoiding risky behaviors will all help.

For your mind, expect the emotional ups and downs we just discussed. It helps to talk to friends and peers who can relate to these same feelings. If you feel like these feelings are really overwhelming, it is important to talk with a trusted adult. Remember when we talked about our keys to success, it's important that you know who to talk to. You can also get involved in helping others in your school and your community to help take your mind off of these changes. Lastly, remember that some emotions are fleeting and that the choices you make now, affect your future, so plan and think before you act.

Notes:

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[Give each team a copy of the Male Reproductive System (Handout 7.3.2A) and Female Reproductive System (Handout 7.3.2B) to use while they play the game.]

Educator states:
Now that we have defined puberty and pregnancy we are going to play the Puberty and Pregnancy Review game.[4] We are going to divide the class up into two groups, girls vs. boys. When it is your turn, someone from your team will come up and spin the wheel. You will then be allowed five seconds to collaborate with your team members before answering the question.

Definitions
Q: What is the definition of puberty?
A: The process of changing from a child into an adult.

Q: What is the pituitary gland?
A: The gland at the base of the brain that triggers puberty to start.

Changes During Puberty Part 1
Q: What is the age range for puberty in girls?
A: 9-17

Q: What is the age range for puberty in boys?
A: 10-18

Changes During Puberty Part 2
Q: Name three changes that happen to boys during puberty.
A: Able to reproduce (produce sperm), testicles grow, penis and scrotum grow, first ejaculation, pubic hair growth, armpit hair growth, facial hair growth, body odor, breast growth, voice changes, growth spurts, muscle growth, oily skin/pimples, emotional changes, etc.

Q: Name three changes that happen to girls during puberty.
A: Able to reproduce (release eggs), period begins, breast growth, pubic hair growth, armpit hair growth, body odor, oily skin/pimples, growth spurts, hips widen, emotional changes, etc.

Female Reproductive System Part 1
Q: What is the female reproductive cell called?
A: Egg cell

Q: What is the name of the body part that produces/releases eggs every month?
A: Ovaries

Q: What is the name of the tube that the released egg travels through to reach the uterus?
A: Fallopian tube

[4] Please note, the Puberty and Pregnancy Review Game was implemented and evaluated as a PowerPoint review. For quality improvement purposes the activity is now implemented using the Game Wheel and Puberty and Pregnancy Review cards. The Puberty and Pregnancy Review content remains the same as what was implemented and rigorously evaluated, only the delivery has changed.

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Educator states:

Female Reproductive System Part 2
Q: What is the medical term for the monthly shedding of the lining of a female's uterus?
A: Menstruation

Q: What is the process of a mature egg being released from an ovary?
A: Ovulation

Q: What is the outermost part of the female reproductive system called?
A: Vagina

Q: What is the structure in the lower portion of the female's uterus that opens into the vagina?
A: Cervix

Male Reproductive System Part 1
Q: What is the male reproductive cell called?
A: Sperm cell

Q: What is the name of the organ that produces sperm?
A: Testicles

Q: What is the name of the tightly coiled tube where sperm is stored, located next to the testicles?
A: Epididymis

Q: What is the name of the physiological change that happens to a male's penis when he becomes sexually aroused?
A: Erection

Male Reproductive System Part 2
Q: What is the name of the process of the release of semen from a male's penis?
A: Ejaculation

Q: What is the male reproductive organ called?
A: Penis

Q: What is the tube located inside the penis called?
A: Urethra

You ask a question

[Participants asks a question related to lesson.]

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Educator states:

Sex Hormones
Q: What is the name of the primary female sex hormone?
A: Estrogen

Q: What is the name of the primary male sex hormone?
A: Testosterone

Q: What gland releases a fluid that combines with sperm to make semen?
A: Prostate gland

Category 7: Pregnancy
Q: What is the joining of a sperm with an egg called?
A: Fertilization

You ask a question

[Participants asks a question related to lesson.]

Winner

[Participants wins a prize.]

Notes:

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Educator states:
Today we have talked about the many changes that occur during puberty – physically, mentally, and emotionally. We have expressed to you that these changes are normal, as is beginning to think about sex or having sexual feelings towards another individual. However, just because it is healthy and normal to have these thoughts, does not mean you should act on them. Remember that these changes signify that your body has the ability to reproduce and create another human life. Soon we will be talking about the physical, mental, and emotional consequences of sexual activity. However, for right now, remember that you are on your path to success. The demands of parenting a child as a teen may take you far off your path to achieving your dreams. Set healthy limits in your relationships with others to ensure that you continue on your journey and avoid any detours to success.

[Remind participants of the question cards and to place them in the question bag. Pass out Parent Connection Form Session 7.3: Puberty and Pregnancy and collect completed parent connection forms from sessions 7.1 and 7.2.]

Notes:

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