

Lesson 5: Everybody's Got Body Parts – Part 2 The Female Reproductive & Sexual System

This lesson is adapted from after "Advocates for Youth: Right. Respect. Responsibility" Curriculum

OBJECTIVES

1. Students will be able to list at least 5 changes that usually occur during puberty, and describe the changes that typically happen in body's assigned female at birth.
2. Students will be able to correctly label and describe the functions of the internal and external sexual organs typically assigned "female", including their role in reproduction.
3. Students will be able to recognize that there is a wide variation in appearance of external organs associated with sex and reproduction.

AGENDA

5 Minutes	Do Now
3 Minutes	Review Ground Rules
10 Minutes	Answer Anonymous Questions
10 Minutes	Group Work - Female Sexual and Reproductive System
10 Minutes	Review – Female Sexual and Reproductive System
5 Minutes	Anonymous Questions and Home
5 Minutes	Closure and Homework

MATERIALS

- Flipchart or whiteboard
- Markers
- Student Journals
- Scrap paper/index cards for Anonymous Questions
- Copies of The Female Reproductive and Sexual System Worksheet
- Copies of Exit Ticket and Homework
- Basket or box
- Computer and Link to Kids Health Website – www.kidshealth.org

SUGGESTED ACCOMMODATIONS

- Do Now:
 - Give students 2-3 pre-written identified changes to select from.
- Female Reproductive and Sexual System Worksheet:
 - Provide labels with vocabulary words pre-typed for students to add to worksheet.

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- For students with assistive communication needs participating in worksheet review, collaborate with Special Education Staff to provide participation opportunities, (i.e., pre-program voice output device, have student point to correct word).
 - Exit Ticket:
 - Consider alternative exit ticket format, (i.e., multiple choice, fill in the blank).

CALIFORNIA HEALTH EDUCATION STANDARDS

1.1.G Explain physical, social and emotional changes associated with adolescence

1.8.G Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation.

4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health.

DO NOW ACTIVITY**10 minutes**

Write on board and have students complete the following question:

What are some changes that both male assigned bodies and female assigned bodies go through during puberty?

Change # 1. _____

Change # 2. _____

Change # 3. _____

Have a few students share their answers. Correct any misconceptions.

The Female Reproductive and Sexual System**30 minutes****A Note about Language**

You will notice that this lesson refers to “male” and “female” anatomy. We use these terms for clarity’s sake to refer to biological sex or the sex a person was assigned at birth based on their anatomy (for example, a baby born with a vulva is likely to be called a “girl”). At the same time, however, it is important to avoid assuming that all of your students’ gender identities will match their sexual anatomy. Referring to people with particular body parts (such as “a person with a vulva”) will create a more inclusive classroom than “female anatomy.”

Rights, Respect, Responsibility: A K-12 Curriculum

1. Explain to the class that they are going to be put into small groups to complete a worksheet on the sexual and reproductive system for people who were born with certain body parts and assigned “female” at birth. Tell them that the worksheet has a word bank at the bottom, and they need to make those words fit into the images provided. Have students get into groups (you may also wish to do pairs), distribute one worksheet per group or pair, and tell them they have 10 minutes in which to complete it.

2. Once the students have completed the activity, click on the link to the video, “The Female Reproductive System” at <http://kidshealth.org/en/teens/female-repro.html?WT.ac=ctg#catgirls>. Click on each body part and either read or ask a student to read the descriptions that are listed there. Tell the students to check their worksheets as you go along to make sure they have the answer correct. Once you have gone through all of the descriptions in the first tab, pause and ask students if they have any questions.
3. Click on the second tab, which has an introduction to the menstrual cycle. This part has a narrated explanation, so simply hit “play” and then “next” after each screen where indicated to go through the cycle. At the end ask if there are any questions.
4. Finally, click on the third tab, which is about the external system. Like the internal system, the description for each part here needs to be highlighted and read aloud, either by the teacher or different students. Once they have gone through all of them, ask whether there are any questions.

The Female Reproductive and Sexual Systems Worksheet

Group Member Names _____

WORD BANK

Uterus

Vagina

Cervix

Vagina

Ovary

Labia Minora

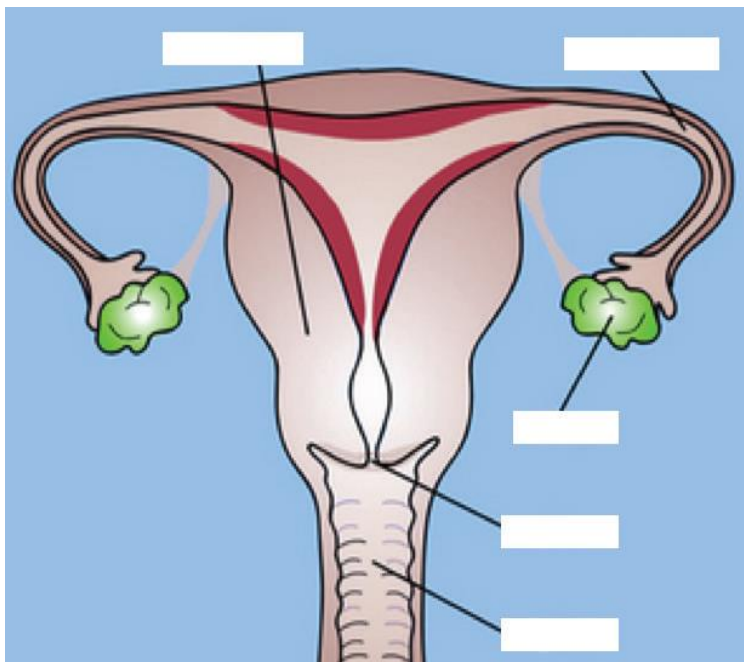
Clitoris

Labia Majora

Fallopian Tube Urethra

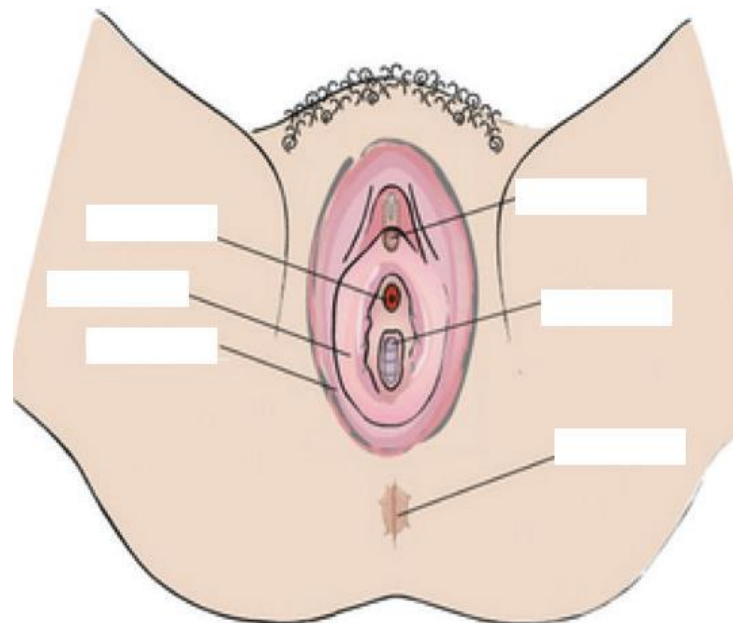
Anus

(Images from www.kidshealth.org)



Internal System

1. _____
2. _____
3. _____
4. _____
5. _____



External System

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____

Anonymous Questions**5 minutes****Objective**

Provide students with the opportunity to ask questions they might not feel comfortable asking out loud.

Distribute an index card to each student. Ask each person to write down one question they may still have relating to the female sexual and reproductive systems, but that they should not put their names on the cards. Instruct those who do not have questions to simply write “no question” on their card to help keep anonymity, as no one will know who wrote down a question and who did not. As they are writing their questions, distribute the homework sheet and ask them to complete it before the next class session. Collect the cards in the anonymous question box, and tell the class that you will answer them at the beginning of the next class session.

Teacher Tip: If you have extra time after collecting the questions and feel comfortable answering them, you can answer a couple of questions to normalize the material they are curious about.

Closure**5 minutes****Exit Ticket:**

Name: _____ Period: _____

After this class I know...**I'm still wondering about ...****One piece of information I can share with others is ...**

Vocabulary

Main Vocabulary for this lesson:

1. **Vulva:** Includes labia, clitoris, vaginal and urethral openings; located on the outside of the body.
2. **Labia Majora or Outer Labia:** Outer folds of skin, fatty tissue, and nerve endings that cover and protect the vulva
3. **Labia Minora or Inner Labia:** Inner folds of skin, spongy tissue, and nerve endings that cover and protect the openings to the vagina and urethra
4. **Clitoris:** This is a gland that is highly sensitive and is made out of erectile tissue that can become erect during arousal
5. **Urethra:** This is the tube that connects the bladder to the outside of the body
6. **Ovaries:** The two glands that hold egg cells. During puberty, eggs cells start maturing and are usually released one per month.
7. **Fallopian Tubes** Passageway through which the egg reaches the uterus. Also a passageway where sperm and egg can meet to cause fertilization.
8. **Uterus:** The strongest muscle in the female body. Where a fetus can grows & develop
9. **Endometrium:** Lining of the uterus, made of blood and tissues. Where a fertilized egg plants itself; this is when pregnancy starts
10. **Cervix:** Base of the uterus - joins the top of the vagina. The cervical opening (os) is usually closed, but opens a little for sperm & menstrual blood. The os opens to 10 cm to give birth
11. **Vagina:** Stretchy, muscular passage connecting vulva & uterus that often becomes wet during sexual arousal. The vagina can stretch to accommodate a baby during birth. Menstrual blood flows through here.

Supporting vocabulary for this lesson:

1. **Hymen:** A thin layer of skin, or pieces of skin, that partially cover the opening to the vagina in some females.

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2. **Menstruation:** When the lining of the uterus (endometrium) sheds and leaves the body through the vagina. Also known as a period. This usually happens once every month for people with uteruses after puberty.
 3. **Os:** The opening to the uterus.
 4. **Ovulation:** The release of an egg from the ovary. This usually happens once every month.
 5. **Vaginal discharge:** Clear, white, or off-white secretions from the vagina that help keep the vagina clean.