

AN INTRODUCTION TO SEXUAL EDUCATION



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

- Changes during puberty
- Female and Male reproductive system
- Menstruation
- Reproduction



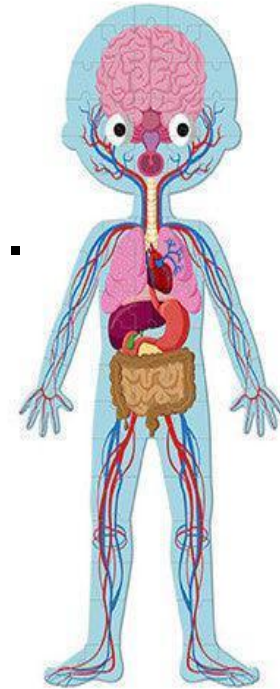
HOW TO PROPERLY DISCUSS SEXUAL HEALTH

- Use technical terms
- Ask questions
- Have safe discussions
- Respect each other



LET'S TALK ABOUT BODY PARTS

Brainstorm all of the words for body parts that you know that are not related to reproduction.



Now brainstorm all of the words that are related to reproduction.

***create a list on the whiteboard for both sets of words**

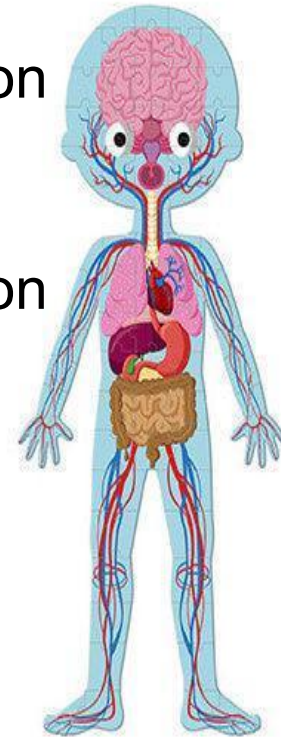
LET'S TALK ABOUT BODY PARTS

How did it feel to say/hear the words on the first list (other body parts)?

How did it feel to say/hear the words on the second list (sexual body parts)?

Why do people use slang for body parts related to sexuality?

What are the benefits of using scientific words instead of slang?



Puberty

What is puberty?

- Puberty is the period of growing and changing from a child to an adult.
- Puberty begins to prepare people for being capable of reproduction.
- Puberty generally begins sometime between age 8 and 16.
- Each person is different, and will start and go through puberty at their body's own rate.

Puberty

Social changes

- Friendships become more important
- Interested in dating
- Want more independence
- Taking on more responsibility at home or school
- Looking for new experiences
- Thinking about your identity

Puberty

Emotional changes

- Concerned about appearance (looks)
- Mood swings
- Sexual thoughts
- Sexual feelings
- Sometimes feel lonely and confused
- Stronger feelings of wanting to be liked
- Stronger feelings of wanting to fit in

Puberty

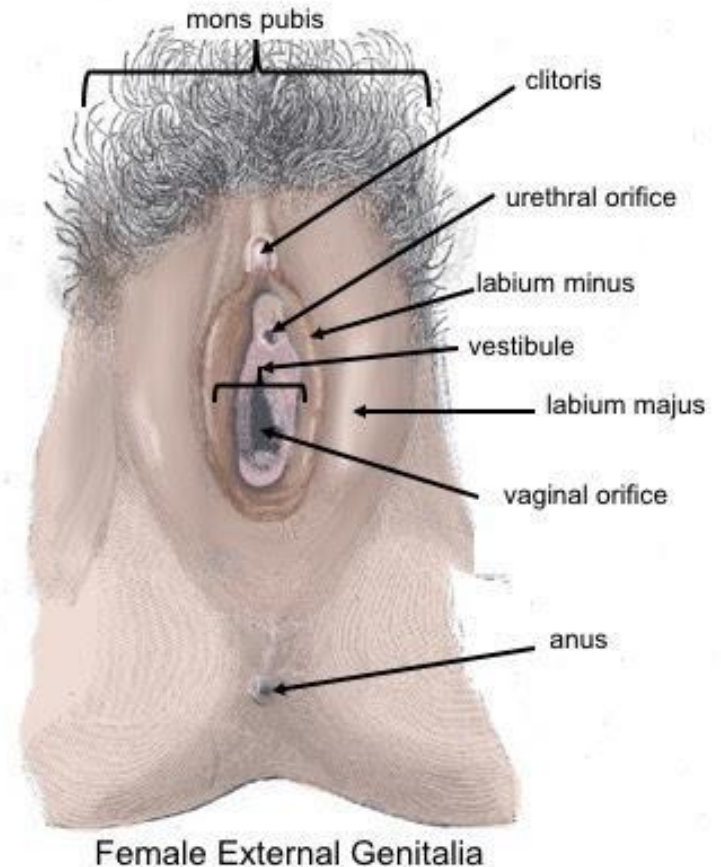
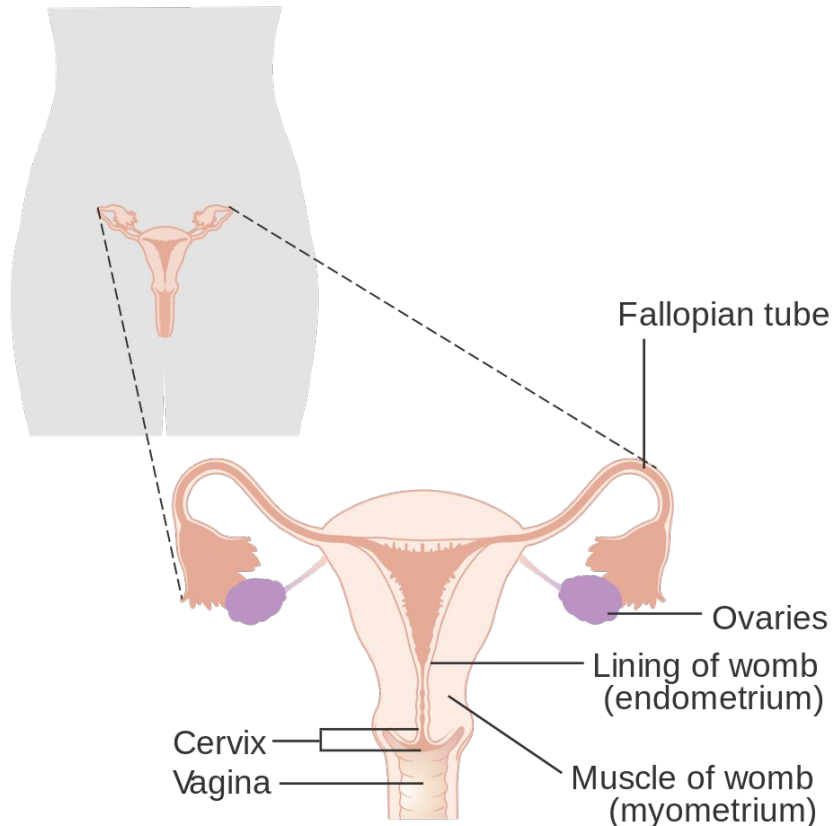
Physical changes

- Acne (pimples)
- Breasts develop*
- Erections (penis gets hard)
- Ejaculation (sperm released from penis)
- Grow taller
- Hair gets oily
- Hair grows in armpits
- Hair grows on face
- Hips get wider
- Menstruation (periods) begins

Nocturnal emissions (wet dreams)

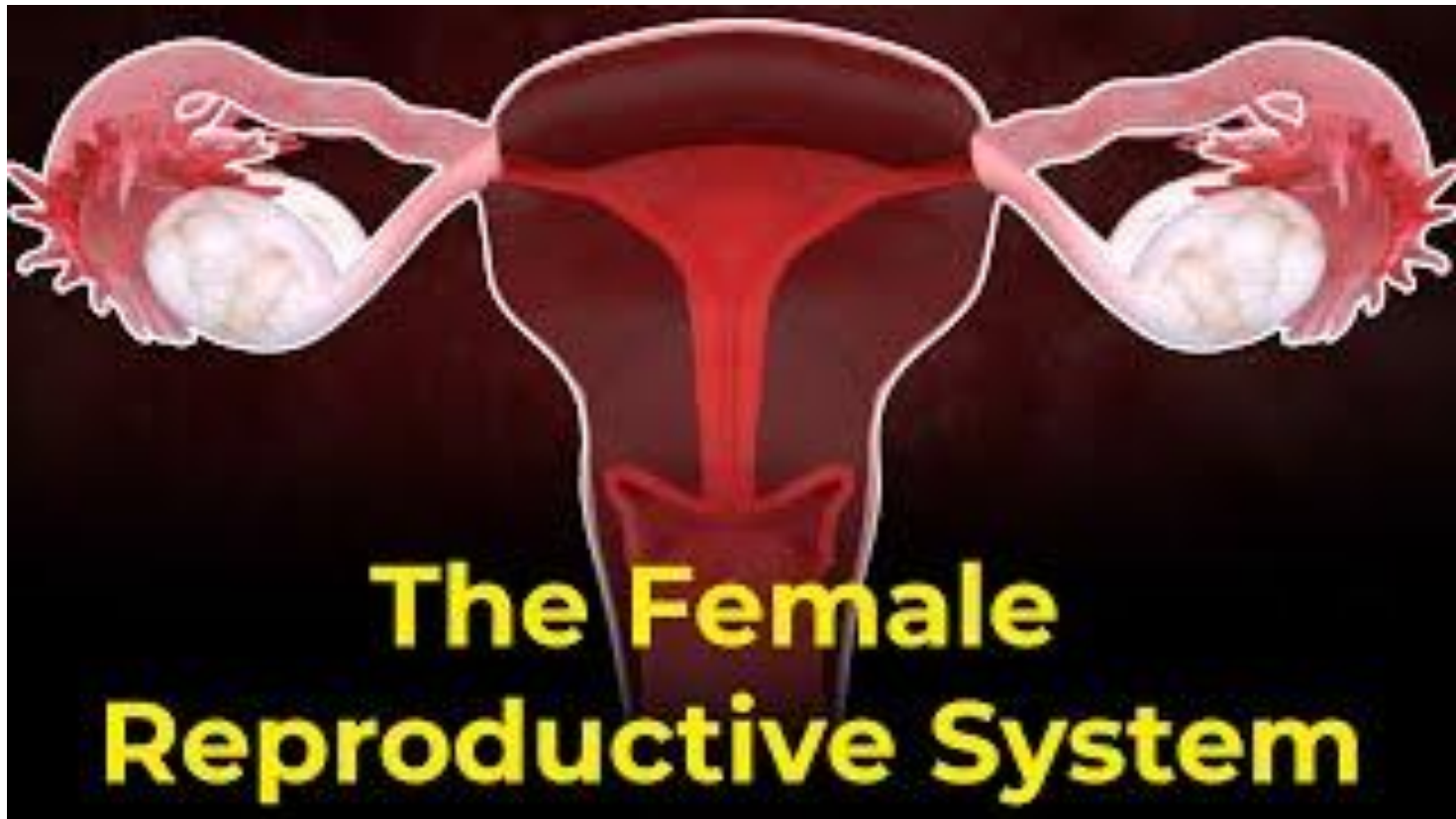
- Ovulation (eggs released from ovaries)
- Penis grows bigger
- Pubic hair grows on genitals
- Shoulders get wider
- Skin gets oily
- Start making sex hormones
- Start producing sperm
- Sweat glands develop
- Testicles grow bigger
- Vaginal discharge
- Voice changes

Female Reproductive Anatomy



*Female Reproductive System handout

Functions of the Female Reproductive system



*"The Egg's Journey" Handout

Menstruation

- The uterus prepares for growth of a baby 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.
- This lining contains nutrients that would be needed to nourish a fertilized egg.
 - 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 to 7 days to shed the lining. Five days is the average. This is called menstruation or having a period.

The Menstrual Cycle Part 1



The Menstrual Cycle Part 2



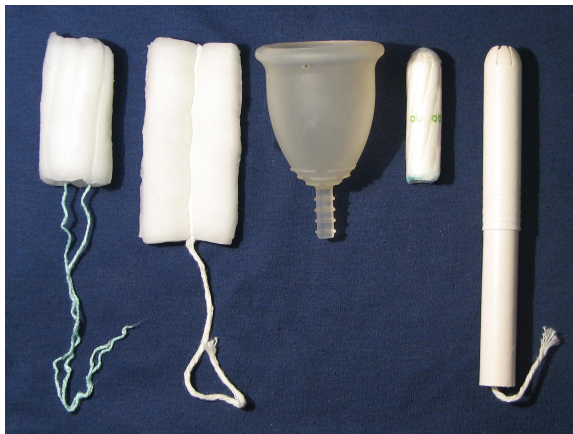
Menstruation

Menstruation is a normal part of puberty. It is not dirty or bad.

- Some people experience cramping during menstruation which can be relieved using a hot water bottle, mild to moderate exercise, or over-the-counter pain medication. It is important not to take more than the recommended dose of pain medication. If cramping is extreme, it may be helpful to see a doctor.
- Menstruation is not a sickness. People can generally participate in their regular daily activities such as physical education class, active play and extra-curricular activities like gymnastics or soccer. Exercise can help lessen cramps and pain during menstruation.

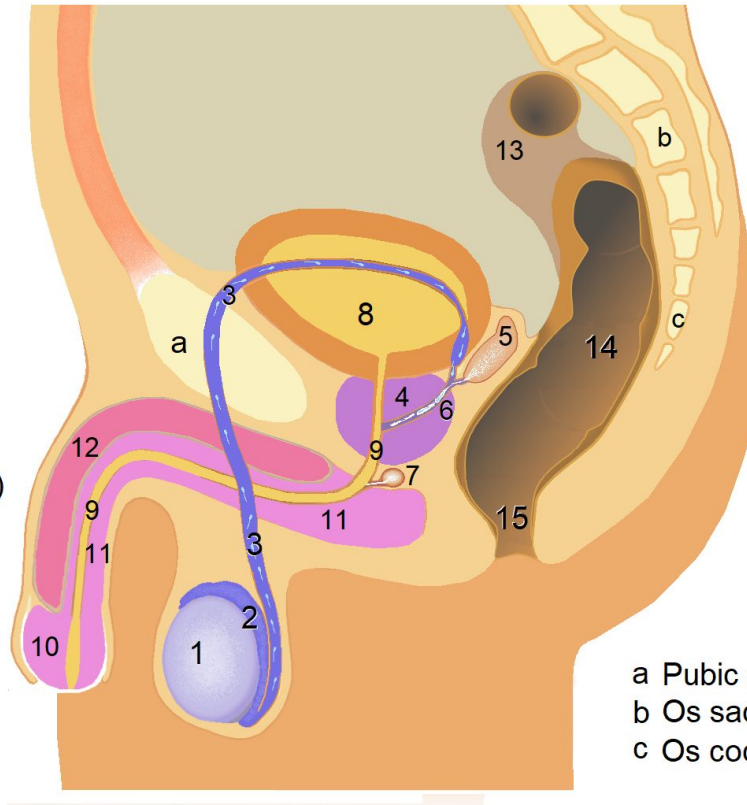
Menstruation

- **Washing the vulva daily is helpful during your period because oil secretions from hair and skin can increase and menstrual fluid may become dried in pubic hair.**
- **Sanitary pads, tampons, period panties or menstrual cups are used to absorb menstrual fluid.**



Male Reproductive Anatomy

- 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” handout

Functions of the Male Reproductive System



* “The Sperm’s Journey” handout

Erections

What Is an Erection?

An erection is a hardening of the penis that occurs when sponge-like tissue inside the penis fills up with blood. Usually, an erection causes the penis to enlarge and stand away from the body.

Erections can go away on their own or after ejaculation, the release of semen through the urethra, the small hole at the tip of the penis.

Sometimes males ejaculate at night while sleeping (these are called nocturnal emissions or wet dreams). Males may have several erections and arousal periods while in the REM (rapid eye movement) stage of sleep, the type of sleep in which most dreams occur.

Erections

What are some reasons people might get an erection?

- Sexual arousal
- Reflex response
- Pleasant thoughts or feelings
- Hormone changes
- Excitement
- Vibrations
- Nocturnal emission
- Some erections seem to be random, or not related to any clear cause

Erections

How do you think a person might feel if they get a nocturnal emission or an unwanted erection?

What are some ways to cope with an unwanted erection?

What are some ways to cope with a wet dream?

Reproduction



*Complete “An Egg Meets a Sperm” worksheet

Overview

- **Puberty happens to everyone.**
- **During this time, the female and male reproductive systems develop in order to facilitate reproduction.**
- **Reproduction happens when the sperm meets the eggs and implants in the uterus.**
- **It is important to remember that all of these processes are normal.**
 - **Do you have any remaining questions?**