

Grade 6

| Lesson | Title | Topic | FL Standard Alignment |
|--------|---|---|---|
| 6.1 | Human Growth and Development. Anatomy, Pregnancy and Childbirth | Reproductive System. Heredity and Environment. Endocrine system and hormones. Pregnancy. Genetic disorders. Childbirth. Consequences of teen pregnancy. | HE.6.PHC.1.2 , HE.6.PHC.1.3 , HE.6.PHC.2.7 , HE.6.PHC.2.7 , HE.6.PHC.3.3 , HE.6.PHC.3.9 , SC.6.L.14.5 |
| 6.2 | Health Risk Associated with HGD. Preventing sexually transmitted infections and teen pregnancy. | Key factors in health-related decision making. Abstinence. STI/STD. Pregnancy prevention. | HE.6.PHC.1.2 , HE.6.PHC.1.3 , HE.6.PHC.3.8 , HE.6.PHC.3.9 , SC.6.L.14.5 , SC.6.L.14.6 |

Grade 7

| Lesson | Title | Topic | FL Standard Alignment |
|--------|---|---|---|
| 7.1 | Human Growth and Development. Anatomy, Pregnancy and Childbirth | Reproductive System. Heredity and Environment. Endocrine system and hormones. Pregnancy. Genetic disorders. Childbirth. Consequences of teen pregnancy. | HE.7.PHC.2.5 , HE.7.PHC.3.4 , HE.7.PHC.3.9 , SC.7.L.16.1 , SC.7.L.16.3 |
| 7.2 | Health Risk Associated with HGD. Preventing sexually transmitted infections and teen pregnancy. | Key factors in health-related decision making. Abstinence. STI/STD. Pregnancy prevention. | HE.7.PHC.1.2 , HE.7.PHC.2.7 , HE.7.PHC.3.4 , HE.7.PHC.3.9 , SC.7.L.16.3 |

Grade 8

| Lesson | Title | Topic | FL Standard Alignment |
|--------|--|--|--|
| 8.1 | Human Growth and Development. Anatomy, Pregnancy and Childbirth | Reproductive System. Heredity and Environment. Endocrine system and hormones. Pregnancy. Genetic disorders. | HE.8.CEH.3.3 , HE.8.CEH.3.3 , HE.8.CEH.4.2 , HE.8.PHC.1.4 , HE.8.PHC.2.2 , HE.8.PHC.2.7 , |

| | | | |
|-----|---|---|--|
| | | Childbirth. Consequences of teen pregnancy. | HE.8.PHC.3.2 , HE.8.PHC.3.4 |
| 8.2 | Health Risk Associated with HGD. Preventing sexually transmitted infections and teen pregnancy. | Key factors in health-related decision making. Abstinence. STI/STD. Pregnancy prevention. | HE.8.CEH.3.3 , HE.8.CEH.3.3 , HE.8.CEH.4.2 , HE.8.PHC.1.4 , HE.8.PHC.3.2 , HE.8.PHC.3.4 |

Human Growth and Development

Anatomy, Pregnancy, and Childbirth

Lesson 1

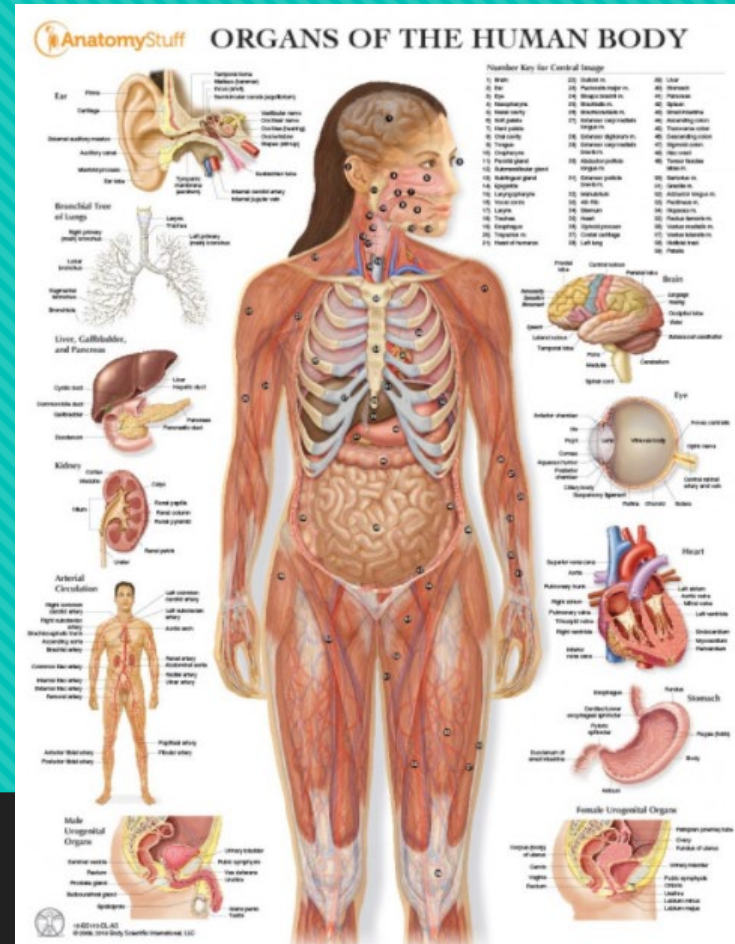
**Developed by Collier County Public Schools
Teaching and Learning Education Department**

**Clinically Reviewed By: Dr. Karysse Trandem, DO, FACOOG
Medical Director & Ob/Gyn Physician, Pregnancy Resource Centers of SWF**

Lesson 1 Learning Target:

Students will be able to identify human reproductive anatomy, organs, systems, and their functions, including pregnancy and childbirth, and the consequences of teenage pregnancy.

Grade 6-8 – Lesson 1



Scientific Focus:

Heredity and Environmental Factors on Growth and Development

Lesson 1 Performance Scale

HEALTH SKILLS - PERFORMANCE SCALE – HGD Grades 6-8

Learning Goal Outcome from State Standards:

Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.

Lesson 1 Learning Target:

Explain human reproductive anatomy, organs, systems and their functions, including pregnancy and childbirth.

Directions: Use the Performance Scale checklist below. **Start at Level 1**, check off those you can do and work on those you need more practice. Then, move up the levels as you build both knowledge and skill competency. Time and practice may be necessary to reach Target Mastery at level 3.

| Level | Learning Target Tasks: |
|---|---|
| | I can: ✓ |
| 4 beyond desired effect | <ul style="list-style-type: none"> ○ Demonstrate evidence of comprehending reproductive anatomy terminology and concepts related to pregnancy and childbirth, including consequences to teenage pregnancy |
| 3 level of desired goal | <p>Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.</p> <ul style="list-style-type: none"> ○ Explain human reproductive anatomy, organs, systems, and their functions, including pregnancy and childbirth |
| 2 This is the foundational level tasks, practice of skills, cues, vocabulary needed to get to required goal. | <ul style="list-style-type: none"> ○ Explain consequences of teenage pregnancy ○ Explain stages of childbirth ○ Explain trimesters of pregnancy ○ Explain fertilization is the initial phase of pregnancy ○ Explain menstruation cycle/phases ○ Explain some male and female reproductive system functions ○ Explain some appropriate male reproductive anatomy ○ Explain some appropriate female reproductive anatomy ○ Identify endocrine system functions ○ Identify endocrine system and hormones |
| 1 Beginning cognitive and physical | <ul style="list-style-type: none"> ○ Identify how heredity and environment play a role on growth and development ○ Recognize some body functions related to human growth and development ○ Recognize some reproductive anatomy and reproductive systems ○ Recognize some endocrine system glands, organs, and functions |

START HERE

CHECK OFF THOSE YOU CAN DO

Heredity and Environment

Two main factors that impact our growth and development:

Heredity: includes the genetic traits passed from biological parents (Chromosomes XX and XY)

Our DNA plays a role in the onset of puberty and the vast changes that occur in the body.

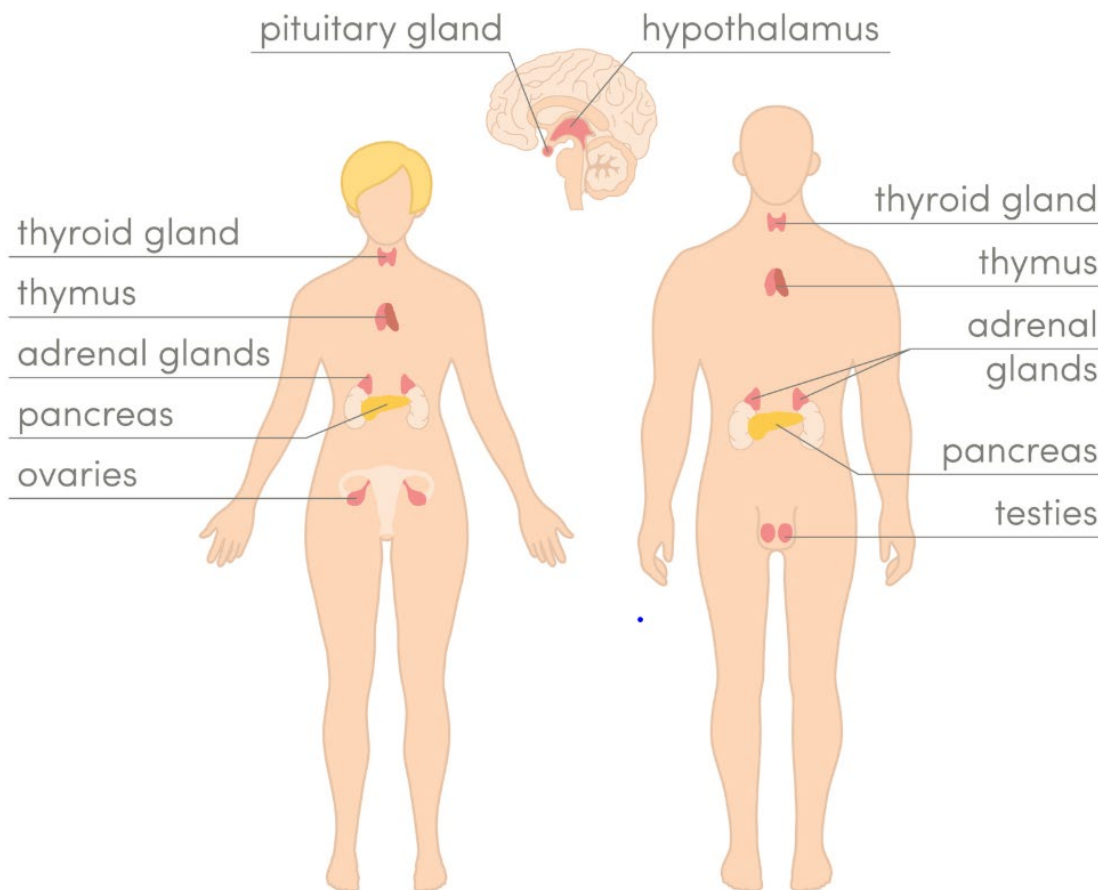
Environment: includes all the factors of our lifestyle such as nutrition, sleep, pollution, stress, hygiene, and healthy/unhealthy behaviors.

These are not independent of one another; they can cause adaptations/mutations over time.

*BOTH FACTORS DIRECTLY AFFECT PUBERTY AND OUR GROWTH AND DEV

Endocrine System and Hormone

The Endocrine System

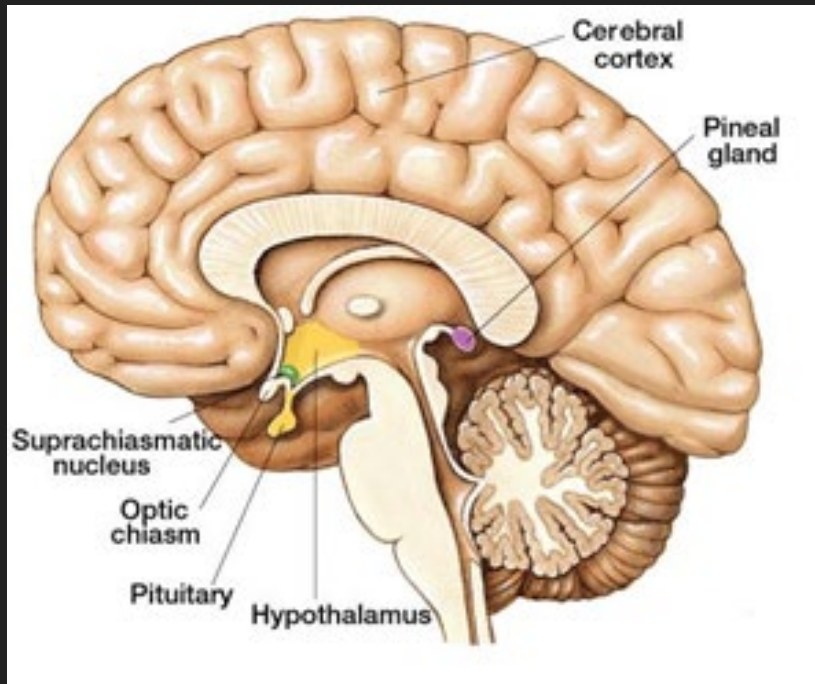


The **endocrine system** is a network of glands in your body that make the hormones that help cells talk to each other. Hormones are responsible for almost every function in your body.

If your endocrine system isn't working properly, you might have problems during puberty or with simply managing stress.

This organ system is the control system for major responses such as flight, fight, freeze (adrenaline), metabolism (pancreas), and ability to reproduce (ovaries/testes).

Endocrine System glands and functions



Pineal gland: Makes a chemical called melatonin that helps your body get ready to go to sleep.



Hypothalamus: This organ connects your endocrine system with your nervous system. Its main job is to tell your pituitary gland to start or stop making hormones.

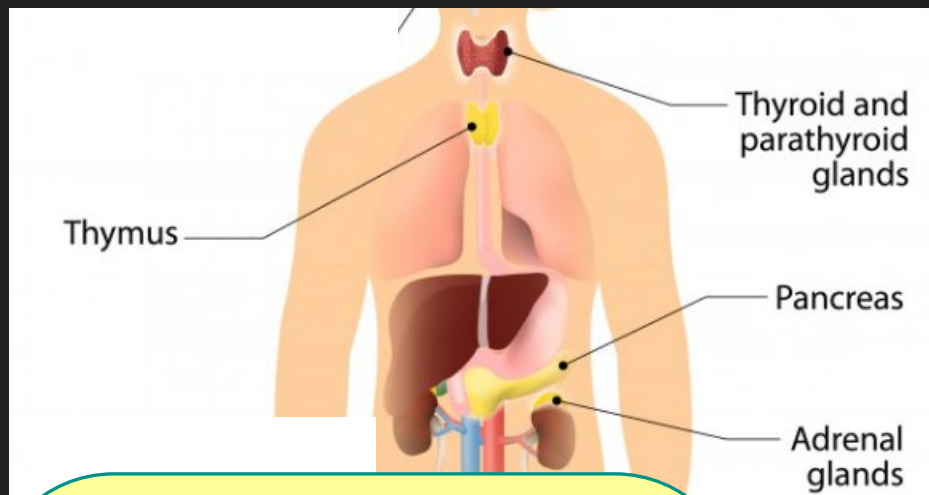


Pituitary gland: This is your endocrine system's master gland. It uses information it gets from your brain to tell other glands in your body what to do. It makes many important hormones, including the growth hormone; prolactin, which helps breastfeeding moms make milk; and luteinizing hormone, which manages estrogen in women and testosterone in men.



Ovaries (estrogen) and Testes (testosterone) are also included in both the Endocrine and Reproductive Systems since they produce hormones that assist in a variety of functions.

Endocrine System glands and functions



Pancreas: This organ is part of both your digestive and endocrine systems. It makes digestive enzymes that break down food. It also makes the hormones ~~insulin and glucagon~~. These ensure you have the right amount of ~~sugar~~ in your bloodstream and your cells. If you don't make insulin, which is the case for people with type 1 diabetes your blood sugar levels ~~can~~ get dangerously high. In type 2 diabetes, the pancreas usually makes some insulin but not enough.

Thyroid gland: This gland makes thyroid hormone, which controls your metabolism. If this gland doesn't make enough (a condition called hypothyroidism), everything happens more slowly. Your heart rate might slow down, and you might gain weight. If it makes too much (hyperthyroidism), everything speeds up. Your heart might race, and you might lose weight without trying.

Parathyroid: This is a set of four small glands behind your thyroid. They play a role in bone health. The glands control your levels of calcium and phosphorus.

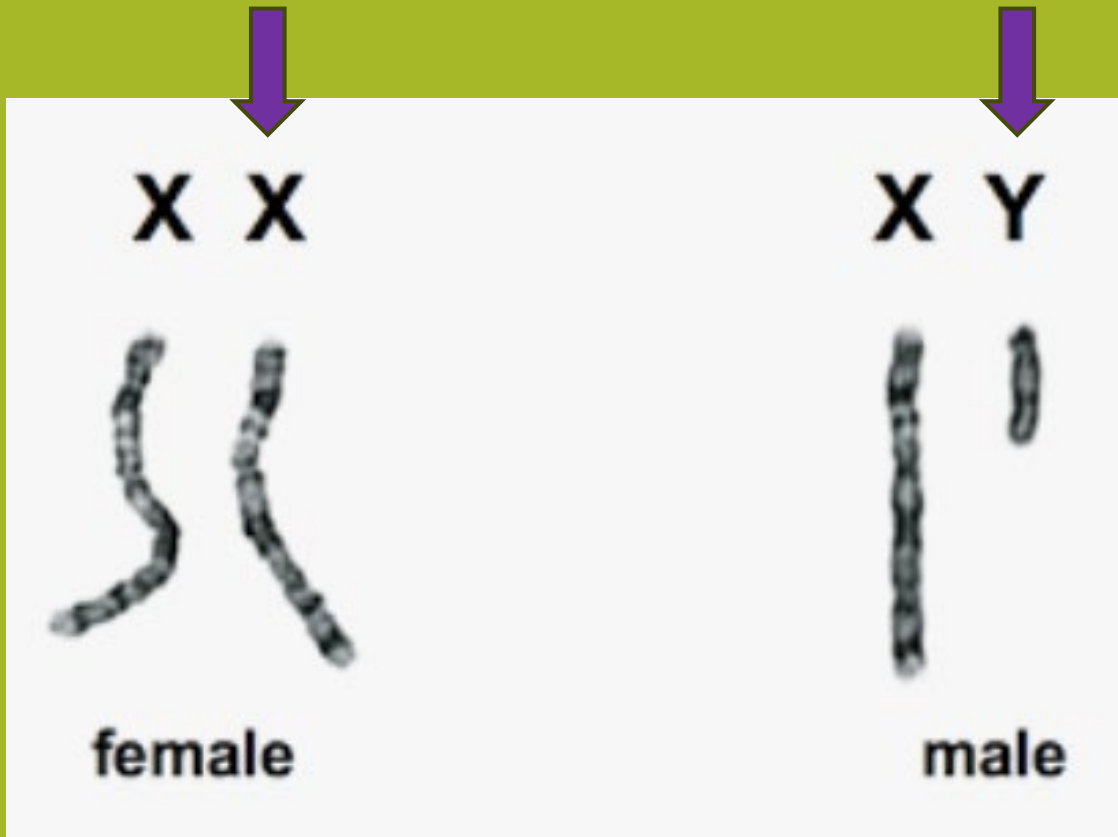
Thymus: This gland makes white blood cells called T lymphocytes that fight infection and are crucial as a child's immune system develops. The thymus starts to shrink after puberty.

Adrenals: Best known for making the "fight or flight" hormone adrenaline (also called epinephrine), these two glands also make hormones called corticosteroids. They affect your metabolism, among other things.

CHECKING FOR UNDERSTANDING

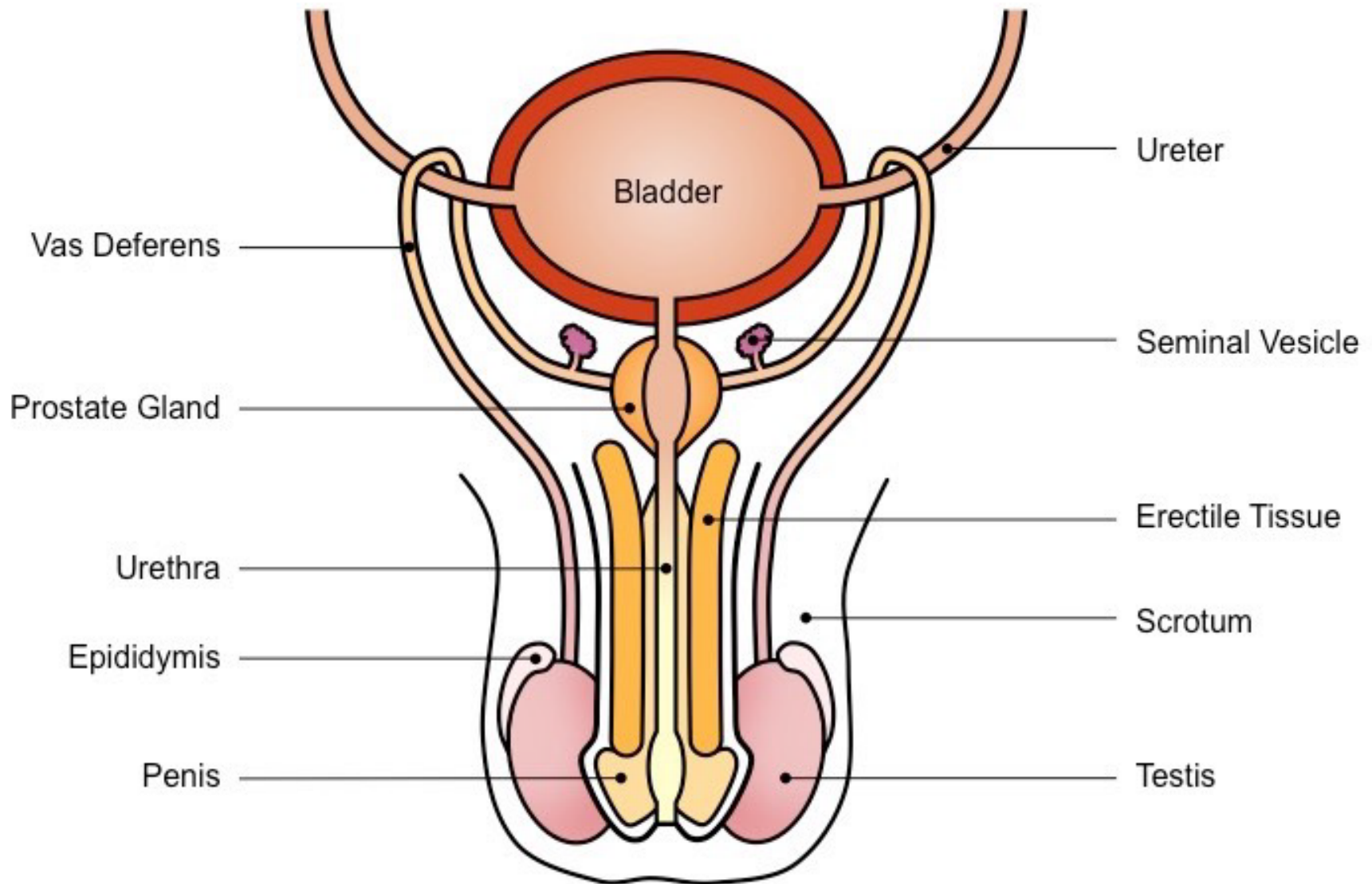
Pause here to check your general understanding of the endocrine system by answering the 3 questions to the right.

1. Which gland is responsible for your metabolism? Why is this so important?
2. Which small gland is in control of most of the hormones released?
3. In 5 words or less describe the purpose of endocrine system.



A person's sex as female or male is indicated by the person's sex chromosomes, naturally occurring sex hormones, and internal and external genitalia at birth. Male and female reproductive roles are binary, stable, and unchangeable.

Reproductive System–male anatomy

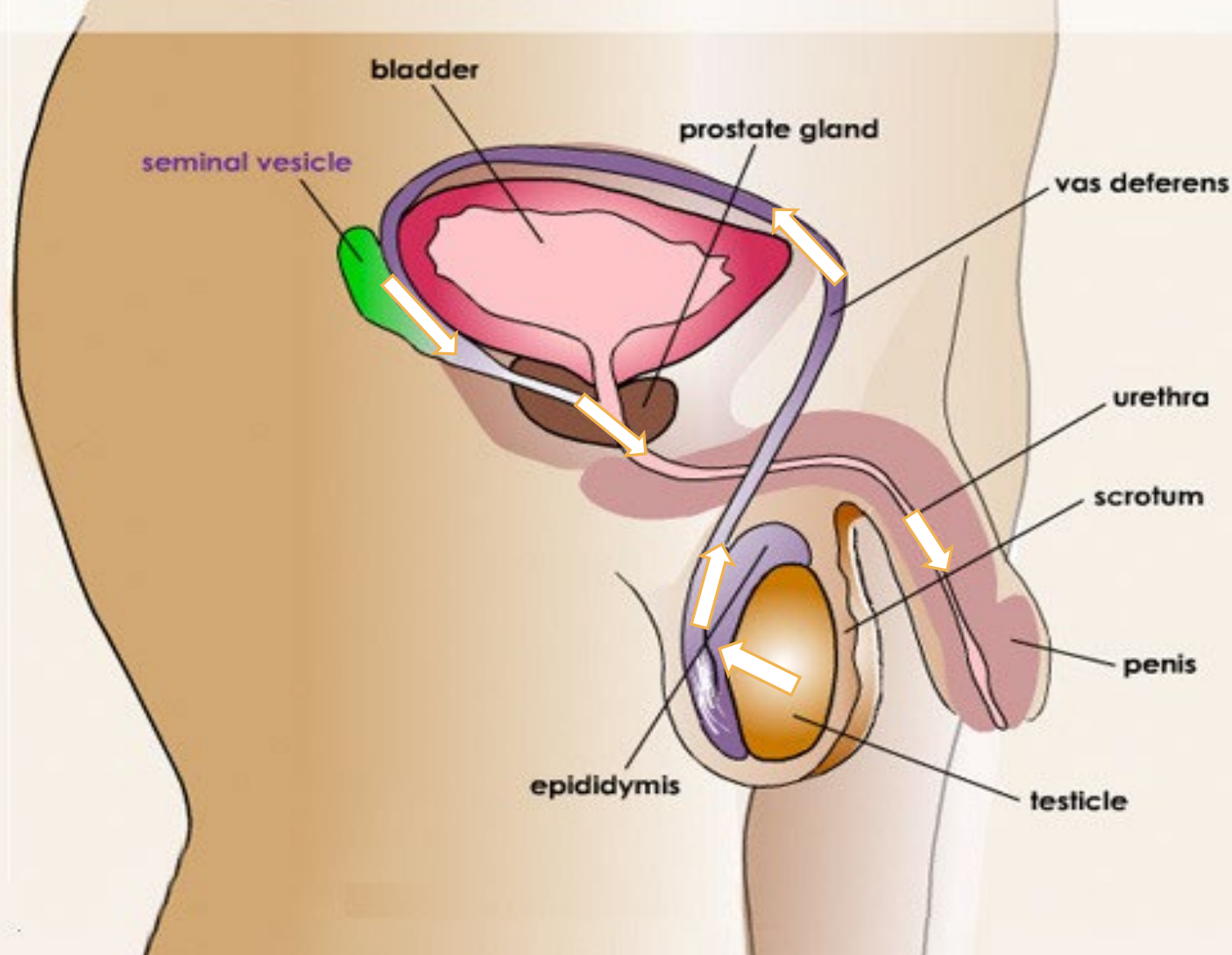


Reproductive System- male anatomy reviewed

- **PENIS** the male sex organ used to pass urine and the passageway for the release of semen from the body
- **SCROTUM** the saclike pouch that helps regulate temperature and protects the testes
- **TESTES** the two glands that produce testosterone and sperm. Male reproductive cells are called sperm cells located in the **testicles**
- **SEMINAL VESICLE** the two small glands that add a fluid to semen to help sperm move
- **VAS DEFERENS** two long tubes through which sperm passes from the testes to the urethra
- **PROSTATE GLAND** a gland that makes fluid that is added to sperm to help sperm stay alive
- **COWPER'S GLAND** a gland that makes the final protective fluid for sperm for easier mobility (sometimes called Bulbourethral gland)
- **URETHRA** a narrow tube through which urine and semen pass out of the body

Reproductive Systemmale anatomy continued

THE MALE REPRODUCTIVE SYSTEM

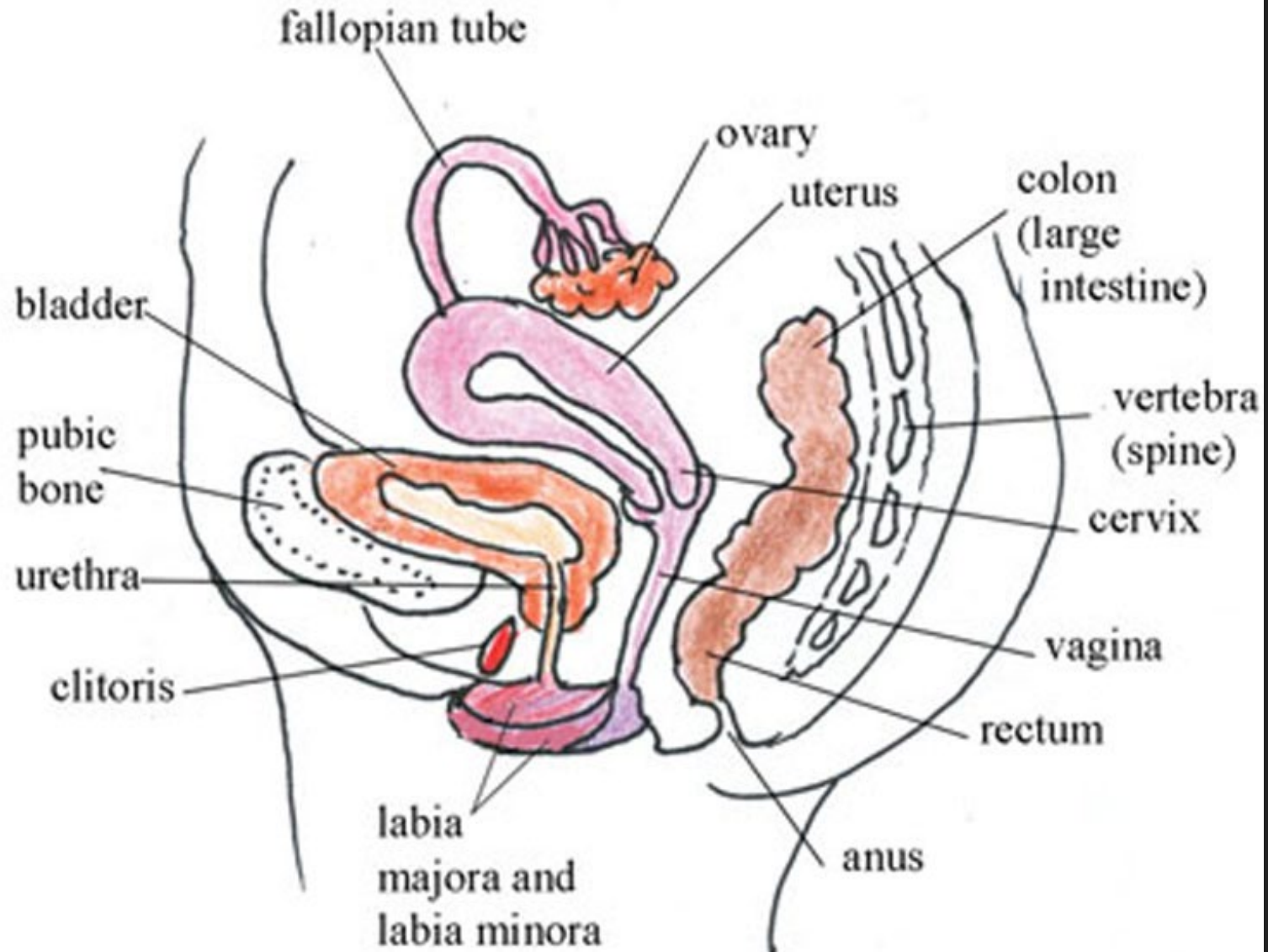


CHECKING FOR UNDERSTANDING

Pause here to check your general understanding of male reproductive system by answering the 2 questions.

4. Which gland is responsible for production of testosterone and sperm?
5. Which glands produce the fluids that make up **semen**? *HINT: there are 4

Reproductive System– female anatomy



Reproductive System- female anatomy reviewed

Ovaries- female sex glands/organs where eggs containing your DNA are stored and released

Fallopian Tubesthe structure that allows egg(s) to travel from the ovaries to the uterus

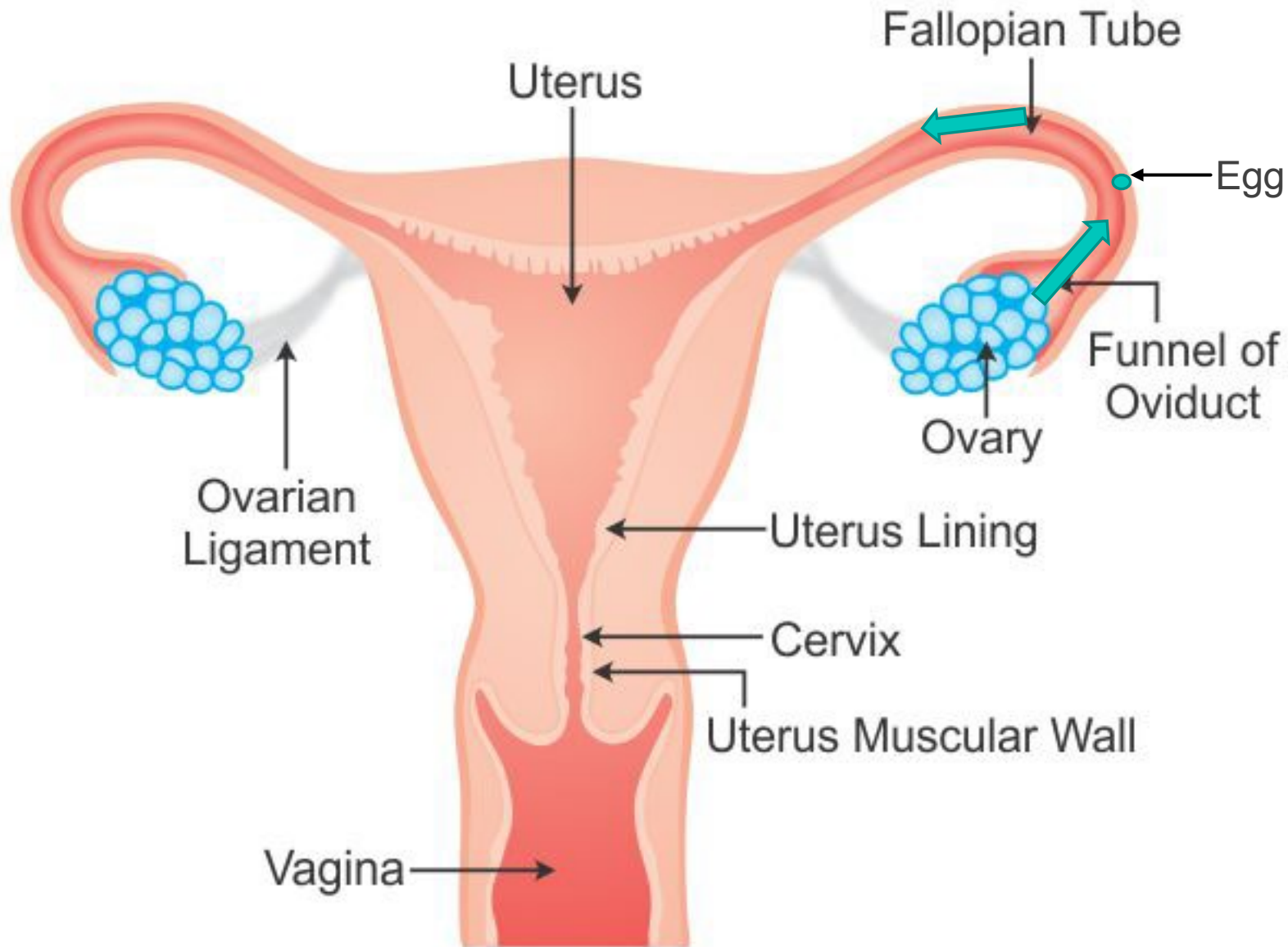
Uterus-the organ that houses a fertilized egg/fetus/baby during pregnancy and sheds it's lining during menstruation

Cervix-the lower part of the uterus that allows the flow of menstrual blood and passage of a baby during labor

Vaginaa muscular structure that allows menstrual blood to leave the body and allows baby to pass through during delivery

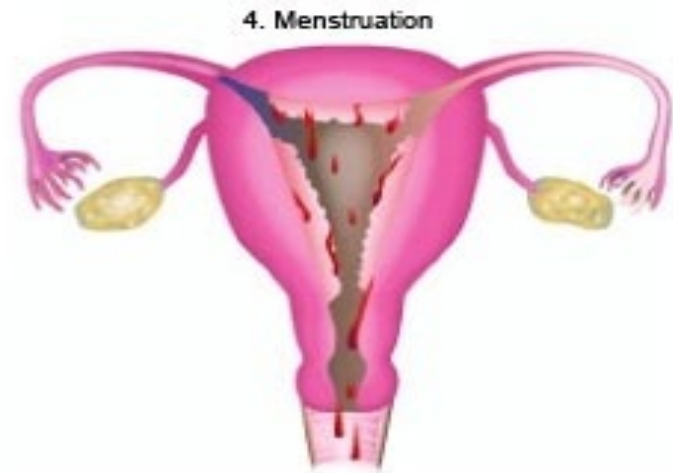
Ova— the single egg released by the ovaries through the fallopian tubes(in typical healthy systems occurs monthly, alternating ovaries)

Reproductive System-female reproductive system



Menstruation Cycle and Phases

How Your Menstrual Cycle Works



Menstruation Cycle and Phases

Menstrual Cycle occurs every 21-35 days and is a series of changes represented by 4 phases that include:

- maturation of ovum/egg
- release of egg(ovulation)
- uterine lining preparation (thickening)
- menstruation(shedding of lining)

Menstruation: is the time when blood from uterine lining is shed from contractions in the uterine walls (cramps) and exits through the vagina

- Lasts typically 3-7 days (everyone is different)

CHECKING FOR UNDERSTANDING

Pause here to check your general understanding of the female reproductive system by answering the 3 questions.

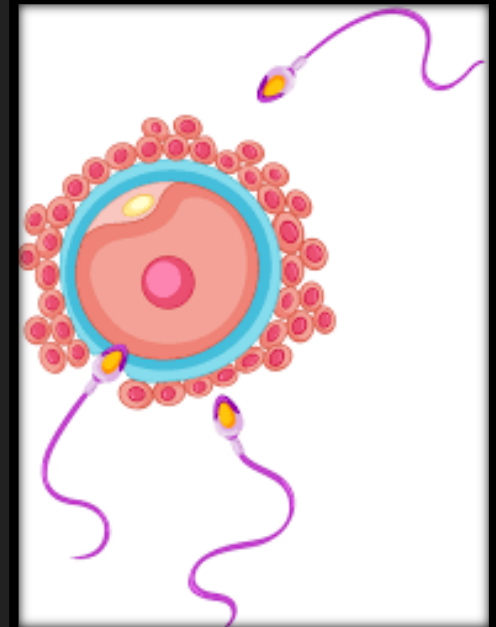
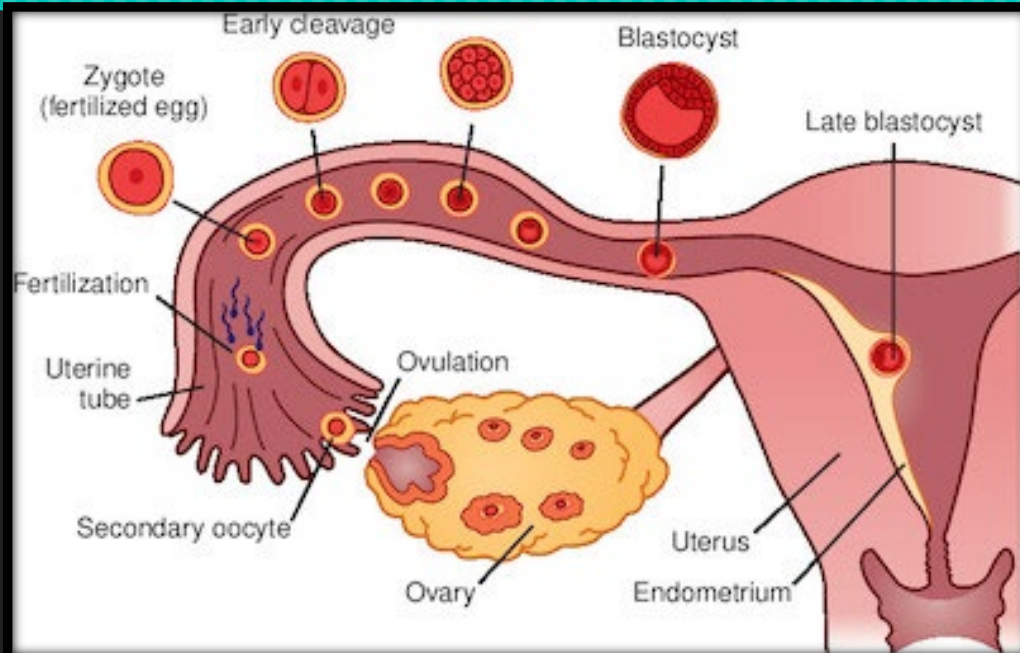
6. Which gland/organ is responsible for the production of estrogen and ova?
7. Which female organ sheds its lining through menstruation?
8. How many phases occur in the menstruation cycle?

PREGNANCY

Pregnancy and childbirth are other functions of the female reproductive system.

This process begins with fertilization, where biological males impregnate biological females by fertilizing the female egg with male sperm and the female then gestates offspring through pregnancy.

Fertilization



The moment that a sperm enters an egg (ovum) the DNA genetic material of male's sperm and the female's egg are combined to form a new, unique genetic cell referred to as a Zygote.

Pregnancy Trimesters

A pregnancy is divided into trimesters:

- The **FIRST** trimester is from week 1 to the end of week 12.
- The **SECOND** trimester is from week 13 to the end of week 26.
- The **THIRD** trimester is from week 27 to the end of the pregnancy.

The 9 months of pregnancy are divided into **three stages**, or trimesters, each with distinct characteristics in terms of mother's experiences and fetal development.

FIRST TRIMESTER

● **Mom:** Rapid influx of hormones causes intense pregnancy symptoms



● **Baby:** First heartbeats at 8 weeks; grows to 2.9" and 0.8 oz.

SECOND TRIMESTER

● **Mom:** Most symptoms lessen; pregnancy starts to show



● **Baby:** Gender reveal at 18 - 20 weeks; grows to 14" and 1.7 lbs.

THIRD TRIMESTER

● **Mom:** Extra weight makes it harder to sleep and move



● **Baby:** All organs finish maturing; grows to 20.3" and 8.1 lbs.

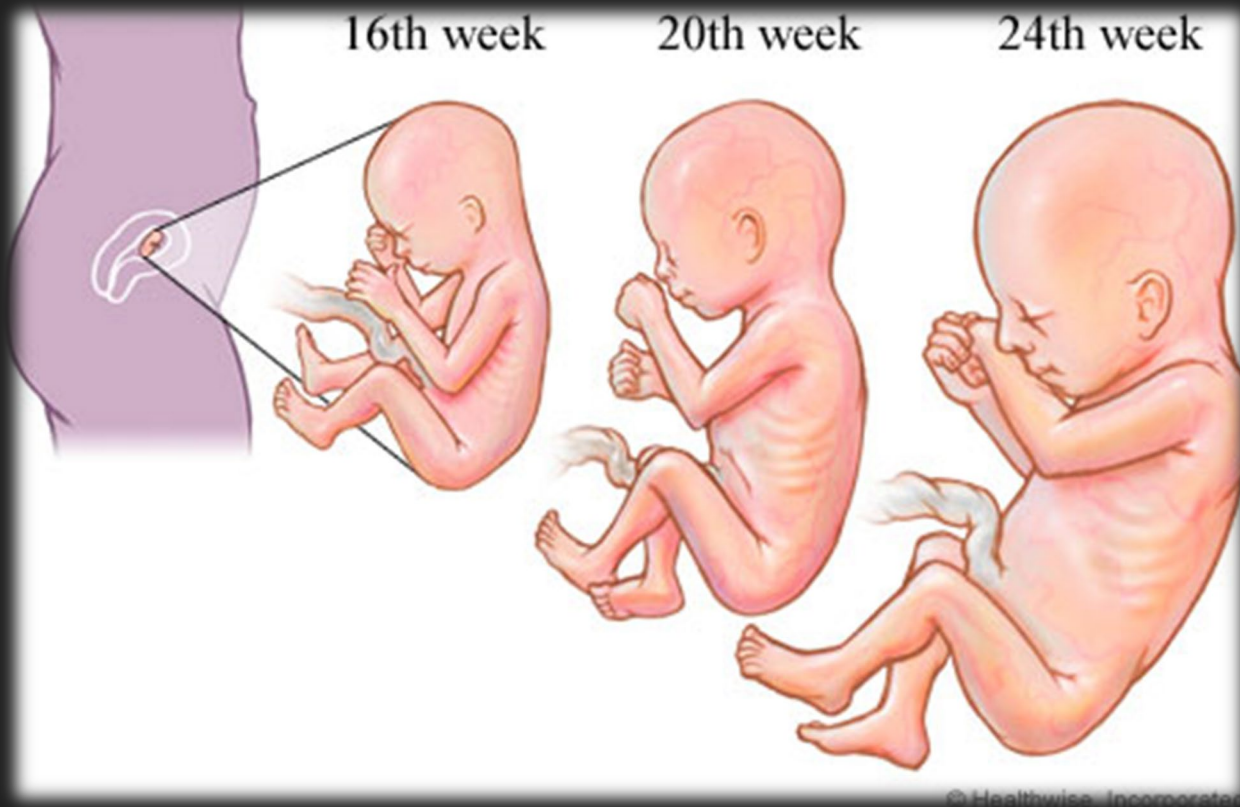
First Trimester: 12 weeks

The growing baby is described as a fetus starting at 9 weeks. At this point the baby's heart, hands, feet, brain, genitalia, and other organs are present.



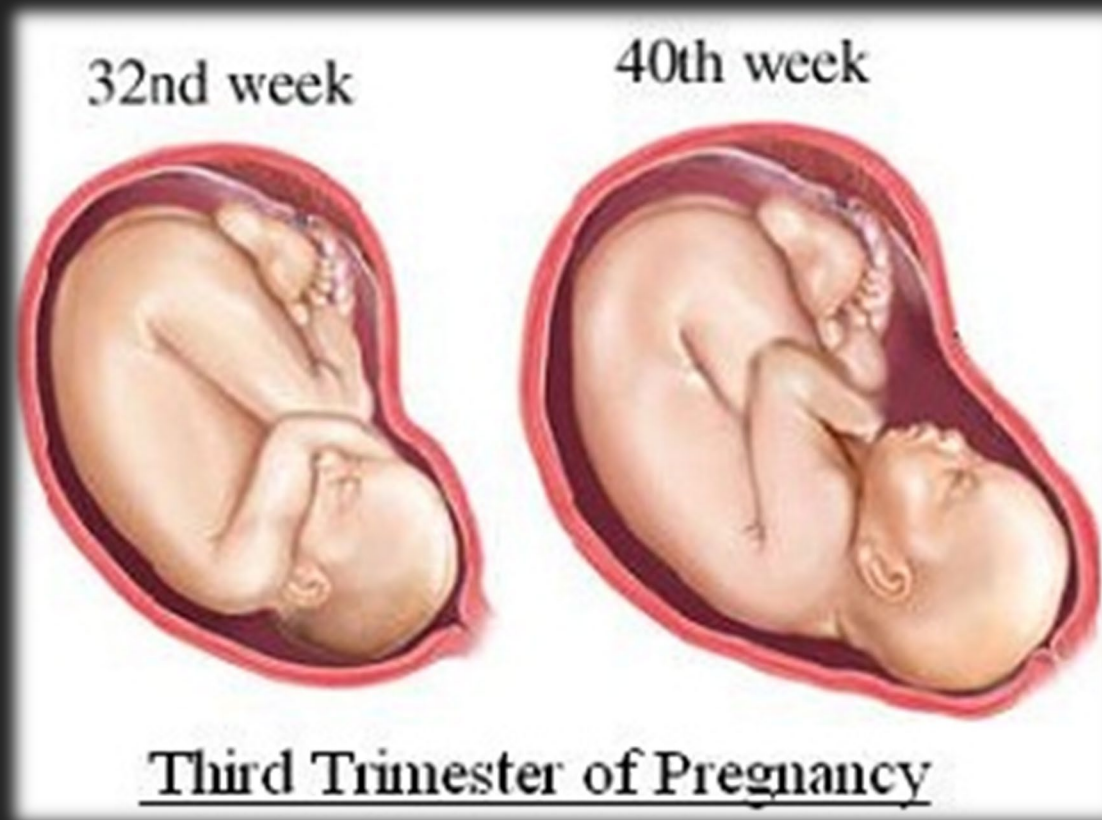
Second Trimester: 13-26 weeks

The baby starts to hear, recognize voices, and swallow. Small hairs become noticeable.



Third Trimester: 27-40 weeks

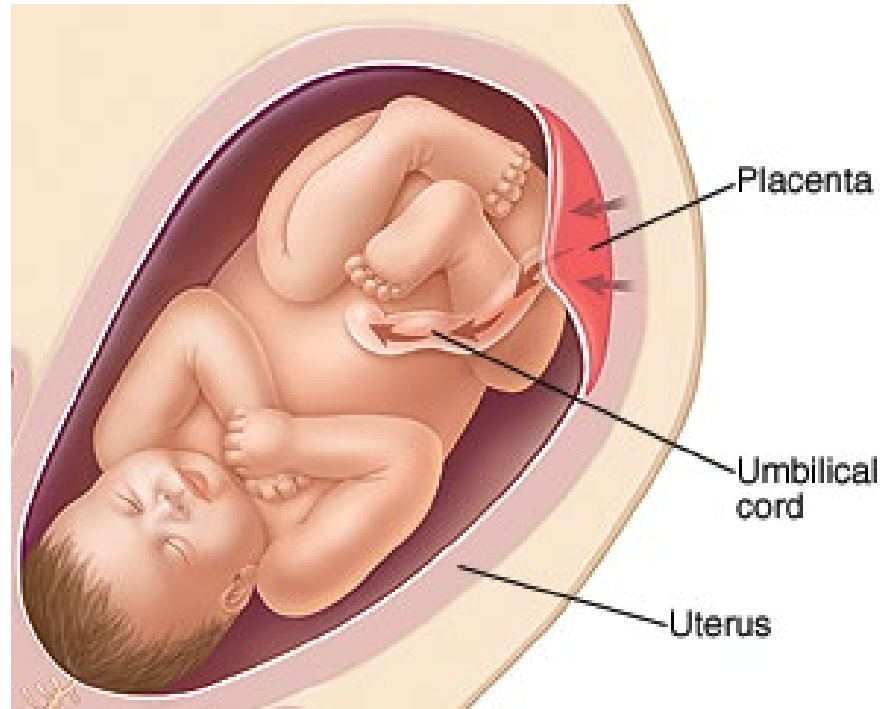
The baby's lungs mature, and the baby begins to position itself head down. By the end of the third trimester, the baby weighs, on average, 6 to 9 pounds.



Pregnancy Anatomy

○ The **umbilical cord** connects to the baby's abdomen from the **placenta**, which in turn is connected to the mother's uterus.

○ The **placenta** is responsible for producing pregnancy hormones and hosting important nutritional exchanges between the mother and the baby's blood supply.



Genetic Disorders & Birth Defects

Genetic disorders and birth defects are common, costly, and critical conditions that affect 1 in every 33 babies born in the United States each year. These abnormalities can often be found by testing the mom's blood or on an ultrasound before the baby is born. If any problem is found, a doctor can help the family prepare to care for their baby's needs. Doctors can also determine possible surgeries needed when they are born.

Examples below: Cleft palate, spina bifida



Importance of Prenatal Care

Prenatal care is the care a pregnant mother receives during the 9 months of her pregnancy. A healthcare provider can make sure that the mom and baby stay healthy throughout pregnancy and prepare for a healthy birth.



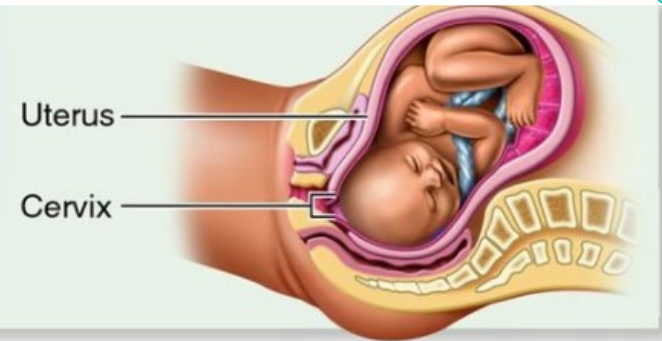
Stages of Childbirth

○ **Stage 1:** Early labor and active labor can last from a few hours to over 24 hours. Contractions begin, cervix dilates, and baby moves into the birth canal (vagina).

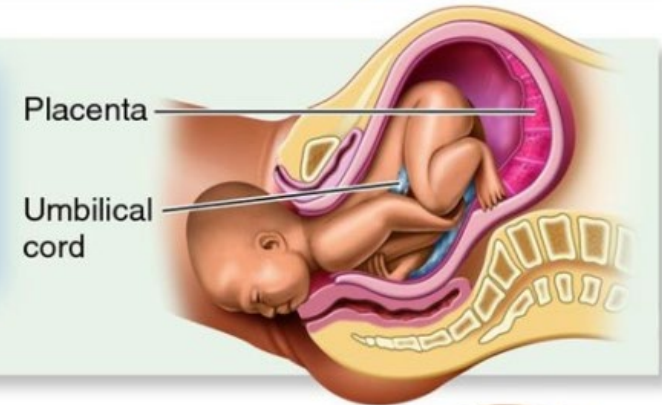
○ **Stage 2:** The baby is born after the mother pushes with contractions, lasts from a few minutes to a few hours.

○ **Stage 3:** Delivery of the placenta, lasts 1-30 minutes, right after the delivery of the baby.

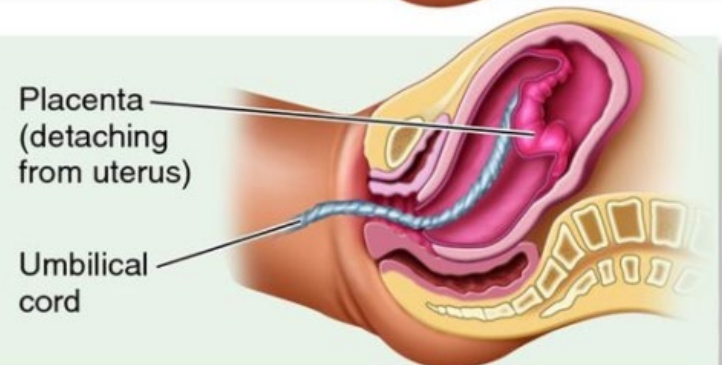
Stage 1:
The cervix relaxes,
causing it to dilate
and thin out.



Stage 2:
Uterine contractions
increase in strength
and the infant is
delivered.



Stage 3:
The placenta
is expelled.



Consequences of Teenage Pregnancy

Teen parents may have:

- **an increased risk of medical problems in pregnancy**
- **a higher rate of high school dropout**
- **a lower rate of college entrance and graduation**
- **a higher rate of breaking up with their partner**
- **a higher rate of becoming a single parent**
- **an increase in depression**
- **and a lower future income**

CHECKING FOR UNDERSTANDING

Pause here to check your general understanding by answering the 2 questions on the right.

9. Explain the difference between pregnancy trimesters and the stages of birth.
10. Discuss the social and emotional stressors/ consequences of being a teen parent.

Monitoring Progress– Evidence of Learning

HEALTH SKILLS - PERFORMANCE SCALE – HGD Grades 6-8

Learning Goal Outcome from State Standards:

Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.

Lesson 1 Learning Target:

Explain human reproductive anatomy, organs, systems and their functions, including pregnancy and childbirth.

Directions: Use the Performance Scale checklist below. **Start at Level 1**, check off those you can do and work on those you need more practice. Then, move up the levels as you build both knowledge and skill competency. Time and practice may be necessary to reach Target Mastery at level 3.

| Level | Learning Target Tasks: I can: ✓ |
|--|---|
| 4 beyond desired effect | <ul style="list-style-type: none"> ○ Demonstrate evidence of comprehending reproductive anatomy terminology and concepts related to pregnancy and childbirth, including consequences to teenage pregnancy |
| 3 level of desired goal | <p>Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.</p> <ul style="list-style-type: none"> ○ Explain human reproductive anatomy, organs, systems, and their functions, including pregnancy and childbirth |
| 2 This is the foundational level tasks, practice of skills, cues, vocabulary needed to get to required goal. | <ul style="list-style-type: none"> ○ Explain consequences of teenage pregnancy ○ Explain stages of childbirth ○ Explain trimesters of pregnancy ○ Explain fertilization is the initial phase of pregnancy ○ Explain menstruation cycle/phases ○ Explain some male and female reproductive system functions ○ Explain some appropriate male reproductive anatomy ○ Explain some appropriate female reproductive anatomy ○ Identify endocrine system functions ○ Identify endocrine system and hormones |
| 1 Beginning cognitive and physical | <ul style="list-style-type: none"> ○ Identify how heredity and environment play a role on growth and development ○ Recognize some body functions related to human growth and development ○ Recognize some reproductive anatomy and reproductive systems ○ Recognize some endocrine system glands, organs, and functions |

START HERE

CHECK OFF THOSE YOU CAN DO



Questions?



Have unanswered questions?
Please ask your teacher for a question slip. Remember only appropriate language and questions regarding Human Growth and Development will be passed along and then returned to you.

Health Risks Associated with HGD

Preventing Sexually Transmitted
Infections and Teenage Pregnancy

Lesson 2

Developed by Collier County Public Schools
Teaching and Learning Education Department

Clinically Reviewed By: Dr. Karysse Trandem, DO, FACOOG
Medical Director & Ob/Gyn Physician, Pregnancy Resource Centers of SWF

Lesson 2 Learning Target:

Students will be able to demonstrate the ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decisionmaking to reduce or avoid health risks related to Human Growth and Development.



Scientific Focus: Bacterial and Viral Differences, transmission of infections/diseases

Lesson 2 Performance Scale

HEALTH SKILLS - PERFORMANCE SCALE – HGD Grades 6-8 – LESSON 2

Learning Goal Outcome from State Standards:

Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.

Lesson 2 Learning Target:

Identify responsible interpersonal, decision-making, and disease prevention skills to reduce reproductive health risks

Directions: Use the Performance Scale checklist below. **Start at Level 1**, check off those you can do and work on those you need more practice. Then, move up the levels as you build both knowledge and skill competency. Time and practice may be necessary to reach Target Mastery at level 3.

| Level | Learning Target Tasks: |
|---|---|
| | I can: ✓ |
| 4 beyond desired effect | <ul style="list-style-type: none"> ○ Demonstrate evidence of both comprehending and using the skills needed as a responsible decision-maker regarding health behaviors and choices ○ Demonstrate evidence of understanding reproductive health risks and prevention of disease |
| 3 level of desired goal | <p>Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.</p> <ul style="list-style-type: none"> ○ Identify responsible interpersonal, decision-making, and disease prevention skills to reduce reproductive health risks |
| 2 This is the foundational level tasks, practice of skills, cues, and vocabulary needed to get to required goal | <ul style="list-style-type: none"> ○ Understand that abstinence is the only 100% effective way to prevent pregnancy and sexually transmitted infections and diseases ○ Understand how health behavior decision-making can either increase health risks or decrease them ○ Identify key highlights of disease and pregnancy prevention ○ Identify differences in viral and bacterial STI's ○ Identify benefits to delaying sexual activity ○ Identify some expectations in friendships or relationships skills and ways to share them appropriately ○ Identify personal core values ○ Identify personal health skills ○ Identify responsible ways to access valid and reliable health information |
| 1 Beginning cognitive and physical | <ul style="list-style-type: none"> ○ Recognize some family, friend, and relationship skills ○ Recognize some self-esteem/self-worth personal values, and beliefs ○ Recognize some responsible health decisions ○ Recognize some communication skills |

START HERE

CHECK OFF THOSE YOU CAN DO



2 KEY FACTORS in our health-related decision-making

1 Our Health Skills:

- Communication skills
- Responsible decision-making skills
- Ability to access valid and reliable information

Example: If you don't communicate with your friend that you do not like how they put you down in front of the group, how will they know it upsets you?

2 Our Personal Values:

- Self-esteem
- Self-worth
- Family, Friendship and Relationship Skills

Example: If you don't believe you are worthy of respect, you will likely accept people treating you badly.




SKILLS CHECK

○ **Record 2 Health Behaviors** that would promote strong communication and provide evidence of responsible decision making

○ **Record 2 Core Personal Values** that would promote strong self-esteem/self-worth and provide evidence of strong family or relationship skills

How do you know?

- 
- How do you know what each other expects of their friendships? Can you treat everyone the same?
 - How do you know if someone shares something that it is valid information or if it came from a reliable source?
 - How do you know each other's core personal values?

What is one thing you can ask a friend to get to understand them better or help them better understand you and your personal values?

PREVENTION

Abstinence is the only 100% effective way of preventing pregnancy and sexually transmitted infections.

Abstinence/Prevention includes not coming in contact with the genitals or fluids of another person.

PREVENTION

Benefits to Delaying Sexual Activity:

- Increased mental and emotional health
- Decreased risk for unplanned out-of-wedlock pregnancy
- Decreased risk of sexually transmitted infections, disease, or death
- Increased rate of high school graduation
- Increased rate of college graduation
- Increased perception of self-worth
- Longer-lasting relationships
- Increase in overall opportunities and income

CHECKING FOR UNDERSTANDING

Pause here to check your understanding of the benefits of abstinence and to explain the skills and values needed for optimal growth and development.

1. Name 3 benefits to staying abstinent.
2. Explain how health skills and personal values are critical to your growth and development.

STIs/ STDs

Sexually transmitted infections (STIs) — are generally acquired by sexual contact. The organisms (bacteria, viruses, fungi or parasites) that may cause sexually transmitted diseases (STDs) may pass from person to person in blood, semen, or vaginal, and other bodily fluids including during pregnancy and delivery.

3 TYPES OF STIs

3 TYPES OF INFECTIONS



Bacterial Infection –
CURABLE but makes
you more susceptible
to other infections
and can cause
permanent scarring
preventing pregnancy.
Examples: Chlamydia,
Gonorrhea, Syphilis.

Parasitic/
Fungal
Infection –
CURABLE
Trichomoniasis,
Pubic lice,
Scabies

Viral Infection –
INCURABLE – YOU HAVE a
VIRUS FOREVER that can
lead to other immune
illnesses and possibly
death. Examples: Human
Papilloma Virus (HPV),
Hepatitis, Human
Immunodeficiency
Virus/AIDS

Personal Prevention, Valid and Reliable Health Education, and
Regular Healthcare are ways to avoid infection and disease.

Bacterial Infections and Diseases

Syphilis – Chancre and rash



Gonorrhea – discharge and sore



Chlamydia –rash and discharge in eye and cervix



Viral Infections and Diseases

HPV – oral
virus and
papilloma



Genital Warts-
genital region
and oral
representation



Genital Herpes-
Genital Simplex
2 and
oral/eye/nose
Simplex 1



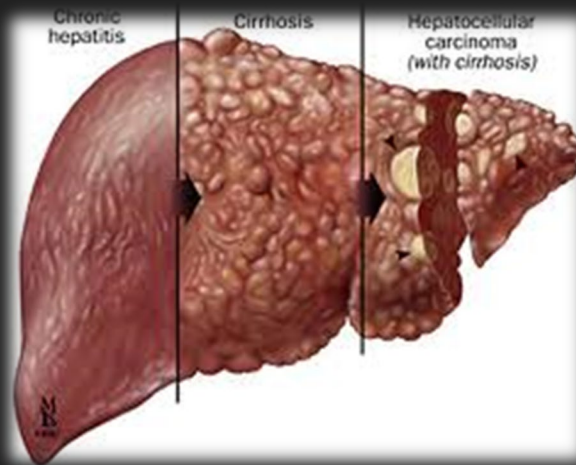
Viral STIs continued

HIV/AIDS – skin lesions and thrush

When HIV has damaged immune system lowering white blood T Cell below 200, it is more likely that some of the opportunistic diseases will cause death rather than the HIV/AIDS virus under current advanced treatments.



Hepatitis C - disease that destroys the liver



Prevention Post It Notes

1

The only 100% way to prevent an STI or pregnancy is abstinence.

2

Proper use of a condom can help to prevent many STIs, but condoms are not 100% effective.

3

It is possible to have more than one STI at a time, and people do not develop immunities if they have previously had an STI.

4

STIs can be transmitted with or without symptoms.

Abstinence from sexual activity outside of marriage is the expected standard to avoid pregnancy, STIs, including HIV/AIDS and other associated health problems



I CHOOSE TO
WAIT

**It's Your Future.
You Can Protect It.**

**Always use a condom and
another form of birth control.**

Girls and Guys, if you are sexually active, protect yourself and your partner from pregnancy, HIV, and other STDs. Even if you or your partner is using another type of birth control, agree to use a condom **EVERY TIME** you have sex, to reduce the risk to both of you for HIV and most other STDs. Birth control (such as the pill, patch, ring, implant, shot, or an IUD) provides highly effective pregnancy prevention, but it does not protect you from HIV and other STDs. Condoms can reduce the risk to both of you for most STDs, including HIV, as well as the risk for pregnancy. Be prepared.



+

the pill
patch
ring
implant
shot
or IUD

=

EVERY TIME
to reduce
the risk of
pregnancy, HIV,
and other STDs



www.cdc.gov/teenpregnancy/Teens.html

Get involved, make your voice heard!
www.myspace.com/yourvoice

Learn about talking to your partner.
www.talentwaggs.org www.senec.org www.cityteens.org

Learn to use condoms the right way, every time.
www.teenunited.com/cgt/condoms/

Learn about all birth control methods.
www.dayteen.org/birth-control-101

Find a Clinic www.hhs.gov/opa



Centers for Disease
Control and Prevention
National Center for Chronic
Disease Prevention and
Health Promotion

10/2008-4

Contraception Benefits and Consequences

Pregnancy Prevention Methods

1

BARRIER METHODS

- Blocks sperm from entering female's cervix
- Examples: male condom, female condom, diaphragm, cervical cap, sponge, spermicide

2

HORMONE METHODS

- Use of estrogen and progestin together or progestin only
- Examples: birth control pill, skin patch (Ortho Evra), shot (Depo-Provera), intrauterine device, (IUD)

3

INFORMATIONAL METHODS

- Individuals must be very aware of their bodies/cycles
- Examples: fertility awareness and withdrawal

4

PERMANENT METHODS

- Adults who have finished having children
- Examples: female sterilization (tubal ligation) and male sterilization (vasectomy)

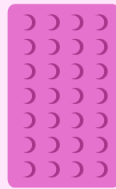
Sample Contraception Devices/Methods



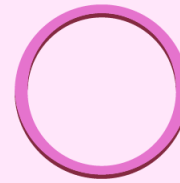
Condom



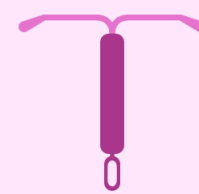
Female
condom



Pill



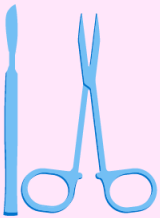
Hormonal
ring



IUD



Injection



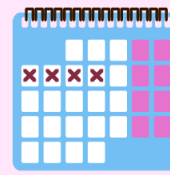
Surgical
sterilization



Implant



Coitus
interruptus



Calendar rhythm
method



Patch



Diaphragm

CHECKING FOR UNDERSTANDING

Pause here to check your general understanding of STIs and birth control methods.

3. What are 3 examples of STIs that could last your lifetime and can lead to death?
4. What prevention method is 100% effective?
5. Which contraceptive methods help prevent some STIs?

Lesson 2 Performance Scale

HEALTH SKILLS - PERFORMANCE SCALE – HGD Grades 6-8 – LESSON 2

Learning Goal Outcome from State Standards:

Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.

Lesson 2 Learning Target:

Identify responsible interpersonal, decision-making, and disease prevention skills to reduce reproductive health risks

Directions: Use the Performance Scale checklist below. **Start at Level 1**, check off those you can do and work on those you need more practice. Then, move up the levels as you build both knowledge and skill competency. Time and practice may be necessary to reach Target Mastery at level 3.

| Level | Learning Target Tasks: |
|---|---|
| | I can: ✓ |
| 4 beyond desired effect | <ul style="list-style-type: none"> ○ Demonstrate evidence of both comprehending and using the skills needed as a responsible decision-maker regarding health behaviors and choices ○ Demonstrate evidence of understanding reproductive health risks and prevention of disease |
| 3 level of desired goal | <p>Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.</p> <ul style="list-style-type: none"> ○ Identify responsible interpersonal, decision-making, and disease prevention skills to reduce reproductive health risks |
| 2 This is the foundational level tasks, practice of skills, cues, and vocabulary needed to get to required goal | <ul style="list-style-type: none"> ○ Understand that abstinence is the only 100% effective way to prevent pregnancy and sexually transmitted infections and diseases ○ Understand how health behavior decision-making can either increase health risks or decrease them ○ Identify key highlights of disease and pregnancy prevention ○ Identify differences in viral and bacterial STI's ○ Identify benefits to delaying sexual activity ○ Identify some expectations in friendships or relationships skills and ways to share them appropriately ○ Identify personal core values ○ Identify personal health skills ○ Identify responsible ways to access valid and reliable health information |
| 1 Beginning cognitive and physical | <ul style="list-style-type: none"> ○ Recognize some family, friend, and relationship skills ○ Recognize some self-esteem/self-worth personal values, and beliefs ○ Recognize some responsible health decisions ○ Recognize some communication skills |

START HERE

CHECK OFF THOSE YOU CAN DO





QUESTIONS: