

Sex Education

COACH WHITAKER

Vocabulary

- Sperm—the sex cell produced by the testes and is needed to fertilize an egg.
- Ovum—the sex cell produced by the ovaries that are fertilized by a sperm.
- Testis—the male reproduction organ that makes sperm and testosterone.
- Penis—male reproductive organ that removes urine and delivers sperm.

Vocabulary

- Semen—a fluid made up of sperm and other secretions from the male.
- Ovary—organ that produces eggs and the hormones progesterone and estrogen.
- Vagina—female reproductive organ that connects the uterus to the outside of the body.
- Fallopian tube—the female reproduction organ that transport the egg from the ovary.

Vocabulary

- Uterus—the female reproductive organ that provides a place to support a developing human.
- Menstrual cycle—a monthly series of hormone controlled changes that prepare the uterus lining for a pregnancy.
- Placenta—an organ that is produced during pregnancy to supply a baby with nutrients and oxygen.
- Sexual intercourse—reproductive process in which the penis is inserted in the vagina and through which a human life may begin.

Vocabulary

- Abstinence—the conscious decision not to participate in sexual activity and the skills to support that decision.
- Sexually Transmitted Disease (STD)—an infectious disease that is spread by sexual contact.
- Internal pressure—an impulse a person feels to engage in a behavior.
- External pressure—pressure a person feels from another person or group to engage in a behavior.

Male Reproductive System

- The male reproductive system works to produce sperm and deliver it to the female reproductive system.
- Sperm are sex cells that are produced by the testes and are needed to fertilize an egg.
- Eggs or ova are sex cells produced by the female reproductive organs, called ovaries.
- Fertilization is the process by which a sperm and an egg and their genetic material join to create a new human life.

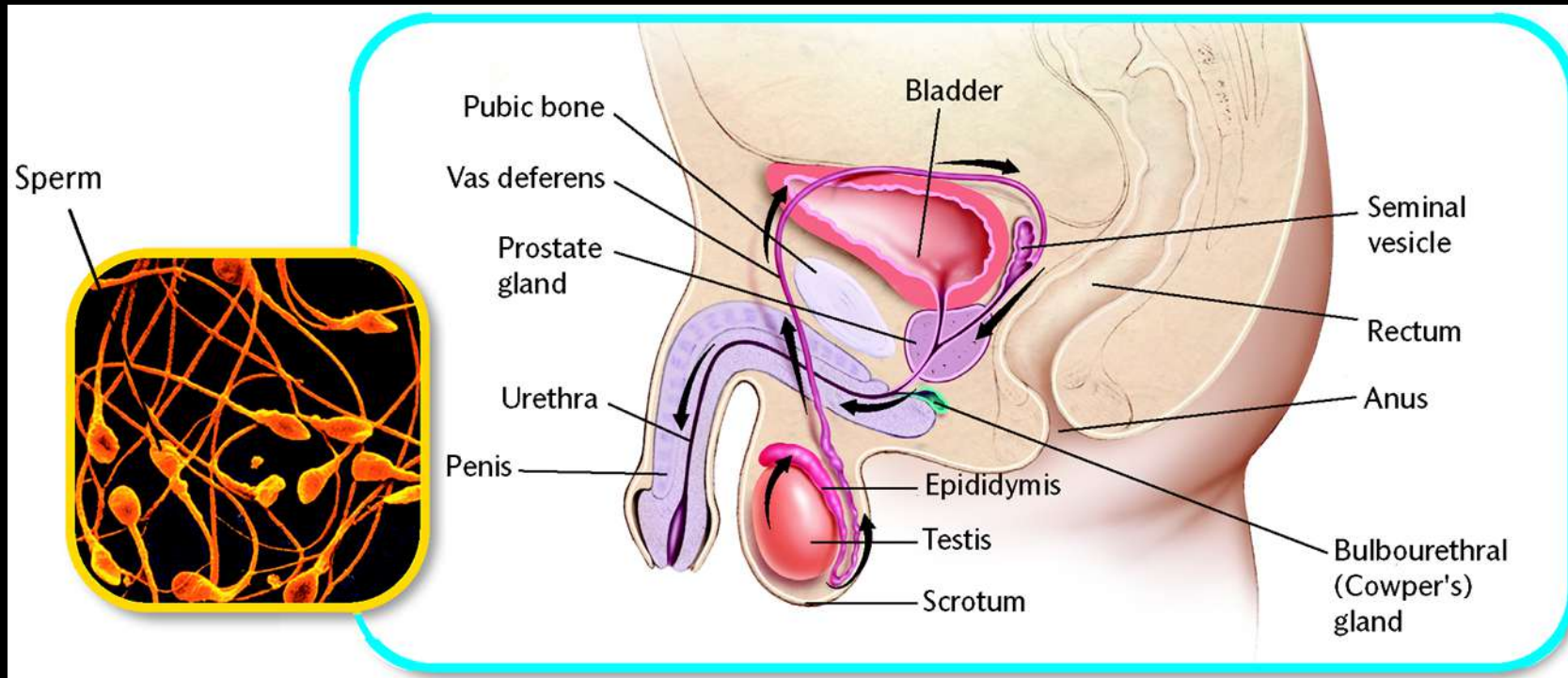
How the Male Reproductive System Works?

- The testes (testicles) are the male reproductive organs that produce sperm and testosterone.
- Testosterone is the major male sex hormone. It regulates body changes during puberty and influences sperm production.
- The scrotum is a sac containing the testes. Muscles in the scrotum move the testes closer to or further from the body to regulate temperature.

How the Male Reproductive System Works?

- The penis is the male reproductive organ that removes urine from the body and can deliver sperm to the female reproductive system.
- Urine or sperm passes through the penis in the urethra.
- Sperm from the testes travel through the epididymis and the vas deferens. In the vas deferens, sperm mixed with fluids to make semen.

Male Reproductive System

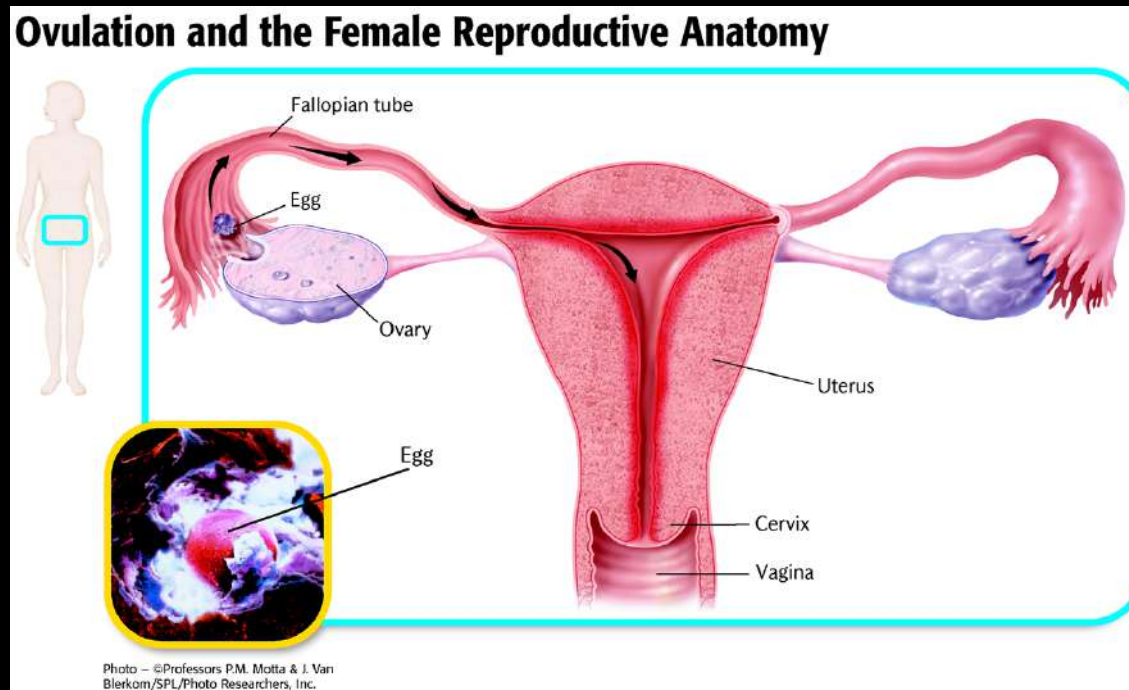


Activity

- Problems with the Male Reproductive System Presentations

What the Female Reproductive System Does

- The function of the female reproductive system is to produce eggs and to provide a place to support and nourish a developing human.



How the Female Reproductive System Works

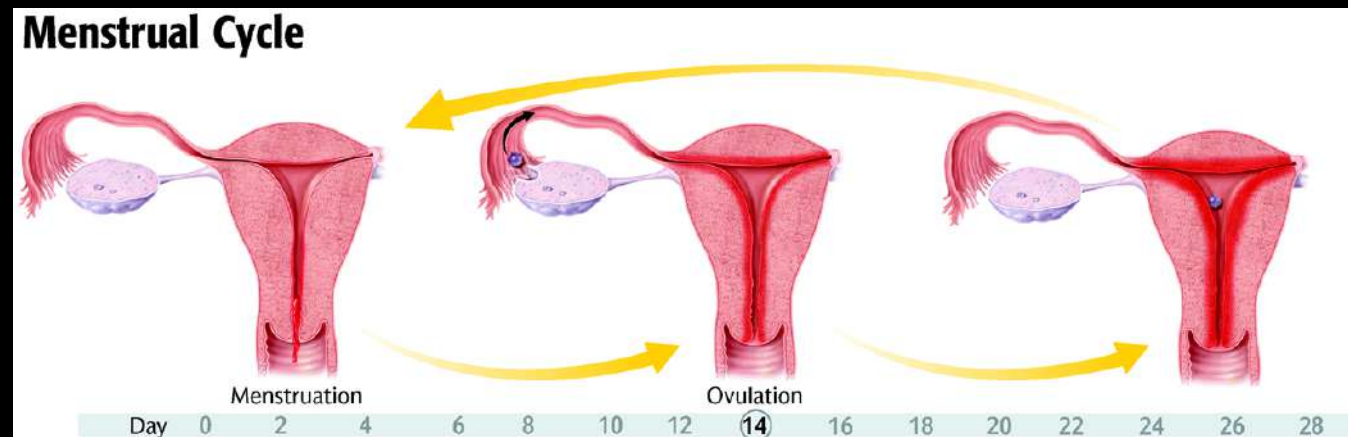
- Ovaries are the female reproductive organs that produce eggs and the hormones estrogen and progesterone.
- A female is born with approximately 1 million to 2 million eggs.
- Estrogen regulates body changes during puberty.
- Both estrogen and progesterone are involved in regulating monthly cycles and in the changes that take place in the body during pregnancy.

How the Female Reproductive System Works

- The vagina is the female reproductive organ that connects the outside of the body to the uterus and receives sperm during reproduction. It is also part of the birth canal through which a baby is delivered.
- The urethra carries urine out of the body from the bladder. It is above and separate from the vagina.
- The uterus is the female reproductive organ that provides a place to support a developing human.
- Eggs travel from the ovaries to the uterus through the fallopian tubes.

How the Menstrual Cycle Works

- Prior to ovulation (the release of an egg), the lining of the uterus thickens to prepare to support a growing human during pregnancy.
- Menstruation is the breakdown and discharge of the uterine lining out of the vagina. This occurs if a released egg is not fertilized. Menstruation lasts on average 3 to 7 days.
- The average menstrual cycle lasts 28 days. Ovulation usually occurs on the 14th day. However, this length can vary.



Activity

- Problems with the Female Reproductive System Presentations.

How Life Begins

- Sexual intercourse is the reproductive process in which the penis is inserted into the vagina and through which a new human life may begin.
- From the vagina, sperm travel through the uterus and into the fallopian tubes, where fertilization normally occurs.
- After fertilization, the zygote travels to the uterus and embeds in the uterine wall.
- The developing human in the first 8 weeks of development is called an embryo.

How a Baby Develops

- The placenta is an organ that develops in the uterus.
- The placenta provide a developing baby with nutrients and removes waste.
- The umbilical cord connects the embryo to the placenta.

How a Baby Develops

- In the first trimester (first 3 months) the embryo grows rapidly.
- By week 4, the heart starts beating, arm and leg buds appear, and the eyes and brain start to develop.
- By the end of the first trimester, all the major body parts and organs have formed.
- Beyond the first trimester, the developing baby is called a fetus.
- In the second trimester, the organs continue to develop. By 4 months, the mother can feel the fetus move or kick.

How a Baby Develops

- By the end of the second trimester, facial features are apparent, and you can tell if the fetus is male or female.
- In the third trimester, the fetus gains most of its weight.
- At the end of 9 months, the baby is born.

Problems During Pregnancy

Table 3 Problems During Pregnancy

Problem	What is it?	Symptoms	Treatment or prevention
Fetal alcohol syndrome (FAS)	▶ a set of birth defects that affect a fetus that has been exposed to alcohol during pregnancy	▶ physical and mental problems, such as mental retardation, growth deficiency, and hyperactivity in newborn baby	▶ none; prevented by a woman completely avoiding alcohol during her pregnancy
Miscarriage (spontaneous abortion)	▶ death of fetus from natural complications before the 20th week of pregnancy	▶ vaginal bleeding or pregnancy tissue expelled from uterus	▶ treatment determined by a doctor
Ectopic (tubal) pregnancy	▶ implantation of the fertilized egg in the fallopian tube	▶ abdominal pain early in the pregnancy, weakness, and faintness	▶ surgery or medical treatment is required immediately

Table 3 Problems During Pregnancy

Problem	What is it?	Symptoms	Treatment or prevention
Toxemia (preeclampsia)	▶ medical problem with unknown cause, but common in pregnant teens; may be related to the placenta or hormones	▶ swelling of face and ankles, high blood pressure, and protein in urine of mother; convulsions if severe	▶ medications, frequent checkups, and, in some cases, early delivery of baby; may be prevented with good prenatal care
Gestational diabetes	▶ diabetes during pregnancy	▶ high blood sugar levels in mother	▶ change in diet, medication, and, in some cases, early delivery of baby
Rh incompatibility	▶ a condition in which mother's immune system reacts against the fetus's blood due to an incompatibility in blood cell type	▶ anemia (low red blood cell count) in fetus or fetal death	▶ immunization of mother before and after pregnancy prevents this condition; monitoring of health of fetus
Premature birth	▶ early birth due to abnormal uterus, bleeding behind placenta, STD, multiple pregnancy, or other causes	▶ delivery of baby before 38th week	▶ good postnatal care in hospital's premature baby nursery

Stages of Birth

Stages of Childbirth



Before childbirth The fetus usually drops to a lower position in the mother's uterus about 1 month before childbirth.



First stage: Dilation During the dilation stage, the mother's cervix dilates and the membranes surrounding the baby rupture.

Stages of Birth

Stages of Childbirth



Second stage: Expulsion During the expulsion stage, the baby's head emerges from the birth canal (vagina) and the shoulders rotate.



Third stage: Placental During the placental stage, the placenta and the umbilical cord are expelled after the baby is born.

Activity

Teen Relationships Are Important

- Developing relationships with others of your age is an important part of forming your identity.
- Dating provides friendship, companionship, and support, and allows you to explore characteristics you might want in a future spouse.
- Engaging in sexual activity poses risks to your emotional and physical health.
- Refraining from sexual activity helps create and sustain a healthy relationship.
- Mutual respect is of key importance in dating.

Finding the Right Person

- A good friend or dating partner:
 - is unselfish
 - treats others well
 - is tolerant and respectful
 - has morals and values similar to yours
 - is fun to be with
 - respects himself or herself

Finding the Right Person

- When choosing a friend or a dating partner, you should try to avoid people who:
- are selfish
- are abusive
- are inconsiderate
- are jealous
- hurt you physically or emotionally
- don't respect your morals and values
- make you feel badly about yourself

Anticipation Guide

What Is Abstinence?

- Teen relationships should focus on emotional intimacy, not sexual intimacy.
- Abstinence is the conscious decision not to participate in sexual activity and the skills to support that decision.
- A sexually transmitted disease (STD) is an infectious disease that is spread by sexual contact.
- Avoiding the risk of STDs is just one of the many benefits of abstinence.

Benefits of Abstinence

The Benefits of Abstinence

Beliefs Vs. Reality

- | | |
|---|---|
| “Sexual activity shows that a couple is in love.” | Love can be expressed in many nonsexual ways. |
| “Sexual activity will make our relationship better.” | Sexual activity creates stress in a teen relationship. |
| “Sexual activity is a healthy part of being a teen.” | Many teens are physically and emotionally hurt by sexual activity. |
| “If a person has been sexually active in the past, there is no reason to avoid sexual activity in the future.” | Teen pregnancy and STDs are always good reasons to avoid sexual activity. |

Pressures to Be Sexually Active

- Internal pressure is an impulse a person feels to engage in a behavior.
- External pressure is pressure a person feels from another person or from a group to engage in a behavior.

Setting Personal Limits

- Setting personal limits can help you stay true to your commitment to be abstinent.
- When setting personal limits, you can commit not only to being abstinent but also to avoiding situations that could lead to sexual activity.
- Tell your partner when you begin dating that you have made a commitment to remain sexually abstinent.

Avoid Pressure Situations

- Identify situations that could lead to sexual activity.
- Avoid drinking alcohol or taking illegal drugs.
- Look for dating partners who share your values about abstinence.

Risks of Teen Sexual Activity

- Possible consequences of teen sexual activity include:
 1. loss of self-esteem
 2. unplanned pregnancy
 3. sexually transmitted diseases
- Abstinence is the only sure way to eliminate the risks of teen sexual activity.

Teen Pregnancy

- 1 in 10 female teenagers gets pregnant each year.
- One out of three girls becomes pregnant at least once before reaching the age of 20.
- Teen pregnancies are hard on the mother's health.
- Babies born to teen mothers are more likely to have health problems.

Teen Pregnancy

- Other reasons to avoid being a teen parent include:
 1. You will have less time for yourself.
 2. Most teen mothers don't marry the father.
 3. Most pregnant teens do not finish high school.
 4. Parents are legally responsible for their child's well-being.
 5. On average, teen fathers make less money than male teens who are not fathers.

Abstinence Eliminates the Risks of Teen Sexual Activity

- There are many nonsexual ways to show affection.
 1. Make your date feel special.
 2. Find hobbies to do together.
 3. Spend time with and get to know your date.
 4. Show respect for your date.

Activity

STDs: The Silent Epidemic

- An epidemic is the occurrence of more cases of a disease than expected.
- STDs are said to be a “silent epidemic” among teens and young adults.
- Many STDs are asymptomatic, which means you can have the disease without any symptoms.
- When there are no symptoms, a person may spread the disease without knowing it.
- Sexually active people should undergo regular testing for STDs.

STDs and Teens

- Behaviors that put teens at risk of STDs include:
 1. being sexually active
 2. having more than one sexual partner
 3. having a sexual partner who has had multiple sexual partners
 4. using alcohol or drugs

How Are STDs Spread?

- Ways that STDs are spread include:
 1. any sexual activity that brings a person in contact with body fluids from an infected person
 2. any sexual activity in which one person's genitals contacts another person's skin or mucous membranes
 3. direct contact with open sores
 4. a mother to her baby before or during birth, or during breast-feeding

How Are STDs Spread?

- Most STDs CANNOT be spread by the following:
- Kissing
- Sharing eating utensils
- Holding hands
- Using public toilets

STDs Can Cause Permanent Damage

- Some STDs, such as herpes, cannot be cured.
- Some STDs can cause miscarriages or infant blindness.
- Being informed about STDs can help you avoid them.
- If you think you might have been exposed to an STD, see a doctor as soon as possible

Activity

Common STD's

Bacterial STDs

What is it?	Symptoms	Treatment	If untreated
<p>Chlamydia (kluh MID ee uh) is an STD caused by a bacterium that infects the reproductive organs and may cause a mucous discharge. Chlamydia can be passed from pregnant women to infants during childbirth. The highest rates of chlamydial infections in the United States are found in 15- to 19-year-olds. There are more new cases of chlamydia than new cases of any other bacterial STD reported each year in the United States.</p>	<p>Often no symptoms</p> <p>Females:</p> <ul style="list-style-type: none">▶ pain during urination▶ vaginal discharge or bleeding▶ pelvic pain <p>Males:</p> <ul style="list-style-type: none">▶ pain during urination▶ discharge from the penis	<p>Both partners take antibiotics at the same time.</p>	<p>Females:</p> <ul style="list-style-type: none">▶ infertility▶ pelvic pain▶ ectopic pregnancies▶ pelvic inflammatory disease (PID) <p>Males:</p> <ul style="list-style-type: none">▶ epididymitis▶ swollen and tender testicles <p>Infants of infected mothers:</p> <ul style="list-style-type: none">▶ illness▶ blindness

Common STD's

Bacterial STDs

What is it?	Symptoms	Treatment	If untreated
<p>Gonorrhea (gahn uh REE uh) is an STD caused by a bacterium that infects mucous membranes, including the genital mucous membranes. Gonorrhea can be passed to infants during childbirth.</p>	<p>Females: Often no obvious symptoms</p> <ul style="list-style-type: none">▶ pain during urination▶ vaginal discharge or bleeding▶ pain in the abdomen or pelvic area <p>Males:</p> <ul style="list-style-type: none">▶ pain during urination▶ discharge from the penis	<p>Both partners take antibiotics at the same time. Gonorrhea is becoming more difficult to treat because the bacteria that cause it have become more resistant to antibiotics.</p>	<p>Females:</p> <ul style="list-style-type: none">▶ pelvic inflammatory disease (PID), which can result in ectopic pregnancies or infertility <p>Males:</p> <ul style="list-style-type: none">▶ scarring of the urethra, which makes urination difficult▶ painful swelling of the testicles <p>Newborns of infected mothers:</p> <ul style="list-style-type: none">▶ blindness▶ joint infection▶ life-threatening blood infections

Common STD's

Bacterial STDs

What is it?

Syphilis (SIF uh lis) is an STD caused by a bacterium that can cause ulcers or chancres (SHANG kuhrz). Syphilis can spread through the blood, damaging the nervous system and other body organs. Syphilis can be passed to infants during childbirth.

Symptoms

Males and Females:

Primary syphilis (10 to 90 days after infection):

- ▶ painless ulcer, called a chancre at the place where the bacteria entered the body

Secondary syphilis (3 to 10 weeks after infection):

- ▶ fever
- ▶ rash
- ▶ swollen lymph nodes
- ▶ joint pain
- ▶ muscle aches

Tertiary syphilis (1 or more years after infection):

- ▶ heart and nervous system damage, including blindness and loss of mental abilities
- ▶ possible death

Treatment

Both partners take antibiotics at the same time.

If treated in the early stages, syphilis can be cured.

If untreated

Males and Females:

- ▶ mental and physical disabilities
- ▶ premature death

Infants of infected mothers:

- ▶ premature birth
- ▶ severe mental disabilities
- ▶ deafness
- ▶ death

Common STD's

Bacterial STDs

What is it?	Symptoms	Treatment	If untreated
<p>Pelvic inflammatory disease (PID) is an inflammation of the upper female reproductive tract caused by the migration of a bacterial infection from the vagina. PID is a common and serious complication of some STDs. It is often caused by chlamydia or gonorrhea.</p>	<ul style="list-style-type: none">▶ pain in the pelvic area or abdomen▶ vaginal discharge▶ unusually long and painful menstrual periods▶ spotting between periods▶ fever▶ painful urination▶ nausea	<p>Antibiotics are used to treat PID.</p> <p>Antibiotic treatment can not repair all of the damage that may have already occurred.</p> <p>Surgery may be needed if infection is left untreated for too long.</p>	<ul style="list-style-type: none">▶ scars in the fallopian tubes or uterus that can lead to infertility or ectopic pregnancies▶ chronic pelvic pain

Common STD's

Viral STDs

What is it?	Symptoms	Treatment	If untreated
Human papillomavirus (HPV) is an STD caused by a group of viruses that can cause genital warts, cervical cancer in females, and penile cancer in males. HPV is responsible for more new STD cases than any other STD in the United States.	Often no symptoms Females: <ul style="list-style-type: none">▶ genital and anal warts (pink or reddish warts that appear on the genitals)▶ abnormal Pap smear (a screening test for cervical cancer) Males: <ul style="list-style-type: none">▶ genital and anal warts	There is no cure. Warts can be treated by surgical removal, freezing, or medication but can return. Cancer treatment is available for cervical and other genital cancers. A vaccine is available to reduce the chance of getting some HPV strains that can cause cancer or warts.	Females: Women have a higher risk of developing cervical cancer with certain types of HPV. Males: Men have an increased risk of developing genital cancers with certain types of HPV.

Common STD's

Viral STDs

What is it?	Symptoms	Treatment	If untreated
<p>Genital herpes is an STD caused by a viral infection in the genital area. Genital herpes is caused by the herpes simplex virus (HSV). There are two types of herpes simplex viruses: HSV-1 and HSV-2. Both types can be passed to newborn infants if the mother has genital sores at the time of delivery.</p>	<p>Males and Females:</p> <p>HSV-1:</p> <ul style="list-style-type: none">▶ cold sores, blisters around mouth and genitals <p>HSV-2:</p> <ul style="list-style-type: none">▶ mild or no symptoms▶ red bumps, blisters, and recurrent sores usually on or around genitals▶ fever with first infection▶ swollen lymph nodes	<p>There is no cure. Antiviral medications can shorten outbreaks and reduce their frequency.</p>	<p>An infected person remains infected for life.</p> <p>Newborns of infected mothers:</p> <ul style="list-style-type: none">▶ Infections of liver, brain, skin, eyes, and mouth▶ Death

Common STD's

Viral STDs

What is it?	Symptoms	Treatment	If untreated
<p>Hepatitis is an inflammation of the liver. Two viruses that cause hepatitis are hepatitis B and hepatitis C, which are life-threatening forms of hepatitis. Both hepatitis B and hepatitis C can be sexually transmitted. There are other hepatitis viruses that are not sexually transmitted.</p>	<p>Males and Females:</p> <ul style="list-style-type: none">▶ jaundice (yellowing of the skin)▶ tiredness and muscle aches▶ fever▶ loss of appetite▶ darkening of the urine	<p>There is no cure. Medications may help stop the spread of the virus.</p> <p>Individuals with severe liver damage may need a liver transplant.</p> <p>A vaccine is available to prevent hepatitis B.</p>	<p>Males and Females:</p> <ul style="list-style-type: none">▶ liver damage▶ liver failure▶ liver cancer▶ premature death

Common STD's

Viral STDs

What is it?	Symptoms	Treatment	If untreated
<p>Human immuno-deficiency virus (HIV) is a virus that primarily infects cells of the immune system and causes AIDS. HIV is passed by exchange of infected body fluids—usually blood, semen, vaginal fluid, or breast milk. Exchange usually takes place during sexual activity or by sharing drug injection equipment.</p>	<p>Acute illness (initial exposure to 2 months)</p> <ul style="list-style-type: none">▶ fever▶ joint pain▶ swollen lymph glands▶ diarrhea <p>Asymptomatic stage (2 months to 10 years)</p> <ul style="list-style-type: none">▶ possibly swollen lymph glands▶ no other symptoms <p>Early symptoms (following asymptomatic stage)</p> <ul style="list-style-type: none">▶ same as acute stage▶ forgetfulness <p>AIDS (following early symptoms)</p> <ul style="list-style-type: none">▶ severe weight loss▶ cancers▶ opportunistic infections	<p>There is no cure for AIDS.</p> <p>A combination of drugs can delay the start of serious symptoms.</p>	<ul style="list-style-type: none">▶ weight loss▶ malnutrition▶ loss of mobility▶ opportunistic infections (such as pneumonia and tuberculosis)▶ cancer▶ premature death

Common STD's

STDs caused by Parasites

What is it?	Symptoms	Treatment	If untreated
Pubic lice are a strain of lice found in pubic hair of those infected. The lice crawl on the skin and lay eggs on the hairs. The lice are spread by skin-to-skin contact.	Males and Females: Pubic lice can cause intense itching in the pubic area.	Medicated lotion and shampoos can kill the lice. Infected individuals must wash clothes and bed linens in hot water.	Skin damage can occur.
Scabies (SKAY beez) are tiny mites that burrow into the skin of an infected person. Scabies are spread by skin-to-skin contact.	Males and Females: Scabies can cause intense itching in the infected area.	Medicated lotion and shampoos can kill the mites. Infected individuals must wash clothes and bed linens in hot water .	Skin damage can occur.
Trichomoniasis (TRIK oh moh NIE uh sis) is an STD caused by a protozoan, a single-celled animal that is just a little larger than a bacterium. Males may not have symptoms but can give the disease to others.	Females: <ul style="list-style-type: none">▶ itching in genital area▶ vaginal discharge▶ painful urination Males: <ul style="list-style-type: none">▶ usually no symptoms	It can be cured with a prescribed medicine.	<ul style="list-style-type: none">▶ urinary tract infections▶ inflamed urethra▶ premature birth in pregnant women