

6th Grade Health 3/11/20

EQ: How does Conception happen and how can we stay healthy?

CW: Workshop 7: Reproduction and Staying Healthy day 2

No HW - Turn in your books

Agenda

1. Class Expectations
2. Anonymous Questions
3. Rowan's Story
4. Prevention

Class Agreements

1. One person talks at a time, everyone else listens - Be careful with side talk
2. No one must talk about themselves. You can always choose to pass. You may still be called on if the question is not personal.
3. No "put downs", making fun of others or being sarcastic
4. What happens here, stays here (No Gossip)
5. Talk with your family about class discussions/hw
5. Try not to laugh, even if it's hard
6. Ask for consent
7. Be supportive of each other

Can people be born with a penis and a vagina?

Yes. About 1 in 1,000 Babies Born 'Intersex' - which means that their external genitalia make it unclear if their sex is male or female. This can include being born with both genitalia.

**If you have twins do you have to have a c
section?**

No. There have even been cases of people who are surprised by twins.

Why does lube get warm?

Warmed up by body heat

Does it hurt to kiss someone with braces?

No, Teeth aren't really involved in kissing.

Still be careful, it will hurt if you hit into a person's head.

Can braces get caught in another person's mouth or a condom?

Braces will not get caught in another person's mouth - this is a myth.

Metal braces can scratch genital areas or rip a hole in a condom

Why does pubic hair grow?

Pubic hair has a job to do – stop shaving and leave it alone - Article on next slide.

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<https://www.theguardian.com/commentisfree/2012/aug/07/pubic-hair-has-job-stop-shaving>

✓ Information that may be used

✓ Purposes

✓ I'm OK with that

Options

If i miss someone and they blocked me on everything so i cant talk them what do i do?

It can be difficult when someone you care about doesn't want to talk to you anymore, but you have to accept it. People have the right to set their own boundaries. The best advice is to try to distract yourself, leave that person alone and find new people to interact with.

During sex you only use a male condom or a girl condom ?

Yes, do not double up on latex based contraception.

What is yeet?

To forcefully throw an object

Do you have any advice for how to smell better

- Shower or bathe every day or every other day.
- Wash hair daily or every other day.
- Use deodorant or antiperspirant as needed.
- Brush teeth twice a day and, preferably, floss daily.
- Wear clean socks and underwear every day.
- Perfume/body spray can make body odor worse

Why is armpit hair gross and bad thing?

Armpit hair (and hair around the nipples, and some groin hair) grows atop the sweat glands that produce a body's natural smells, and it works as a kind of human fragrance diffuser, allowing one's personal scent to waft into the atmosphere and announce one's presence (and one's fertility) to potential mates

Our dislike of this hair is cultural - not universal.

What is the point of having sex just for pleasure?

Having sex is just one way that two people can feel very close and loving towards each other.

Can you PLEASE show what a dildo looks like because i am still learning about that.

No, that would not be appropriate at school. You should talk to your parents about that.

How do girls have sex?

There are many ways that everyone — lesbian, gay, bisexual, or heterosexual — can have sex with a partner, including kissing, masturbation and body rubbing. People may also practice oral sex, which is when someone uses her or his mouth to stimulate a partner's genitals.

How rare are twins, triplets, and quadruple kids?

Only about one in 250 births is identical twins. Identical triplets are even less common, occurring about 20 to 30 times per 1 million births, the study found.

How do you get horny and what does that mean?

The word “horny” is a slang term for wanting to have sex or being sexually aroused or excited.

Having a sex drive, desiring sex, and being turned on are normal parts of sexuality. People have different levels of sex drives — some have higher drives and some have lower.

How many gender and sexuality identities are there?

The following web page has a list - as well as a few other words defined



& SEXUALITIES

(as well as a few other LGBT+ terms) and their definitions

SEXUALITY

Romantic Orientation- Who you are attracted to meaning wanting to be in a romantic relationship with and is a relationship.

Sexual Orientation- Who you are attracted to meaning who you get turned on by or who you would want to engage with.



**note all listed below are applicable also to romantic orientations. These take the prefix of the word and the ending -romantic, i.e. heteroromantic, panromantic, aromantic.*

<http://thepbhscloset.weebly.com/a-list-of-genders--sexualities-and-their-definitions.html>

describe someone who is gender binary [female or male] attracted to the other binary gender).

Homosexual- The attraction to a gender the same as their own (commonly used to describe someone who is gender binary [female or male] attracted to the same binary gender referred to as *gay*).



Reproduction and Staying Healthy

Owl lesson 7 6th grade

Objectives

Understand how conception happens and the role of contraceptives in preventing unintended pregnancy.

Understand the stages of fetal development.

Understand the basics of common sexually transmitted infections and how to protect against them.

Conception Overview

Today's class is about reproduction and staying healthy.

Who has heard the word reproduction?

We are going to discuss some of the ways humans reproduce. In order to reproduce people need three things:

Egg (ovum), sperm, and a uterus.

People also need the people whom the egg, sperm, and uterus belong to.

One common way an egg and sperm join together is when a person with a penis and a person with a vagina and uterus have sexual intercourse.

Sexual intercourse : when the genitals of one person envelope or enter the genitals, mouth, or anus of another person for sexual pleasure. Examples include a penis entering a vagina (vaginal intercourse), mouth to genital stimulation (oral sex), and a penis entering an anus and rectum (anal sex).

If a penis ejaculates when it is inside or touching the opening of the vagina, the sperm can swim up the vagina to the uterus and might eventually meet up with an egg. Fertilization occurs when the egg meets the sperm.

Conception occurs when the fertilized egg settles into the lining of the uterus, where it is nourished and grows.

THE TRAVELS OF THE SPERM: Ejaculation



At puberty the brain tells the testicles to produce testosterone and sperm.



Sperm travel to the epididymis, where they mature and travel



through the vas deferens, past the seminal vesicles and prostate gland,



through the urethra, and are spurted out the tip of the penis.

Puberty

THE FURTHER ADVENTURES OF THE EGG AND SPERM: Pregnancy



Each egg waits in the Fallopian tube to be fertilized by a sperm.



Sperm leave the penis, swim up the vagina, through the uterus,



and into a Fallopian tube, where an egg may be waiting to unite with a sperm.



Pregnancy can begin.

About 500 million sperm are released in a single ejaculation but only about 200 sperm get close to the egg and only one can fertilize it.

After one has fertilized the egg no more can unite with it.

Sometimes two or more eggs are present and are fertilized by different sperm. This may result in as many babies as there were eggs: twins, triplets or even more.

Sometimes one fertilized egg splits perfectly in two which can result in two identical babies, identical twins.

There are other ways that a sperm and egg can come together.

Sometimes people will get medical help from professionals to bring an egg and sperm together.

There are many ways to do this, all of which can result in pregnancy and a baby.

How might this information be helpful to you now? In the future?

What is one thing you have learned or been reminded of during this discussion?

There is no way to tell by looking at someone how the egg and sperm that made them came together.

Pregnancy

Pregnancy is a the time period during which a person is carrying an embryo or fetus inside their uterus (womb). In human beings this period is usually about 40 weeks long or about 9 months.

zygote----embryo----fetus----baby

Zygote-A cell that is formed when an egg and sperm combine: a fertilized egg.

Embryo-The collection of cells that have developed from a fertilized egg, from implantation in the uterus through the eighth week of development until birth.

Fetus- The name of an embryo from the eighth week of development until birth.



Matching Pairs

After about 40 weeks or nine months the baby is ready to be born.

There are two ways a baby can be born.

Vaginal Birth-The uterus muscles contract and push the baby out of the uterus, through the vagina and out of the body.

Cesarean Birth or C-Section-A surgical procedure where the person receives medicine to prevent pain, a cut is made through the skin of the lower abdomen and the uterus and the baby is lifted out of the body. Both the uterus and the skin are then surgically closed.

C-Sections happen when the baby is too big or in the wrong position (breech), or for some other reasons, or when a vaginal birth might endanger the health of the baby or the person giving birth.

One thing that every single person has in common is that they started from an egg, a sperm, and a uterus.

What are some reasons someone might want to have a baby?



Collaborate!

What are some reasons someone might want to have a baby?

Create a family

Have someone to care for

Help someone who cannot have a baby of their own.

What are some reasons someone would choose not to have a baby?



Collaborate!

What are some reasons someone would choose not to have a

They feel too young

They feel too old

They do not feel ready

They are not finished with school

They do not have help to care for a child

They cannot afford to raise a child

They have health challenges that might make it difficult or dangerous.

Many people engage in sexual activity because it feels good.

This can have emotional and physical consequences.

If two people have sexual intercourse or other sexual contact where the penis goes in or very near the vagina, fertilization and pregnancy may occur.

The best way to avoid pregnancy is to avoid having any form of sexual contact where sperm can get anywhere in or near the vagina.

The practice of avoiding sexual intercourse or skin-to-skin genital contact of any kind (even with same sex partners) is called *abstinence*.

One of the Our Whole Lives (OWL) values is that it's better for adolescents to postpone having intercourse until they are older and more mature.

Another way to prevent pregnancy, if people do want to have this type of sexual intercourse, is to use contraception.

Contraception- also called birth control, methods of preventing pregnancy.

Some cultures and religions have rules about contraception. The decision about whether to use contraception is a personal choice. The decision depends on someone's values, their comfort with their body, the type of relationship they may be, medical conditions that might influence their choice and whether they want to become pregnant.

When and if someone wants to have sexual intercourse, who are some people who can help them make decisions about using contraception?

THEIR TREATMENTS

There are four types of sexually transmitted infections, each with its own forms of treatment.

Bacteria

Curable with antibiotics
Bacterial Vaginosis
Chlamydia
Chancroid
Gonorrhea
Syphilis

Viruses

No cure,
but symptoms are treatable
Herpes
Hepatitis B
HIV-AIDS
Human Papilloma Virus
(HPV)

Fungi

Curable with antifungals
Candida

Parasites

Curable with antiparasitics
Scabies
Lice
Trichomoniasis

STIs are usually passed in body fluids including blood, semen, vaginal fluids, and breast milk (if the person with the STI is breastfeeding and is not being treated for their STI).

Most infections CAN be cured if they are diagnosed and treated early.

Some infections are with the person for their whole lives (are not curable) but the symptoms can be treated. This means medical care is important.

One incurable STI is HIV-Human immunodeficiency virus. Over time it can turn into AIDS-Aquired immune deficiency syndrome. AIDS makes people more likely to get life threatening illnesses.

STIs are common and are nothing to be ashamed of. But they can have serious side effects including blindness, sterility (the inability to make a baby), or death.

Protection from exposure is important!

One form of contraception-condoms-provide some protection from STIs but the best protection is abstinence.

Sexual activity can be pleasurable when partners are mature and are both emotionally and physically ready.

For adolescents, the best way to avoid risk is to avoid sexual activities involving genitals and to avoid exposure to body fluids that might carry viruses and bacteria.

Some people get a vaccination against a virus called HPV-human papillomavirus.

The vaccine prevents certain strains of HPV that cause an STI that may cause cancer.

Talk to your parents/caregiver or healthcare providers about the HPV vaccination.

What is the best way for someone your age to avoid getting an STI?

What is one thing someone should do if they think they have an STI?

How might this information help you in the future?

Draw It

STD IQ 1

Instructions: Mark the “True” or “False” box for each statement.

T

F

1. Someone who looks “clean” can’t have an STD.
2. All STDs are 100% curable.
3. There’s a vaccine to help prevent HPV.
4. The most common STD in the United States is HPV.

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Draw It

5. As long as a person with an STD isn't sexually active while he or she is having symptoms, his or her partner can't catch the disease.
6. Some STDs can have long-term consequences, like fertility issues and pain.
7. Many STDs have no symptoms.
8. Anyone who is sexually active should see a doctor for regular STD testing.
9. The tests doctors use to check for STDs are very painful.
10. All STDs can be treated with antibiotics.

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Draw It

11. Some STDs can cause death.
12. Many people with STDs don't even know they have them.
13. You can't have more than one STD at one time.
14. If untreated, some STDs can increase the risk of getting cancer.
15. Abstinence from all sexual contact is the only 100% effective way to prevent STDs.

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Draw It

16. Using a condom is as effective as abstinence.
17. Using a condom every time can lower your risk of STDs.
18. Having sex with many different partners can increase your risk of getting an STD.
19. Drugs and alcohol can affect someone's ability to make safe decisions about sex.
20. If your partner gets angry when you bring up STD testing, it's best to drop the subject.

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Reading-Rowan's story

Questions:

Why is it important for us to understand how HIV and other STIs are transmitted?

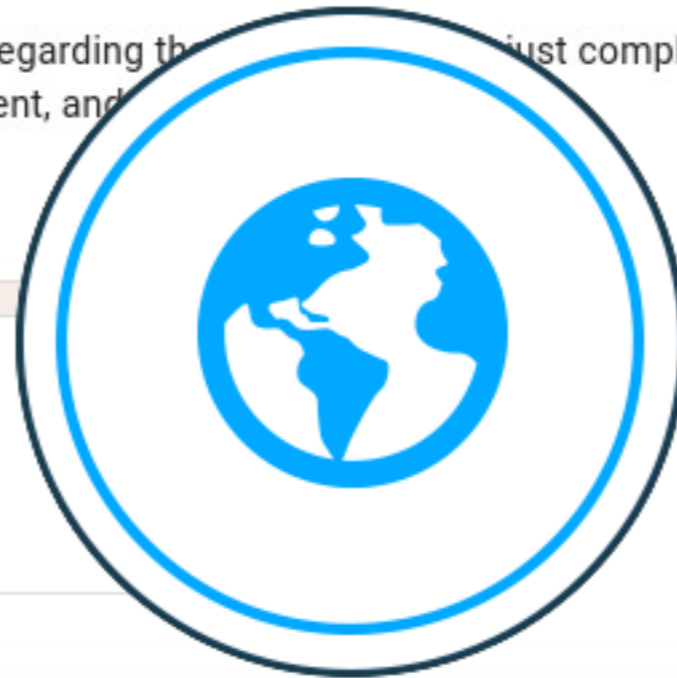
How can we support people with STIs and stay safe ourselves?



Health Class evaluation

Please submit feedback regarding the course you have just completed, including feedback on course structure, content, and

* Required



Your Name *

Your answer

Grade you have earned in this class *

<https://forms.gle/m6b91KXFWRxwkCFZ6>

Level of effort

Poor Fair Satisfactory Very good Excellent