



Reproductive Health

A program designed and presented by The Health Adventure staff.

Suggested Classroom Activities:

- 1) Distribute the attached sheet, “DECISIONS, DECISIONS”. Divide class into small groups. Ask each group to choose a typical decision facing teens (choosing a career or college, choosing classes for next year, deciding about sex, being offered drugs, etc.) and apply the model. Each group should then present their decision scenario to the class through description or role play.
- 2) Pre and/or Post Text

Use copies of the attached sheet to see how much your students know about adolescence (before they come to The Health Adventure or after, or both). This is not to be graded, and let them know there’s no need to put their names on the test. Answers are included on a separate sheet. This is another activity they could share with their parents.
- 3) Distribute copies of the attached sheet, “What Kind Of Partner Do You Want?” Have each student pick the ten most important qualities they would look for in a romantic/dating relationship. Those students who are willing may share with the group. Questions to ask after this discussion: How would your sheet look different if you’d been asked to pick the 10 most important qualities for a best friend? Why the difference?

Program Objectives: With our teaching staff, students will:

- ✓ Learn (review) about conception and the stages of fetal development.
- ✓ Learn (review) the physical and emotional changes of adolescence.
- ✓ Learn (review) the anatomy and physiology of the male and female reproductive systems.
- ✓ Learn a model for healthy decision making.
- ✓ Examine the realities of responsible parenting.

Life Patterns II . . . Grades 7 and Above

Page 2

DECISIONS, DECISIONS!

Some people think that making good decisions is a matter of luck or fate. Not true! The ability to make good health decisions is a skill that can (and should) be learned.

Step One: Define the problem

What is it you are trying to decide? What is your desired outcome?

Step Two: List your options

What are your choices? Think of as many options as you can. Write them down if it helps.

Step Three: Think about consequences

Every action has a result. Try to imagine the likely result of each of your options. Can you picture yourself feeling good about the results of a particular choice?

Step Four: Act on your decision

Pick an option you think will have the best outcome after weighing all your choices.

Step Five: Evaluate the results

After you have chosen, look at the actual consequences. Is the outcome what you imagined? If not, why not? Everyone makes mistakes – this step helps keep you from making the same ones twice!

As with any skill, practice helps! If you try this method when you have easy decisions, you'll be better prepared when you have really tough decisions to make.

Life Patterns II . . . Grades 7 and Above

Page 3

How much do you know about adolescence and reproductive anatomy. Find out by taking this short quiz.

TRUE or FALSE:

1. _____ Boys start to go through puberty earlier than girls.
2. _____ Acne, pimples (zits) are always caused by chocolate.
3. _____ Everybody has a pituitary gland.
4. _____ A woman can only get pregnant during her period.
5. _____ Siamese twins are as common as identical twins.
6. _____ If a pregnant woman smokes a cigarette, her baby gets the nicotine too.
7. _____ Identical twins start with one sperm and one egg.
8. _____ Wet dreams are a normal part of puberty for boys.
9. _____ Moodiness is always a sign of mental illness.
10. _____ Everybody has Fallopian tubes.
11. _____ You can get pregnant by kissing.
12. _____ If you haven't gone through puberty by age 14, there's something wrong with you.
13. _____ If a girl has started having her period, she's old enough to get pregnant.
14. _____ Erections are caused by a bone in the penis.
15. _____ Your parents went through puberty.

Life Patterns II . . . Grades 7 and Above

Page 4

TRUE or FALSE: Answers

1. False: Although there is a great deal of variation, and a wide range of “normal” timing, girls in general begin puberty one to two years earlier than boys.
2. False: No specific food causes for acne have been identified. However, some people may find a reaction to some particular food, which they should then try to avoid, or at least limit. (Examples are fatty foods, soft drinks, and yes, sometimes chocolate.) Acne is caused by an excess production of oil in the skin.
3. True: A bean-sized gland tucked underneath the brain, the pituitary gland produces growth hormones, and activated sex hormone production in testicles and ovaries.
4. False: Although it’s most likely around two week before the menstrual period, conception has been known to occur at any time in the cycle.
5. False: Siamese twins (bodies joined at birth) are extremely rare. Most are successfully separated shortly after birth.
6. True: Nicotine crosses the placental barrier.
7. True: The sperm and egg join, and then the fertilized egg splits, producing two embryos with the same genetic structure.
8. True: Over 90% of boys experience wet dreams during puberty.
9. False: Mood swings are very common during adolescence, and are a byproduct of hormonal changes as well as changes in thought processes and developing self-concept.
10. False: Only women do.
11. False: Sperm must enter the vagina.
12. False: There is a wide range of personal differences.
13. True: Occasionally, even girls who have not yet had a period have become pregnant if they’ve had sexual intercourse.
14. False: The penis has no bone. Blood fills spongy tissue under pressure.
15. Almost certainly true!

Life Patterns II . . . Grades 7 and Above

Page 5

What would you look for in a romantic relationship? Check the ten qualities you think are most important:

_____ Great body

_____ Sense of humor

_____ Nice car

_____ Shows emotions

_____ Easy to talk to

_____ Similar religious beliefs

_____ Independent

_____ Likes children

_____ Sexy

_____ Quiet and shy

_____ The life of the party

_____ Does not want children

_____ Smarter than you

_____ Great clothes

_____ Not as intelligent as you

_____ Dependent on you

_____ From a wealthy family

_____ Musically talented

_____ Drug free

_____ No tobacco use

_____ Good cook

_____ Has different interests than you

_____ Not as attractive as you

Life Patterns II . . . Grade 7 and Above

Page 6

Resources for further information:

The following all have books, curricula, and other teaching materials:

Buncombe County Health Center
257 Biltmore Avenue
Asheville, NC 28801
(828) 250-5000

Planned Parenthood
131 McDowell Street
Asheville, NC 28801
(828)252-7928

Pack Memorial Library
67 Haywood Street
Asheville, NC 28801
(828) 250-4711

Books to recommend:

What's Happening To My Body? (Girls) Lynda Madaras and Area Madaras, New Market Press, New York, New York, 1983.

The What's Happening To My Body? Book For Boys, Lynda Madaras and Dane Saavedra, New Market Press, New York, New York, 1984.

Sex: The Facts, The Acts, and Your Feelings, Michael Carrera, Crown Publishers, New York, New York, 1981.

For Parents:

Raising A Child Conservatively In A Sexually Permissive World, Sol Gordon, PH.D. and Judith Gordon, MSW, Simon & Schuster Publisher, New York, New York, 1983.