

Unit 6: Advocacy for Healthy Relationships & Sexual Health

Lesson 4: Anatomy,
Physiology, & Sexual Health



Objective:

- Summarize human reproductive systems including medically accurate names for internal & external genitalia & their functions
- Describe the pregnancy process and health care services to support pregnancy
- Explain community resources, services and laws related to sexual and reproductive health

Warm-Up:

What do you think is the most important anatomical reproductive part related to fertilization and pregnancy? Why?





Reproductive Anatomy Review

Complete the reproductive anatomy review by identifying the relationship between the two body parts. Think about:

- How are they related?
- How do they work together?
- What do they have in common?

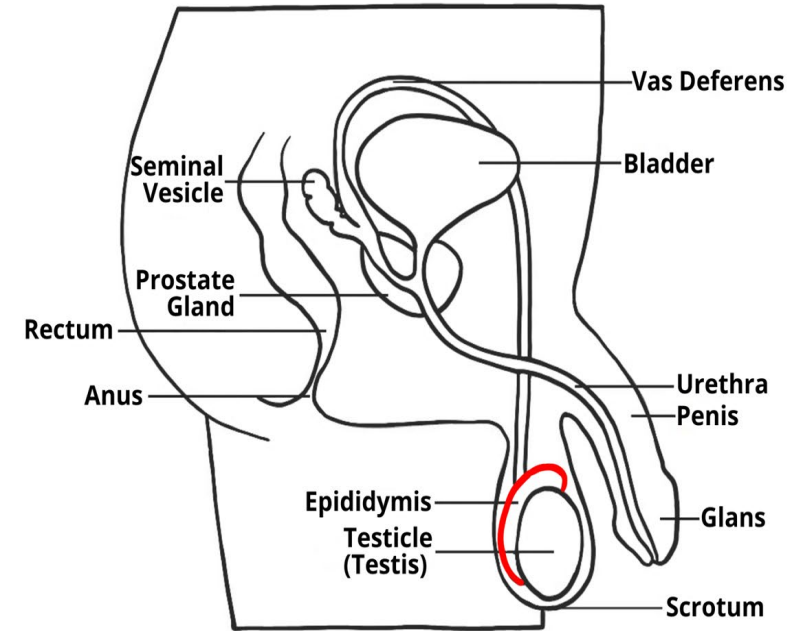
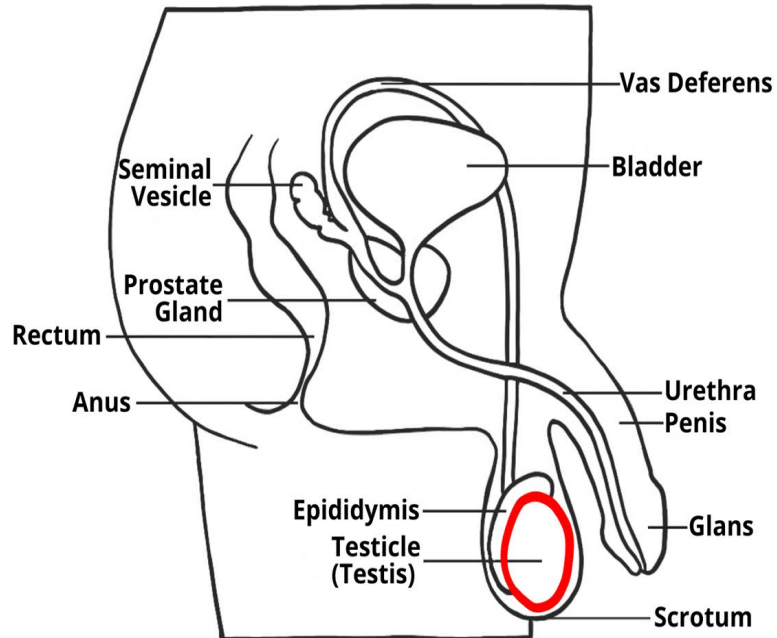
*Be prepared to discuss as a class



Reproductive Anatomy Review

Example: Testicles & Epididymis:

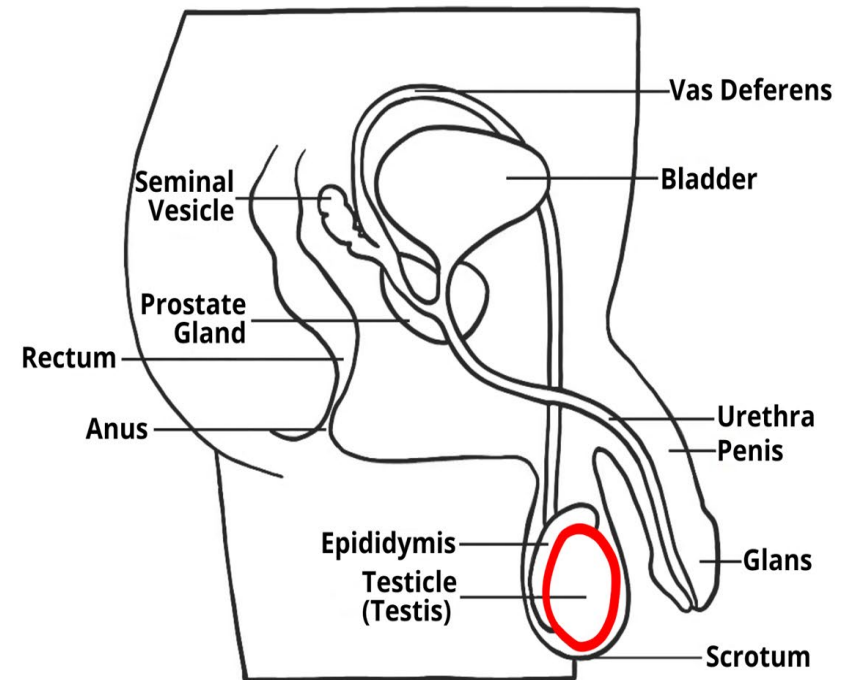
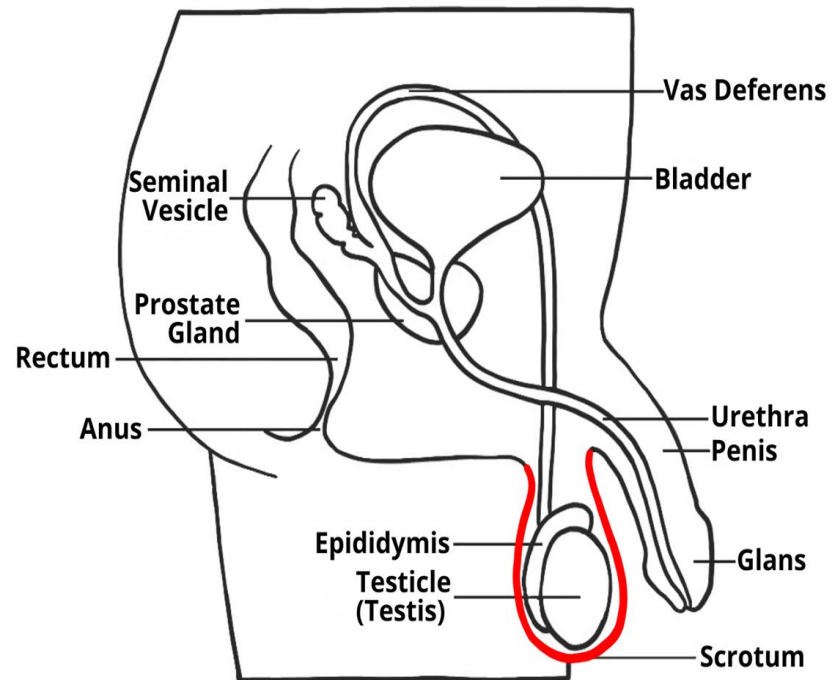
- The testicles produce the sperm & the epididymis stores the sperm until they're mature & ejaculated



Reproductive Anatomy Review

Scrotum & Testicles:

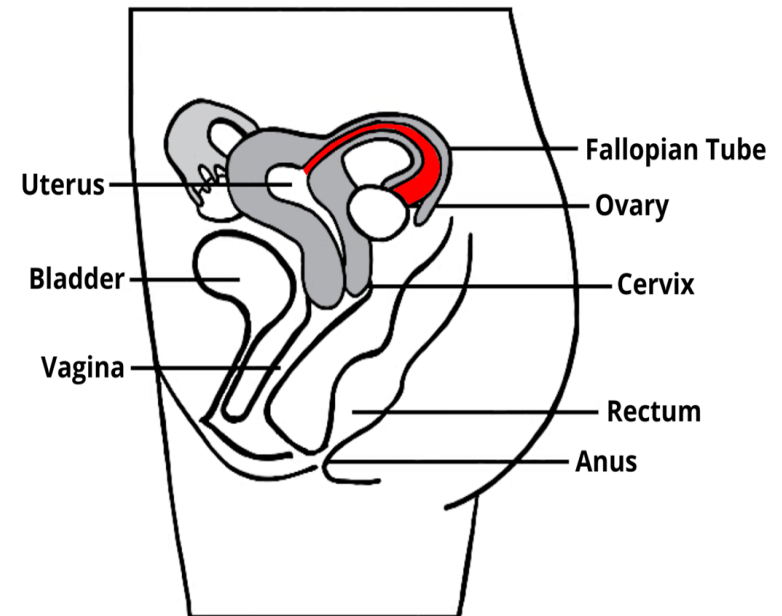
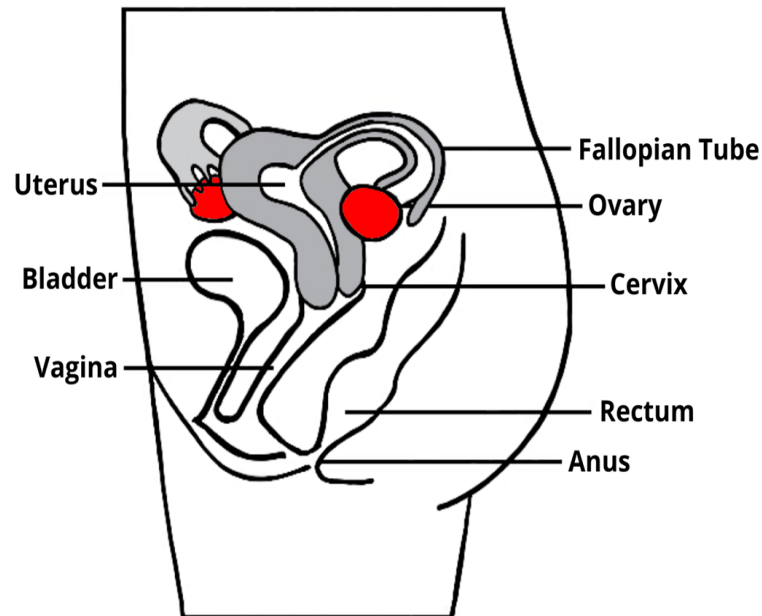
- The scrotum holds the testicles. The testicles produce the sperm



Reproductive Anatomy Review

Ovary & Fallopian Tubes:

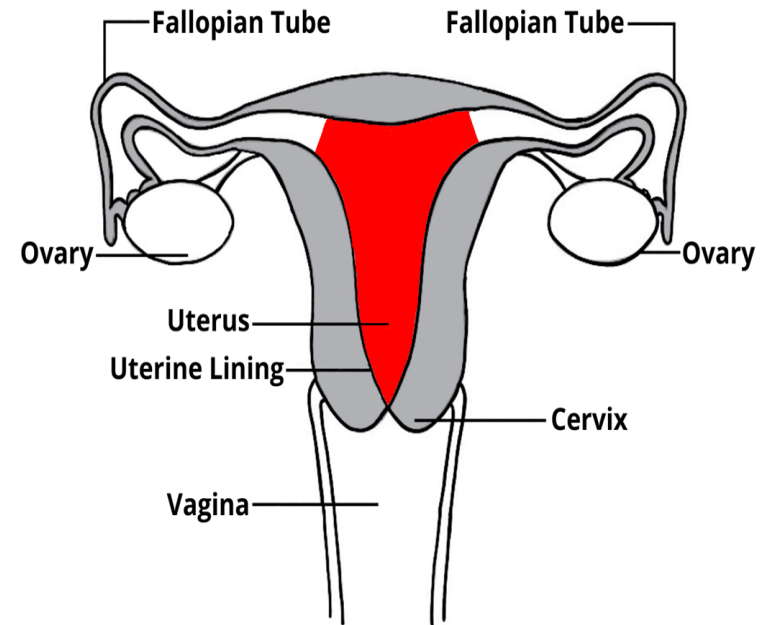
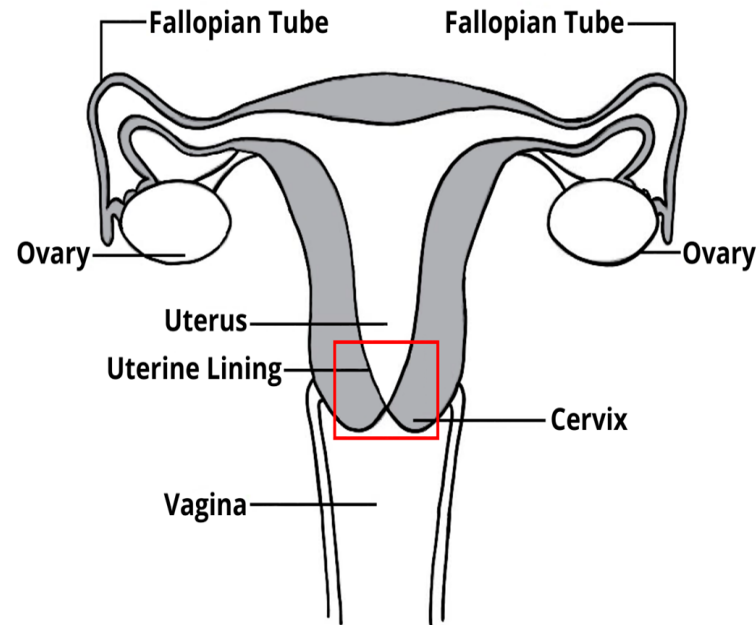
- An egg, released from the ovary, travels into the fallopian tube



Reproductive Anatomy Review

Cervix & Uterus:

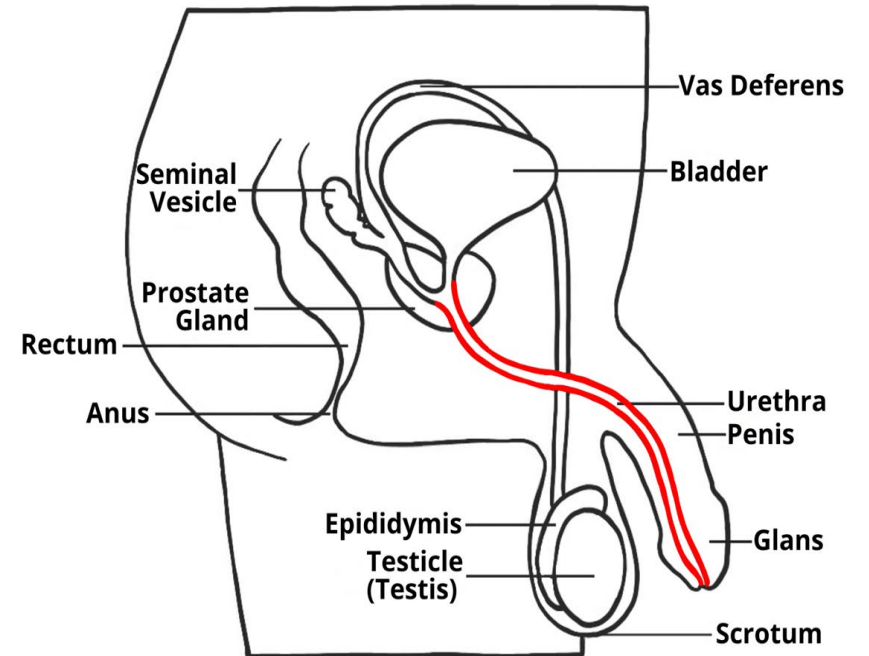
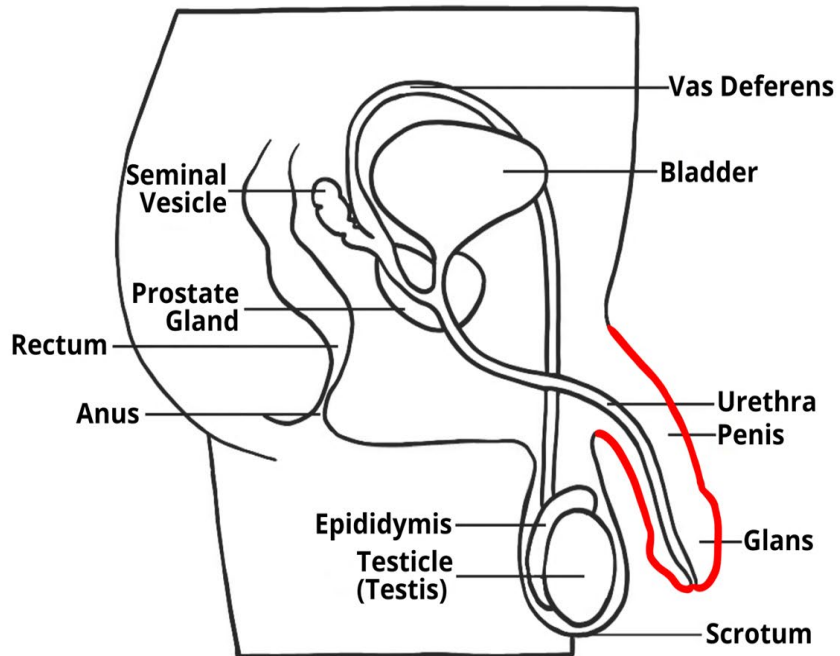
- The cervix is the opening of the uterus, and the uterus releases menstrual material and is also the place where a fetus can develop



Reproductive Anatomy Review

Penis & Urethra:

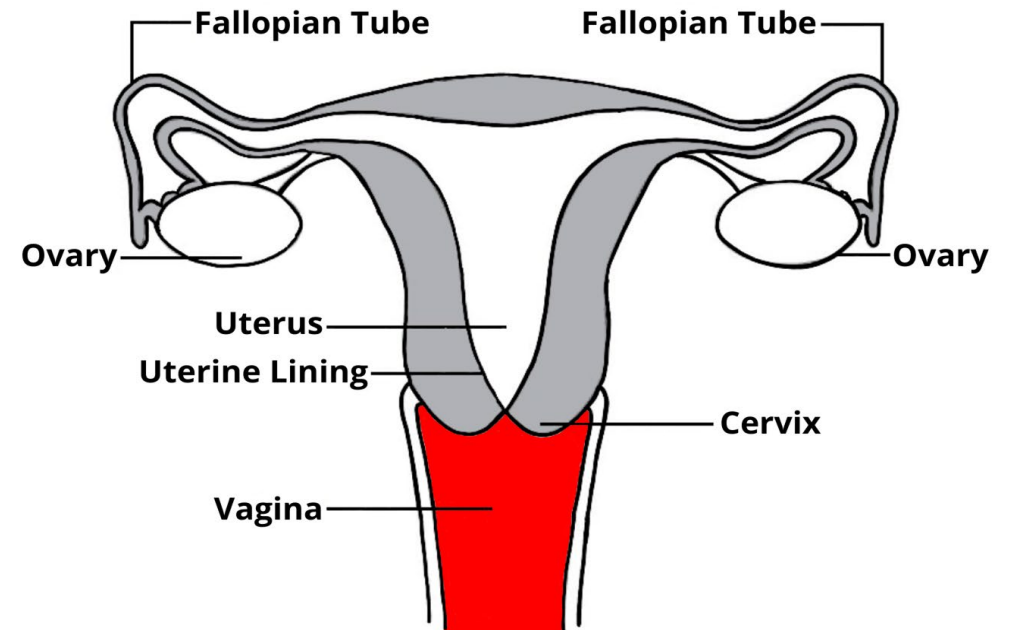
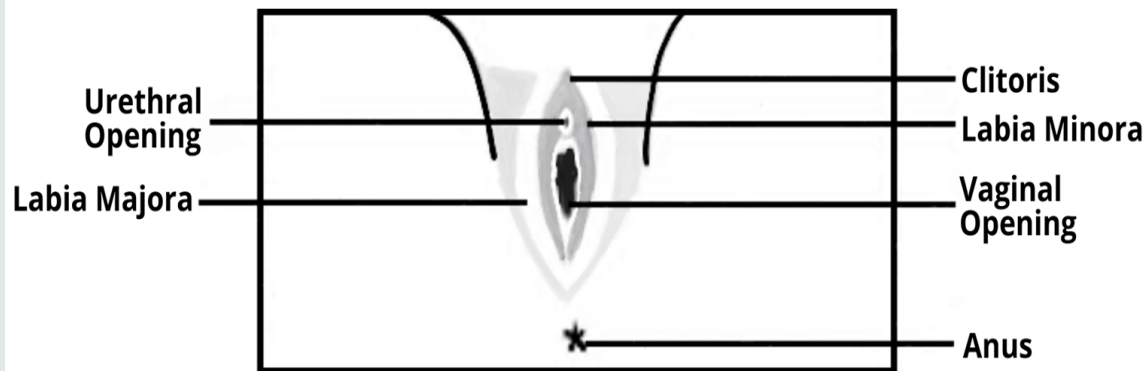
- The urethra is the tube through the penis, from which both urine and semen are released



Reproductive Anatomy Review

Vulva & Vagina:

- The vulva is the external parts of a reproductive system that includes a vaginal opening and urethral opening
- The vagina is the canal that connects the uterus and the outside of the body





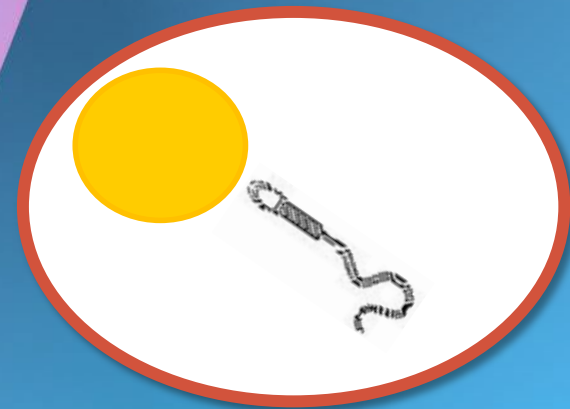
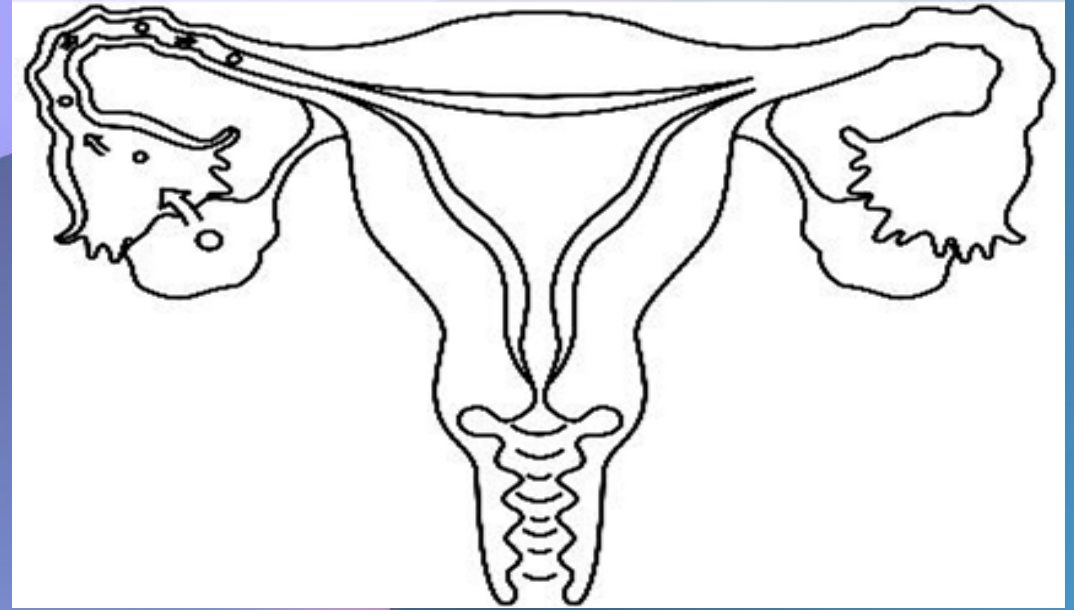
Fertilization & Implantation

One Minute Click List:

For one minute, write everything you remember about fertilization and/or implantation.

Fertilization:

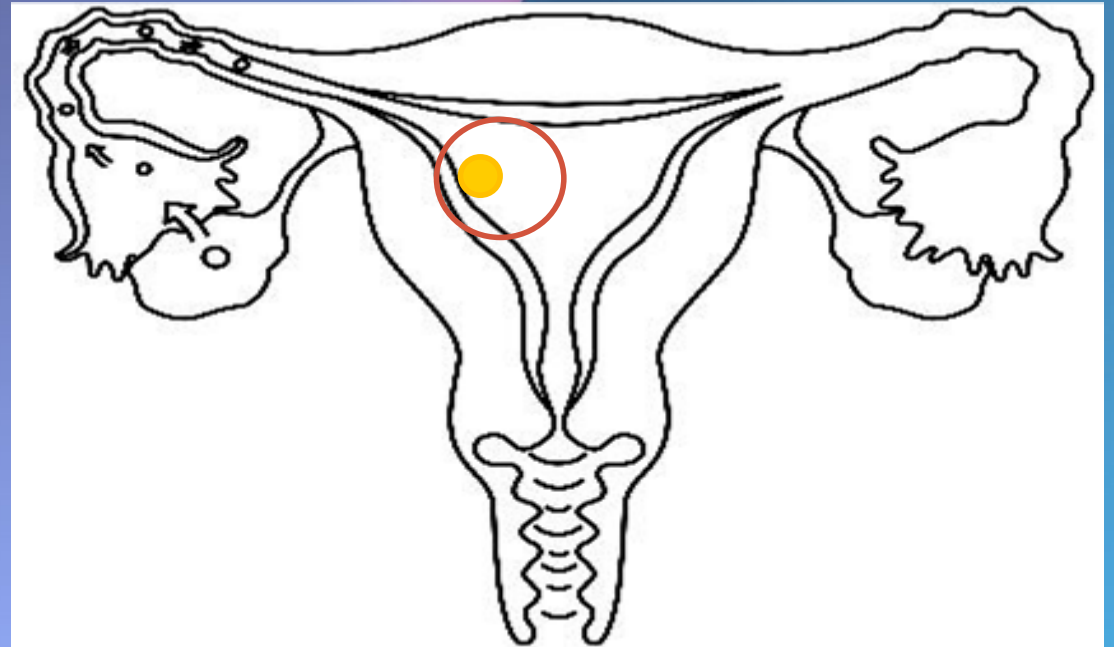
- Ovulation must take place for fertilization to occur
- Occurs in fallopian tube
- Within 12 hours, egg begins to divide and prepares for implantation



Implantation:

When Pregnancy Begins

- Zygote (fertilized egg) reaches uterus after 4-5 days
- Zygote plants itself in the endometrium, called implantation





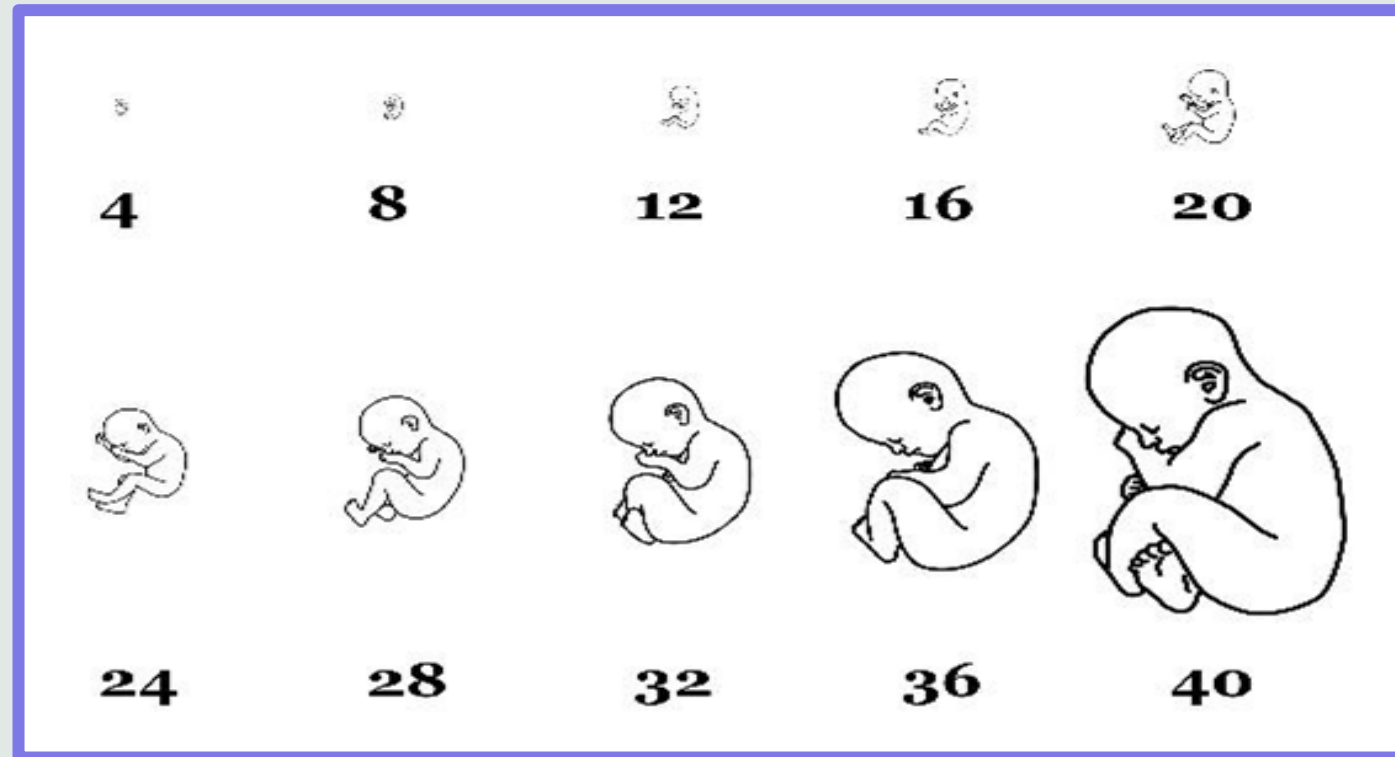
Pregnancy & Childbirth

Brainstorm:

What are some physical signs of pregnancy?

Stages of Pregnancy

- Zygote – fertilized egg
- Embryo – implantation through the 8th week of pregnancy
- Fetus – from the 8th week to the end of the pregnancy



Stages of Pregnancy

Pregnancy is divided into three 3-month periods called “trimesters”



1st Trimester



2nd Trimester



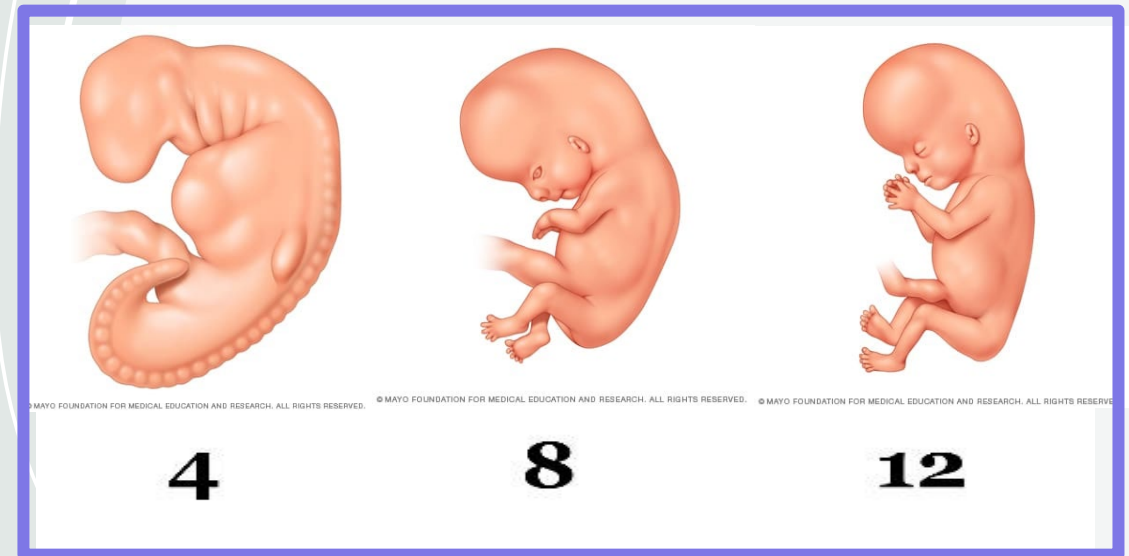
3rd Trimester

First Trimester

Conception to 12th week of pregnancy:

- Embryo from 5-11 weeks
 - Major organs
 - Neural tube
 - Beginnings of eyes, ears, lips
- Fetus at 12 weeks
 - Umbilical cord connects fetus to placenta
- By end of 3rd month
 - 2-3 inches long
 - Beginnings of sex organs
 - Begins to move

Weeks of development



Second Trimester

Week 12 – Week 24

- Organs continue to mature
- By end of 2nd Trimester:
 - 14 inches long
 - Cannot survive outside the uterus without a lot of special medical attention

Weeks of development

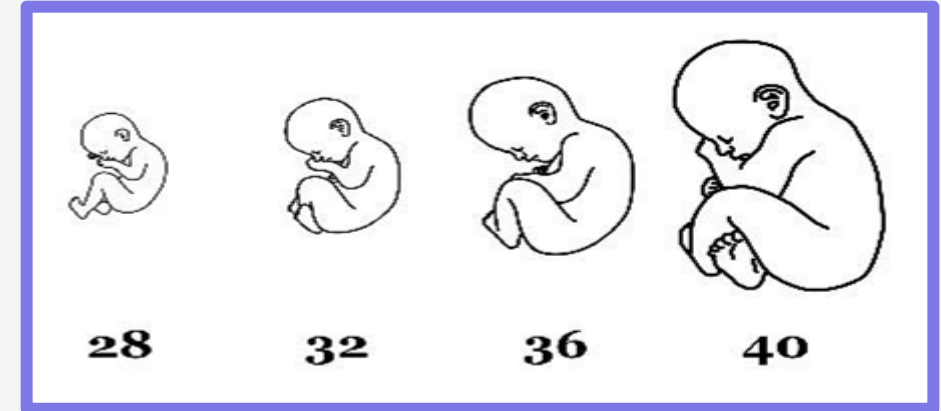


Third Trimester

Week 24 – Week 40

- Brain & lungs mature
- Eyes open and close
- Sucks on thumb
- Responds to light
- Due date: 40 weeks from the first day of the last menstrual period

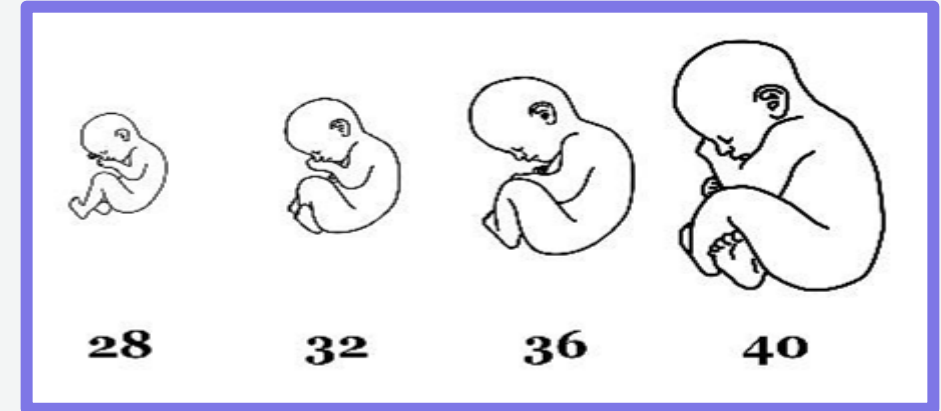
Weeks of development



Stages of Childbirth

- Early Labor:
Contractions begin & cervix dilates to 3cm
- Stage 1: Active Labor:
Contractions become stronger, longer, and closer together. Cervix becomes fully dilated to 10cm.
- Stage 2: Delivering the baby
- Stage 3: Delivering the placenta

Weeks of development





Childbirth Options

- Types of birth: vaginal or cesarean birth
- Setting: hospital, birthing center, home birth, water birth
- Support: physician/doctor, midwife, doulas, friends, family, partner(s)
- Comfort measures: medicines, positions, massage, acupressure, etc.



What Impacts Health?

Brainstorm:

- What actions do people take to be healthy?
- What are some of the things that can have a negative impact on health?
- Which of these can help or interfere with a healthy pregnancy?



Prenatal Care

What prenatal care is important to keep the mother and baby healthy?

- Special check-ups to maintain health of pregnant person & fetus
- Role of health care provider
 - Medical services
 - Help to maintain healthy life choices while pregnant
 - Treat potential health problems early
 - Provide info & answer questions



Sexual & Reproductive Health

Brainstorm:

- Who could a teen talk to if they have questions about sexual health?
- Where can a person access sexual and reproductive health services and resources in the Harford County community?

Resources for Sexual & Reproductive Health

Directions:

- Review the ***Harford County Community Services Resource Guide***
- Determine what resources are available for sexual or reproductive health
- Respond to the questions provided on your handout





Sexual & Reproductive Health

Brainstorm:

- What laws have you heard of that support sexual or reproductive health for people of different ages?



Small Group Scenarios

Directions:

- Read scenario with group
- Use provided websites to conduct research to answer the questions
- Discuss findings with your small group
- Be prepared to share findings with the class



Whole Group Discussion

Share the ideas your group discussed during your work time.



Objective:

- Summarize human reproductive systems including medically accurate names for internal & external genitalia & their functions
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Closure:

Chose a prompt below to reflect on today's lesson:

- **Today I discovered...**
- **For me, the most important part of today's lesson was...**
- **I'm still confused about...**
- **Now I wonder...**

