

AN INTRODUCTION TO SEXUAL EDUCATION



GRADE

7

GROUND RULES

OVERVIEW

CLASSROOM

DISCUSSIONS



GROUND RULES

- 1. Show and Give Respect**
- 2. Confidentiality**
(Exception: Dangerous Behaviors)
- 3. Openness**
(Avoid using names in stories)
- 4. Right to Pass**
- 5. Non-Judgmental**
- 6. Sensitive to Background**
- 7. Have Fun!**

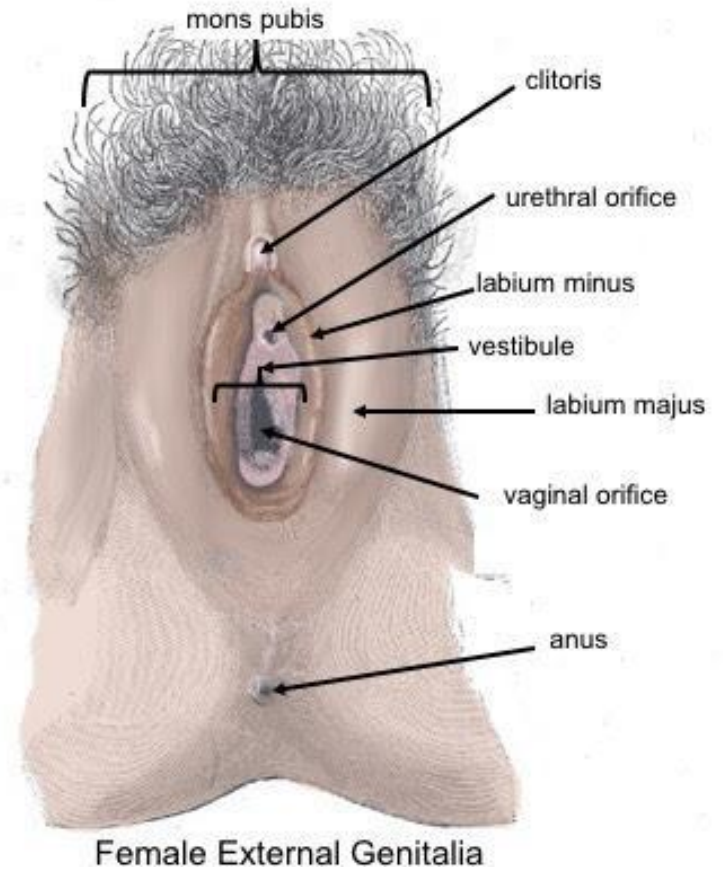
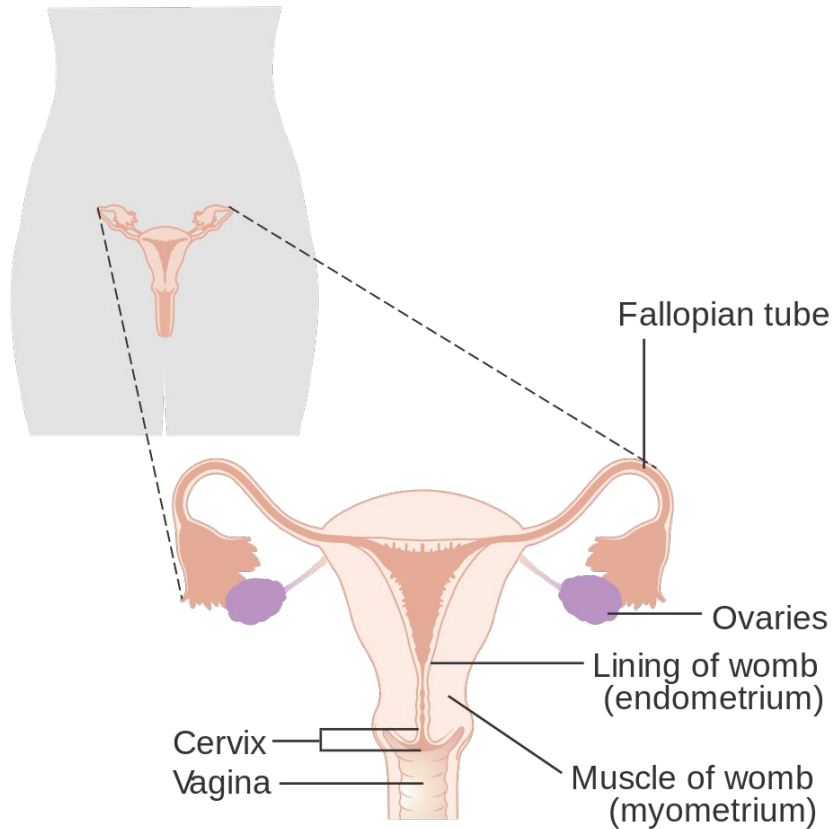
A checklist graphic with three items. The first item has a red checkmark in a box, and the other two have empty boxes. Each item has a horizontal line to its right.

TOPICS TO STUDY

- **Reproduction**
- **Body Image & Social Influences**
- **Choosing Abstinence**
- **Decision Making**



The Female Reproductive System



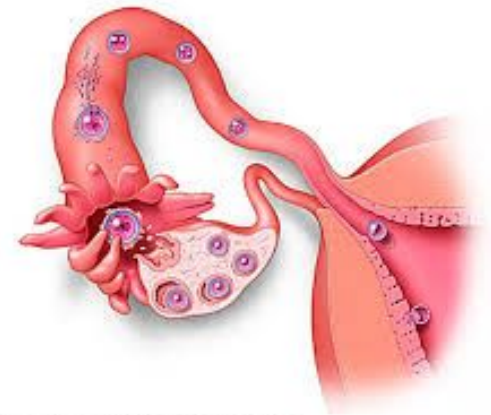
The Female Reproductive System

Egg (ovum)

- The egg is produced and stored in the ovaries.
- An egg is released once a month after puberty begins (ovulation).

Occasionally two or more eggs (ova) are released.

- The egg travels down the fallopian tube to reach the uterus.
- If the egg is not fertilized in a day or so, it dissolves in the fallopian tube.



Ovulation

- Ovulation may alternate from one ovary to the other each month, mostly from one ovary, or random from one month to the next.
- People can experience varying degrees of sensation during ovulation from nothing to pain similar to menstrual cramps.

The Female Reproductive System

Menstruation

- Menstruation is the part of the menstrual cycle where the uterine lining is shed through the vagina.
- The uterus prepares for a fetus each month, in case fertilization occurs.
- Hormones from ovaries send a message to the uterus to grow a thick, soft lining of tissue and blood.
- If the egg is not fertilized in the fallopian tube, the lining is not needed to nourish the baby, so the uterus will shed the lining.
- It takes 2-7 days to shed the lining. Five days is the average.
- A cycle of 28 days is most common; however, it can vary from 24-38 days.

The Female Reproductive System

Menstruation

Some people have regular cycles, and some do not. It is common for periods to be irregular in the first few years.

- Menstruation is a normal part of puberty. It is not dirty or bad.
- Menstruation is not a sickness. People can participate in their regular daily activities during their period.

If menstrual symptoms are severe, a person can speak with a health care provider.

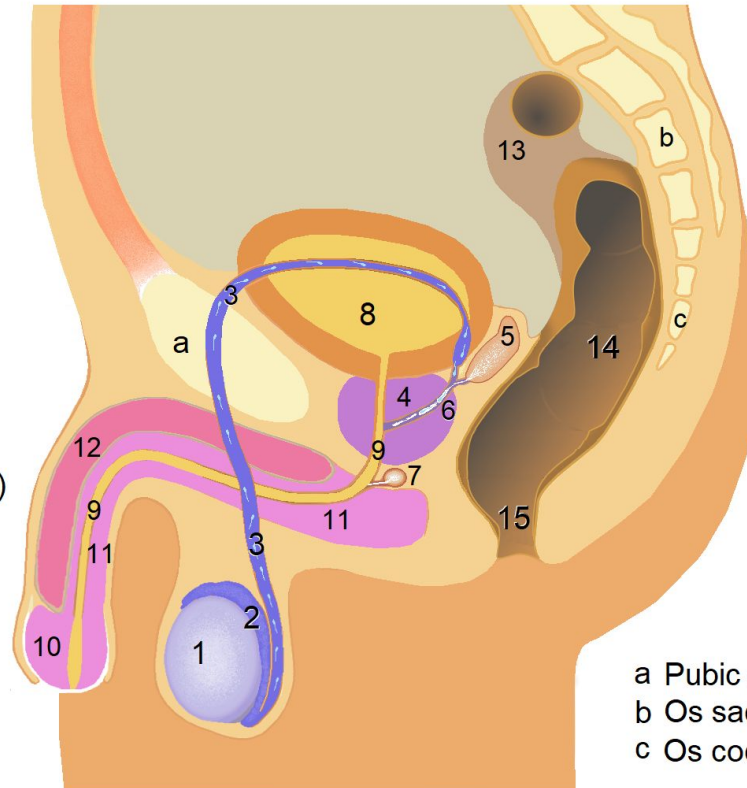


SHINE..

* Egg Producing Reproductive System Handout

The Male Reproductive System

- 1 Testis (Testicle)
- 2 Epididymis
- 3 Ductus deferens (Vas deferens)
- 4 Prostata (Prostate gland)
- 5 Glandula vesiculosa (vesicular gland)
- 6 Ductus ejaculatorius (ejaculatory duct)
- 7 Glandula bulbourethralis (Cowper's gland)
- 8 Vesica urinaria (Urinary bladder)
- 9 Urethra
- 10 Corpus spongiosum glandis
- 11 Corpus spongiosum penis
- 12 Corpus cavernosum penis



13 Colon sigmoideum (pelvic colon)

14 Rectum

15 Anus

a Pubic symphysis
b Os sacrum (sacrum)
c Os coccygis (coccyx)

The Male Reproductive System

Sperm

- The reproductive cells are made every day in the testicles.
- The sperm mature in the epididymis, travel up the vas deferens and mix with fluid from the seminal vesicles and prostate to form a white sticky fluid called semen.

Semen

- The combination of sperm and fluid from the seminal vesicle and prostate that is ejaculated from the penis.



The Male Reproductive System

Erection

- The brain sends a message to the body to increase blood flow to the penis which fills the spongy area in the penis making it hard (erect) and often stand out from the body.
- People may have erections at any age. During puberty, they may occur more often. Erections are sometimes due to a sexy thought or feeling and sometimes because of hormone changes or as a reflex reaction to certain sights, sounds, smells, thoughts or touch.
- Erections are a normal process of growing up.
- Erections can go away by themselves or after ejaculation.

The Male Reproductive System

Ejaculation

- Ejaculation is the release of semen and sperm from the penis, usually as a result of an orgasm.
- Although people may experience erections at any age, they do not ejaculate until puberty, when their bodies begin producing sperm and semen.



The Male Reproductive System

Nocturnal emissions

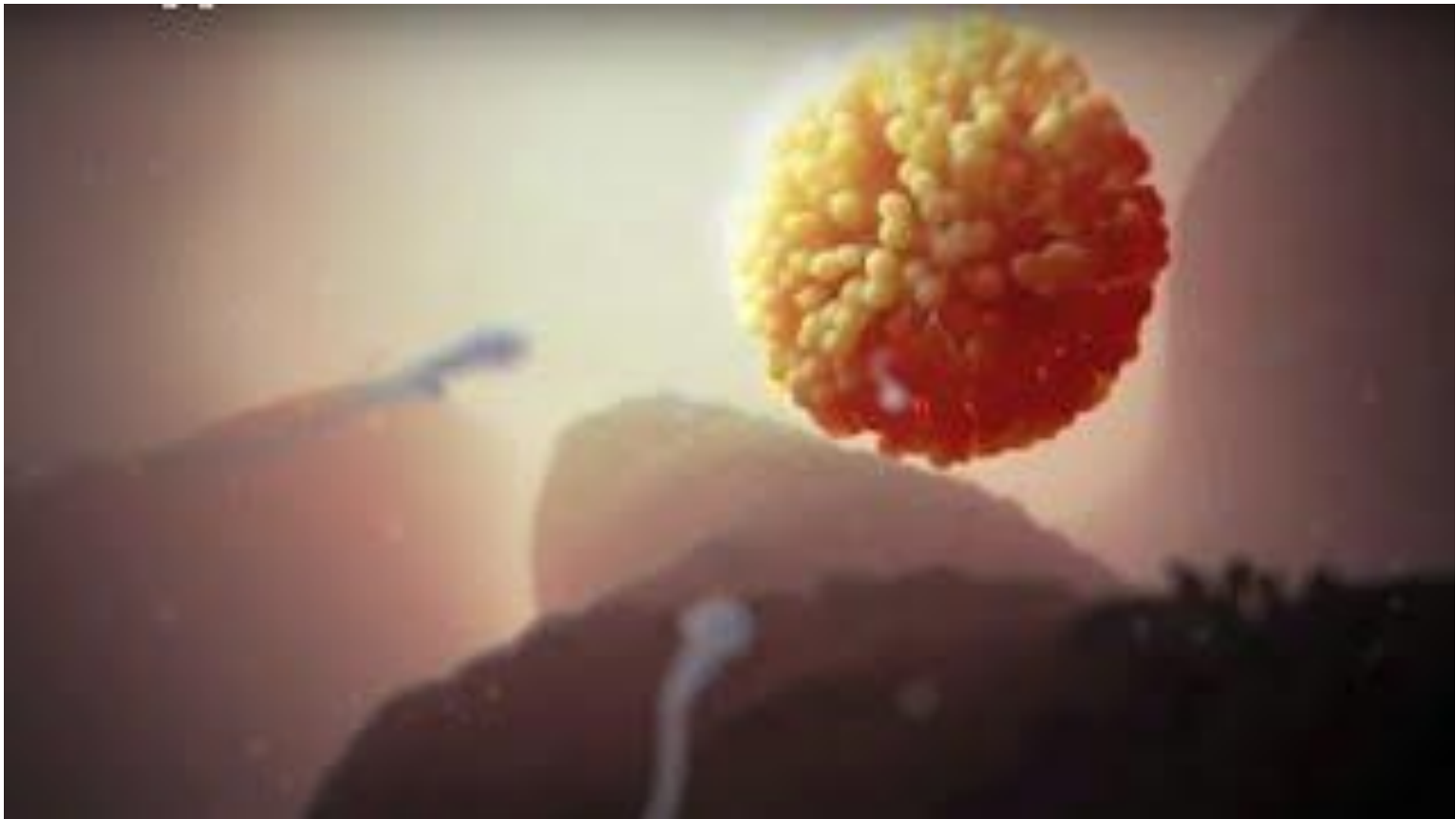
- Nocturnal emissions (wet dreams) occur when a person ejaculates in their sleep.
 - This is the body's way of adapting to the start of sperm and semen production.
 - Some people have wet dreams and others do not. Wet dreams usually end later in puberty once the body is used to producing sperm and semen.



- Sperm Producing Reproductive System Handout

The Reproductive Process

Fertilization and Implantation



Pregnancy



Will a pregnancy occur every time sexual intercourse occurs?

- No. Pregnancy only happens if a sperm fertilizes an egg and if the fertilized egg implants in the uterine wall.
- People often do not know when they are ovulating, and some people ovulate more than once in a cycle.
 - A person can get pregnant from sex that happens up to a week before they ovulate.

Sexualization in Media

How can we define 'media'?

Media is a term for the industrial forms of mass communication. This includes TV, movies, magazines, internet etc.

What is media literacy?

Media literacy is the ability to use critical thinking skills to analyze media messages- from music videos and internet environments to product placement in movies and virtual displays on NHL hockey boards. It's the instinct to question what lies behind media productions— the motives, the money, the values and the ownership— and to be aware of how these factors influence content.

Discussion

Where do you get your information about sex and sexuality?



Advertisement

We are going to examine the advertising industry and study the messages about sexuality that this industry sends to kids and teens.

Use these questions to discuss the ad you are analyzing.

- What product or service is the ad selling?
- What does the ad suggest or imply that the product can do?
- What underlying message or value is being sold by the ad? Is it obvious or subliminal?
- Do you agree/disagree with this message?
- What do people in the ad look like?
- What message does the ad give about sexuality?
- Is this a positive or negative message about sexuality?

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Advertisement

- In the ads we examined, what messages about sexuality are being sent by the advertising industry?
- Are these messages positive or negative?
- Do the ads we looked at send messages that reflect your values?
- If these messages about sexuality are contrary to our values, what choices do we have?



Stereotypes

What is a stereotype?

- A stereotype is a belief about specific types of people or certain ways of doing things that may or may not accurately reflect reality. Often stereotypes are negative.

A gender stereotype is something that people think is true about how others look, act, think, talk or feel because they are a certain gender. There are specific meanings associated with acting like a boy and acting like a girl.



Stereotypes

How does it feel to be stereotyped? Why?

- Usually negative.
- You aren't being seen the way you really are.
- You are being judged by what someone else thinks.
 - Stereotypes limit our potential. This is not to say that boys shouldn't fix cars and that girls shouldn't cook. The problem is that we are told that we must perform these roles in order to fit in. It is important for all of us to make our own decisions about who we are, what we do, and how we relate to others.

Body Image

Write the title “**Images of Beauty**” on a google slide.

Take 15 minutes and load one slide with a collage of all of the images of people that you, personally, think are beautiful.

Once finished, display them on your chromebook as a slideshow.

Body Image

Based on the images presented in the collages, what are some standards set by the media regarding beauty?

- Is the media's ideal image of beauty realistic for most people?

Why or why not?

- What are some attractive qualities people can have that are not based on appearance? Are these qualities reflected in the collages?

Body Image

- Do all kinds of people see themselves reflected in media images of beauty?
- Why do you think people might have a more critical self-image than reality?
- How do media influence the image we have of ourselves? Family? Friends?
- What are some ways we can combat negative perceptions we have of ourselves?

Body Image

How to have a healthy body Image

- Treat your body with respect by keeping it strong and healthy.
- Eat well-balanced meals and exercise to feel strong and able, not to change your body's size or shape to fit someone else's ideal.
- Dress in clothes that fit the body you have and make you feel good about yourself.
- Spend time with friends and family who are positive and like you for who you are as a person.

Body Image

How to help others have a healthy body Image

- Be aware of how you talk about bodies with other people. Try to focus on positive attributes that aren't related to physical appearance.
- Be mindful of the media you consume and the messages sent by media about body image.
- Remember that everyone has challenges with their body image at times. Use positive self-talk when you find yourself being critical or judging yourself.

Sexual Activity and Abstinence

When talking about sexual activity, it is important to recognize that sexual activity consists of a variety of behaviours on a continuum ranging from any physical contact with another person to sexual intercourse.

Different people place different activities in different places on this continuum.

Discussion

What is sexual activity/sexual intercourse/sex?

- Each of these terms can mean different things to different people. Some people might think sexual activity means any sexual contact like kissing, touching over or under clothing, above or below the waist. Others think sexual activity refers only to sexual intercourse, or certain types of genital to genital contact.

Discussion

What is abstinence?

Abstinence means choosing not to do something.

In these lessons, abstinence means choosing **not to have sex**. This includes not engaging in:

- direct touching of a partner's genitals
- vaginal sex (penis to vagina)
- anal sex (penis to anus)
- oral sex (mouth to penis, anus or vulva/vagina)

Abstinence is often referred to as being 100% safe; meaning that there is no risk of pregnancy and no or low risk of sexually transmitted infections (STIs). This is only true if all of the activities in the definition above are avoided.

Discussion

What is virginity?

Virginity means different things to different people. **Virginity is a cultural idea, not a biological fact**, so the meaning can change from person to person and over time.

Many people define it as not having chosen to be sexually active with another person yet. Others might say it means not having had vaginal sex.

Discussion

If you have already had sex, can you still be abstinent?

Yes.

A person who has had sex in the past, who chooses not to be sexually active, is abstinent. The choice to be abstinent can be made at any time, regardless of past experience.

Sometimes people use someone's sexual history to pressure them to have sex again. This is not fair and could be considered coercion or bullying.

Being Abstinent is OK

Choosing to have sex is a personal decision. Any form of sexual activity should **only** be decided by the individual that wishes to participate. This decision should **ALWAYS** be respected!



Reasons People choose to Abstain from Sexual Activity

Personal Reasons

- Personal values or religious/moral beliefs
- Not ready yet
- To avoid fear or disappointment

Reasons People choose to Abstain from Sexual Activity

Medical Reasons

- Avoid pregnancy
- Avoid STIs
- Health and protection against disease. For example, risk factors for cervical cancer include early age of first intercourse, higher number of sexual partners, and younger age at first pregnancy.

Reasons People choose to Abstain from Sexual Activity

Relational Reasons

- Haven't met the right person
- To strengthen a relationship.

Abstaining or postponing sexual activity may allow time to develop a deeper friendship and establish intimacy that is not sexual. Partners may spend more time talking, building mutual interests, and sharing good times with friends.

Making Decisions

What pressures are there for teens to become sexually active?

- Peer Pressure
- Alcohol and Drug Use
 - Media
 - Partner Pressure
- Hormones or Attraction

Peer Pressure

IS THERE PRESSURE
ON TEENS TO HAVE
SEX OR BE PHYSICAL
IN RELATIONSHIPS?

Alcohol and Drug Use

- Using alcohol or drugs reduces your ability to make informed decisions. This reduced ability can lead to actions that may not reflect your values or convictions.
- People who are drunk, high, sleeping or unconscious can't consent to any sexual activity, either legally or practically. To communicate clearly about consent, both people should be sober and alert.

Media

(TV, movies, music, Internet, social media, etc.)

The media often provides an unrealistic portrayal of sexuality. Sexual activity is often portrayed as having no negative consequences. Also, media tends to portray sexual activity as being more prevalent than it actually is.

Partner Pressure

- Decisions about sexual relationships should be made equally by partners. These decisions should reflect the values and wishes of both partners.

It is important to respect your partner's decision not to become sexually active and important to understand that you deserve to be treated with respect if you decide against becoming sexually active.

Hormones or Attraction

Feeling sexual attraction to someone is a natural and normal response to hormones. Hormones and attraction do not provide a reason or excuse for inappropriate behaviour. For example, it is normal to be attracted to someone, but not normal to harass that person.

Having sexual feelings is normal, however, a person does not have to act on these feelings (e.g., if they are not ready, if it is not appropriate, or if consent has not been given) even if two people share these feelings.



Curiosity

Being curious about sexual activity is normal.

However, becoming sexually active needs to happen when someone is ready. If you have questions about sexuality, you can ask a parent or supportive adult in your life for an honest, open answer.

Prior Sexual Activity

Abstinence is a choice.

A person who has been sexually active once or many times can still choose abstinence.

Seeking Acceptance/ Love/ Comfort

Often, troubling situations and low self-esteem can lead a person to seek acceptance, love and comfort in ways they would otherwise not be comfortable. Becoming sexually active is not a healthy way to solve problems or to gain acceptance and can decrease self-esteem.

My Personal Life Line

- 1. Give each student a copy of My Personal Life Line handout.**
- 2. Fill in your age at the top of the line, and note that the bottom of the line is when you turn 40.**
- 3. Make marks along the timeline as indicated on the following slide.**

My Personal Life Line

- The age at which you would like to start your first 'real' job. Write the type of occupation you would like to pursue.
- The youngest age at which you would like to become involved in a long-term committed relationship. Write the word 'relationship' or 'marriage' there.
- The age at which you would like to be a parent for the first time. Next to the mark, write the age and number of children you would like to have. If you never intend to have children, write 'no children' at the age that represents a possible answer.
- The accomplishments you would like to achieve (such as graduation, travel, etc.) between now and the first mark along the line.

***Continued on next slide**

My Personal Life Line

- **Any other major events along the timeline that have not been covered**

Class Poll

What is the average age for beginning an occupation, entering a long-term committed relationship/marriage, or having children?



My Personal Life Line

Now you are going to put two more marks on the timeline, one in the space between now and relationship/marriage, and the other at any point you choose.

Number these marks 1 and 2.

Place these marks now.

**Now label these two marks
1= Pregnancy and 2= STI**

My Personal Life Line

How would these events fit into your planned lifeline?

In the case of teen pregnancy, what other goals would likely have to be cancelled, altered, or postponed?

**What other impacts do you imagine there would be?
Who would be your supports in this situation?**

What about an STI? What implications does this have for the future?

If you disagree with the appearance of any of these “added” life situations in your life, what does this mean for the decisions and lifestyle choices you are making now or will have to make in the near future?

My Personal Life Line

**What are you
doing now to
accomplish
the goals
you've
indicated?**

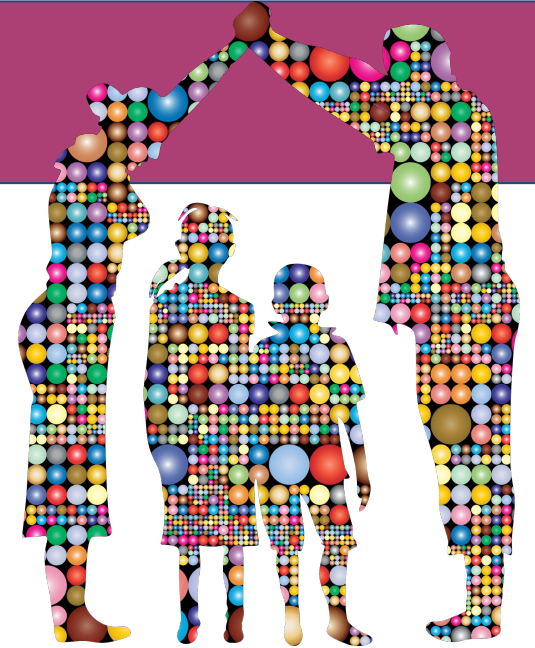


Family Values

Although you may challenge your parents' ideas, you should want to hear your parents' opinions and values.

Many personal values are learned and reinforced at home.

You may wish to discuss this topic with your family or a trusted adult and I encourage you to open the dialogue about sex and sexuality.



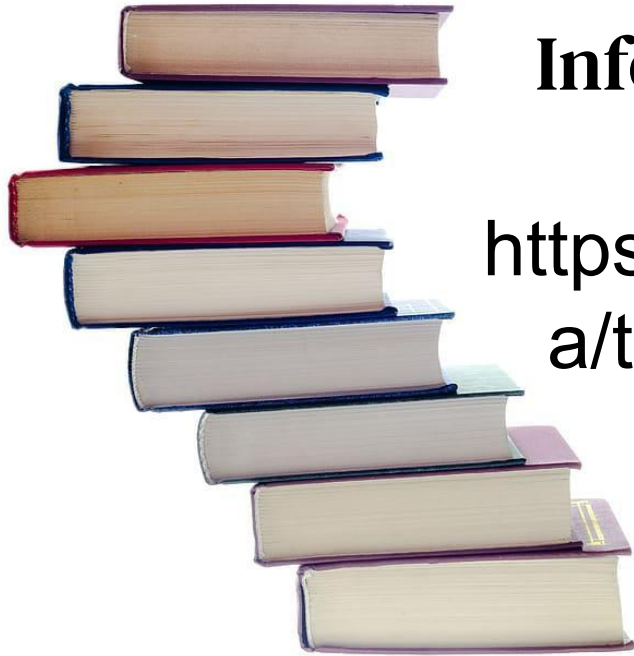
Am I Ready?

Only you can decide when you are ready for sexual activity



Use the “Am I Ready” handout to help you make decisions about if you are ready to explore your sexuality

References



Information and handouts:

<https://teachingsexualhealth.ca/teachers/grade/grade-7/>

