

Lesson 6: Menstruation & Pregnancy

OBJECTIVES

1. Students will be able to describe the process of human reproduction by identifying the correct order of the steps involved with conception.
2. Students will learn about all pregnancy options and resources for these options, including California's Safe Surrender Baby Law.

AGENDA

5 minutes	Do Now
20 minutes	Pregnancy Myth & Facts Activity (Optional Activity)
20 minutes	Menstrual Cycle & Pregnancy PowerPoint
5 minutes	Closure: Exit Ticket & Homework
50 minutes	Total

MATERIALS

- Every student needs a notebook, journal, or paper and a pen
- Prepared newsprint with the following headers, one per sheet:
A pregnancy can start when . . .
A pregnancy can't start when ...
Becoming a parent is . . .
- Signs that read "Myth" and "Fact"
- Flipchart or whiteboard and markers
- PowerPoint slides
- Vocabulary Reference List
- Exit Ticket
- Homework

SUGGESTED ACCOMMODATIONS

- Do Now:
 - Have students sort facts into the 3 statement categories
- Menstrual Cycle & Pregnancy PowerPoint:
 - Give student copy of PPT with key words missing or highlighted to follow along, (can take place of Part III).
 - Provide accommodated worksheet with some word blanks filled in and the remaining blanks highlighted

- Provide word bank and/or labels with vocabulary words pre-typed for students to add to worksheet(s)
- Exit Ticket: Provide true/false labels pre-typed for students to add to worksheet

CALIFORNIA HEALTH EDUCATION STANDARDS

1.3G Explain the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy.

1.4G Explain how conception occurs, the stages of pregnancy, and the responsibilities associated with parenting.

1.12G Describe responsible prenatal and child care, including California's Safely Surrendered Baby Law.

DO NOW ACTIVITY**5 minutes***(This part of the lesson is modeled after "Advocates for Youth: Right. Respect. Responsibility" Curriculum)*

Before having students start the Do Now, post the 3 pieces of newsprint around your classroom and explain what today's lesson will be about

Suggested Script: *"Today we are going to discuss human reproduction. This is a topic that some of you might know a lot about and some of you might be learning about for the first time. Let's start by seeing what the class already knows about the topic of reproduction."*

Point out the three pieces of newsprint you have hung around the room. Have students spend three minutes brainstorming individually in their notebooks what they know about the three statements. They need to write down the first thing that comes to mind for each one. Explain that you are just looking to see what students have heard about these topics and that you expect all of their responses to be appropriate for school:

*A pregnancy can start when . . .
A pregnancy can't start when . . .
Becoming a parent is . . .*

After students finish, ask for a few volunteers to share what they wrote. Remind students of community agreement and classroom expectations as they are sharing. After a few students share, clarify any misconceptions and confirm accurate information. If students did not mention it, make sure to say:

Suggested Script: *"A pregnancy starts when sperm and egg come together. For example, one way someone can become pregnant is through vaginal sex. During this type of sex, an erect penis is inserted into a lubricated vagina. If this results in ejaculation, semen is released from the penis into the vagina. Semen contains hundreds of millions of sperm, so if an egg is present, a sperm and that egg can unite. That's called 'fertilization.' The fertilized egg then keeps moving and, if it implants itself into the wall of the uterus, it becomes a pregnancy. If it doesn't, it results in a menstrual period. We'll talk more about this after the next activity."*

Continue in this manner with the other two pieces of newsprint making sure to provide age-appropriate and medically accurate information and/or definitions as needed.

Pregnancy Myths & Facts - OPTIONAL ACTIVITY**20 minutes***(This part of the lesson is modeled after "Health Connected" Sexuality Curriculum)*

Teacher Tip: The Pregnancy Myth & Facts Activity is an optional activity. This activity can be fun and very engaging but it can also take longer than the allotted time. We suggest you try this activity if you have more than 50 minutes, to cover this topic. Another option is to cover this activity after the PowerPoint if time allows it.

Materials

- Signs that read "Myth" and "Fact"
- Myth and Fact Statements

Activity

Explain to students that they are going to spend the next 20 minutes interactively exploring some of the "myths" and "facts" about pregnancy.

1. Define with students what "**Myth**" or a "**Fact**" mean. Explain that it is important for us to correct health myths that people have heard, so that people have correct information.
2. Explain to students that they will participate in an activity where they will have to choose whether a statement relating to pregnancy is a "**Myth**" or "**Fact**"
3. Have students stand up. Read the statements and ask students to stand either by the "**Myth**" or "**Fact**" sign, depending on which they think the statement is.
4. Discuss with students why a statement is a myth or fact.

Myth and Fact Statements

- A person can get pregnant if they have sex during their period. (**FACT**)
- A person can get pregnant before getting their first period. (**FACT**)
- A person cannot become pregnant the first time they have vaginal sex. (**MYTH**)
- A person can get someone pregnant the first time having sex. (**FACT**)
- You can always tell if someone is a virgin. (**MYTH**)
- Withdrawal (pulling the penis out of the vagina before ejaculating) is 100% effective at preventing pregnancy. (**MYTH**)
- Smoking marijuana will kill enough sperm in males so they can't get someone pregnant. (**MYTH**)
- Urinating and jumping up and down after penis-vagina sex prevents pregnancy. (**MYTH**)
- A person can get pregnant without a penis going into the vagina. (**FACT**)
- Most people with testicles can make a baby from the time they start making sperm until death. (**FACT**)
- Teens need their caregivers/parents' permission to get condoms, birth control, and pregnancy tests (**MYTH**)
- Condoms help prevent pregnancy and Sexually Transmitted Diseases (STDs) like HIV. (**FACT**)
- Birth control pills must be taken every day to prevent pregnancy. (**FACT**)
- In California, you can give up your newborn baby at a hospital without getting into trouble with the law. (**FACT**)
- A teen, 12 years or older, can get emergency contraception or the "morning-after pill" from a pharmacy without prescription in California. (**FACT**)

Discussion: (after activity)

“What was one thing you learned that you didn’t know before?”

“Did any of the statements surprise you?”

“Do you have any other questions about pregnancy?”

Menstrual Cycle & Pregnancy PowerPoint**20 minutes**

(This part of the lesson is modeled after “Advocates for Youth: Right. Respect. Responsibility” curriculum and San Francisco’s “Be Real. Be Ready” comprehensive sexuality curriculum)

Materials

- PowerPoint slides
- PowerPoint Student Worksheet
- Student worksheet: Menstruation & Pregnancy

Activity

After the activity, have the PowerPoint “The Menstrual Cycle, Fertility & Pregnancy Options” ready. Explain that you will cover the steps to human reproduction, fertility, as well as pregnancy options.

Suggested Script:

“Now that you know some facts related to human reproduction, I want to make sure you understand the steps involved from start to finish.”

Slide 1 – *“This is a uterus. You can see that it’s in the abdomen below the stomach. The uterus is where menstruation occurs.”*

Slide 2 – *“The average menstrual cycle is generally about 28 days but really varies from person to person, sometimes being much shorter or longer than 28 days. Someone can get their first period anywhere between nine and fifteen years old and generally it will take the body a couple of years to figure out what will be a typical cycle.”*

Slide 3 – *“Each month an ovary releases an egg into a fallopian tube. The trip down the fallopian tube usually takes a couple of days.”*

Slide 4 – *“While the egg is on this journey, if it unites with sperm, the egg becomes fertilized and may implant in the lining of the uterus. By the way, sperm can live inside another person’s body for up to five days. Once a fertilized egg implants inside the uterus, a pregnancy has begun. If the pregnancy continues, nine months later a baby will be born.”*

Slide 5 – *“If there are no sperm in the fallopian tube while the egg is there, then the egg dissolves and is reabsorbed by the body. The egg is only able to unite with a sperm for a couple of days before it dissolves.”*

Slide 6 – *“In order to prepare for a potential pregnancy, the lining of the uterus grows each month to create a good environment for a potential fetus.”*

Slide 7 – *“If the egg does not unite with a sperm, hormones tell the body to prepare for menstruation, also called having a period.”*

Slide 8 – *“Menstruation is when the body rids itself of the extra lining inside of the uterus because there was no fertilized egg. About 2-3 tablespoons of blood and some tissue slowly leave the vagina during a menstrual period. However, if you are bleeding a lot more than this amount, consult your doctor about it.”*

Suggested Script:

(During slide 9, take a moment to prepare menstruation items to compliment the PowerPoint presentation slide)

Slide 9 - *"When someone gets their period, they can use any of these 4 items to take care of themselves. There are more items than these that can also help with periods (like a reusable pad and the diva cup). You can talk to your trusted adult about which one will work best for you. Let's work together as a class to match up the items to their corresponding names."*

"A person can get these items from the Wellness Center/Nurse or purchase them in the hygiene section of a pharmacy and supermarket"

"A Pad: *Some pads have wings and others do not. Wings are folded underneath the underwear to ensure the pad will remain in place. The pad goes on the underwear. Pads should be changed every 4 to 8 hours depending on the person's blood flow. Once a person is done using the pad, they should roll it up (they can also wrap it up in a tissue paper) and throw them in the garbage, DO NOT THROW PADS IN THE TOILET. It will clog up the toilet". "Also, a person can continue with the same activities they do (like running, playing basketball, soccer, etc.) while wearing a pad. The only activity that shouldn't be done while wearing a pad is swimming."*

"Liner: *Similar to a pad, it goes on the underwear. These do not have wings. Liners are usually used if someone's blood flow is lighter and/or if they are only spotting some blood. Just like pads, dispose the same way."*

"Tampon (with applicator): *A person inserts the applicator "head" inside of them through the vagina. Then they push the lower part of the applicator to insert the tampon. Remove the applicator and throw away in the garbage, not the toilet. They can wrap up the applicator in toilet paper. After they have inserted the tampon, a string will remain outside the body. The string is used to remove the tampon once it is full with blood. Tampons should be changed every 4 to 8 hours to avoid the risk of toxic shock syndrome (TSS). Make sure to use the tampon needed for your blood flow. For example, use a "regular" tampon on the lightest days of your period but a "super" on the heaviest day."*

"Tampon (without applicator): *Similarly to the tampon with applicator, except one would insert the tampon with their finger."*

"Finally, remember to talk to your trusted adult about which item would work best for you during your period."

Slide 10 - *"It is important that you take care of your body before and during your period. Some people experience Premenstrual Syndrome (PMS) before their period begins each month. PMS are physical and emotional symptoms. They can include: acne, bloating, backaches, mood swings, and irritability, to mention a few. These symptoms can happen 1-2 weeks before a period starts. Once you are on your period, you may experience: cramps, headaches, or irritability."*

Slide 11- *"Some ways to take care of your body include resting, drinking water, eating healthy meals, and practicing daily exercise. Talk to a trusted adult about over-the counter medicine, like ibuprofen to relieve an achy head and cramping."*

Suggested Script:

Slide 12 - *“Even if you do not get a period, you can be an ally to someone who has a period. Know the symptoms a person may experience with their period. Be supportive and don’t make fun of them. Accompany them to buy menstrual items and if necessary, buy menstrual items for them. Offer them water if they are feeling ill.”*

Slide 13 & 14 *“Teens who choose parenting have the right to stay in school and California provides services to support them in their pregnancy and parenting. If the teen does not want to parent, there are a few different types of adoption and ways to plan an adoption. There are many resources and agencies to support somebody with this decision. When someone chooses to carry a pregnancy to term they can access prenatal care to ensure a healthier pregnancy and childbirth. There will be more information about this in the next slide. Abortion is choosing to end a pregnancy.”*

Slide 15- *“Prenatal care helps to protect the biological mom’s health. Prenatal care also helps to protect the fetus’ health. Health professionals recommend that someone who is pregnant gets prenatal care as early as possible, since the first trimester of pregnancy is so important to the fetus’ development. Prenatal care involves regular check-ups with a health care provider (i.e. gynecologist, obstetrician, or midwife), usually someone who specializes in women’s health and/or pregnancy, taking prenatal vitamins and not consuming alcohol or smoking.”*

Slide 16- *“Teens have the right to carry a pregnancy to term and to make an adoption plan. There are a few different types of adoption and ways to plan an adoption. There are many resources and agencies such as Planned Parenthood to support somebody with this decision.”*

Slide 17- *“Under California law, minors can access abortion services confidentially, meaning without their parent or guardian’s permission. In California, abortion is legal up to 24 weeks into the pregnancy for any reason. After 24 weeks, abortion is still possible if the life or health of the mother is threatened by pregnancy.”*

Slide 18- *“A parent can safely surrender a baby to a designated Safe Surrender site (hospital, fire department, police station) within 72 hours of its birth. “Safe” means that the parent will not get in legal trouble for doing so. This also means that the baby will be safe. This is intended for emergency situations.”*

Discussion: (after activity)

“What did you learn from this presentation that you didn’t know before?”

“What can young people do to take care of themselves if they menstruate?”

“How can you be an ally to someone that menstruates?”

“What options do young people have if they become pregnant?”

“Do you have any other questions about menstruation and pregnancy?”

Lesson 6: Vocabulary

Vaginal Sex (sometimes called sexual intercourse): Vaginal sex, sometimes called sexual intercourse, is when an erect penis is inserted into a lubricated vagina. If this results in ejaculation, semen is released from the penis. Semen contains hundreds of millions of sperm one of which is needed to cause a pregnancy. If the couple is not using a contraceptive method, like condoms or the pill, the sperm in the semen can join with an egg, if one is present. If it implants in a uterus, it creates a pregnancy.

Conception: The beginning of a pregnancy. A sperm and egg must first join and implant into the lining of the uterus to result in a pregnancy. A fertilized egg cannot survive without implantation.

Human Reproduction: Human reproduction is a cycle in which a sperm and egg join and then implant into the lining of the uterus. After approximately nine months of growth, a baby is born.

Implantation: The process by which a fertilized egg attaches itself to the lining of the uterus. Once an egg is fertilized it doesn't always implant, but may leave the body with menstrual blood and tissue.

Fetus: The medically accurate name for the developing pregnancy prior to birth.

Pregnancy: Once a fertilized egg successfully implants in the lining of the uterus, a pregnancy has begun. Typically a pregnancy lasts for 40 weeks but can terminate for many reasons including spontaneously (called a miscarriage) or by choice or medical necessity (called an abortion).

Abortion: Ending or terminating a pregnancy. This can happen spontaneously (usually called a miscarriage) or through a medical or surgical procedure.

Adoption: When someone carries a pregnancy to term and another person or people become parents to the child.

Pregnancy Options: The choices available to a female when she becomes pregnant. These include parenting, adoption, abortion, and, in emergencies, safe surrender.

Prenatal care: The medical care a person could receive during pregnancy to regularly check-up on the health and the health of the growing pregnancy.

Safe Surrender Law: A law in California that allows an individual to safely surrender an infant within 72 hours of birth to a designated site (such as a hospital or police station) without fear of arrest or prosecution.

Worksheet: Pregnancy & Menstruation

Name: _____ Period: _____ Date: _____

WORD BANK

9-15	fetus	sperm	egg
environment	fallopian tube	24-48	hormones
"a period"	fertilized	uterus	28
pregnancy	lining	rids	body





Part I: A Menstruation & Pregnancy Story...

Directions: As you are paying attention to today's lesson, fill in the blanks for the story below. You can use the word bank to assist you in completing the story.

The 1) _____ is located in the abdomen below the stomach. The uterus is involved in menstruation. The average menstrual cycle is about 2) _____ days, but varies widely from person to person. Menstrual periods usually start between the ages of 3) _____. Here is how menstruation works: Each month, an ovary releases an 4) _____ into a 5) _____. While it's traveling, if the egg unites with a 6) _____ and implants in the uterus, a 7) _____ can begin. This is called fertilization. If the egg does not unite with a sperm within 8) _____ hours, it will dissolve and be reabsorbed by the 9) _____. To prepare for a potential pregnancy, each month the uterus grows a thick lining to create a good 10) _____ for the potential 11) _____. That is what a baby is called before it's born. If the egg and sperm do not unite, 12) _____ signal the uterus to shed the 13) _____ causing someone to menstruate or have 14) _____. Menstruation, or having "a period", is when the uterus 15) _____ itself of the lining because there was no 16) _____ egg.

Part II: Menstrual Match Up & Definitions

Directions: Match each menstrual item with their corresponding name.

Tampon (with applicator)	
Liner	
Pad	
Tampon (without applicator)	

17) The kind of protection someone can use inside the vagina by using an applicator when menstruating is called a _____.

18) The kind of protection someone that menstruates wears in their underwear when menstruating. They usually have wings. It is called a _____.

19) The kind of protection someone that menstruates inserts inside the vagina by using their finger is called a _____.

20) The kind of protection someone that menstruate wears in the underwear when menstruating. Their period is usually light or they are just spotting. It is called a _____.

21) What is one thing someone can do to take care of themselves during their period?

_____.

22) What is one thing someone can do to be an ally to someone that has a period?

_____.

Part III: Pregnancy Options

Directions: Fill in the blanks while are you are listening to the PowerPoint presentation.

Parenting & Prenatal Care	Adoption	Abortion	CA Safe Surrender Baby Law
<p>Teens have the right to stay in _____ and CA services will support pregnancy and _____.</p> <p>Taking _____ vitamins and eating a balanced diet of _____ and fruits is essential when pregnant. Do not drink _____ or smoke _____.</p>	<p>Teens have the right to carry a _____ to term and make an _____ plan.</p>	<p>Abortion is choosing to _____ a pregnancy. Teens have the right to access _____ services without parent or guardian's permission.</p>	<p>Parents can legally surrender a baby within _____ hours of birth. Baby must be dropped off at a "safe surrender" site like a _____.</p>

Worksheet: Pregnancy & Menstruation

ANSWER KEY

WORD BANK

9-15	fetus	sperm	egg
environment	fallopian tube	24-48	hormones
"a period"	fertilized	uterus	28
pregnancy	lining	rids	body

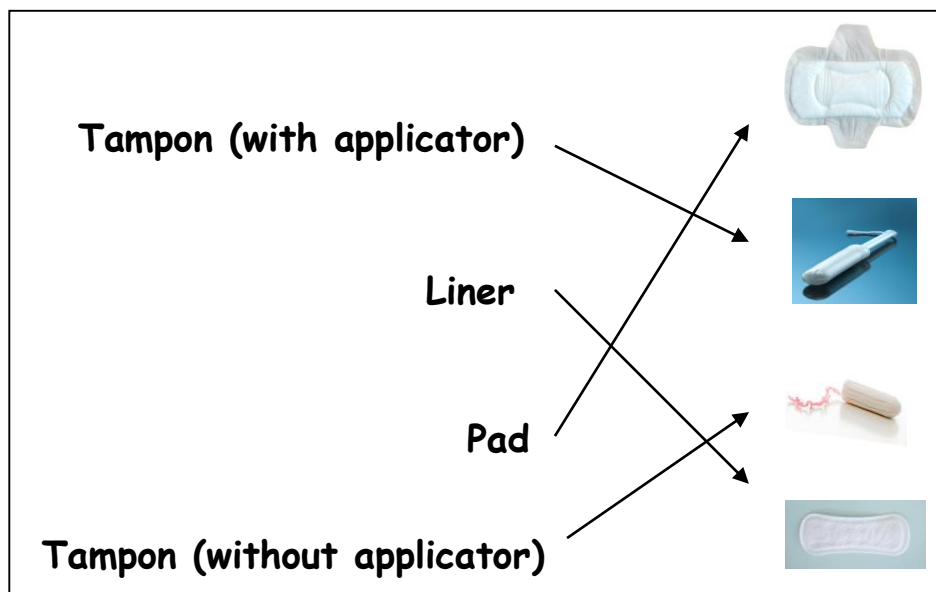
Part I: A Menstruation & Pregnancy Story...

Directions: As you are paying attention to today's lesson, fill in the blanks for the story below. You can use the word bank to assist you in completing the story.

The 1) uterus is located in the abdomen below the stomach. The uterus is involved in menstruation. The average menstrual cycle is about 2) 28 days, but varies widely from person to person. Menstrual periods usually start between the ages of 3) 9-15. Here is how menstruation works: Each month, an ovary releases an 4) egg into a 5) fallopian tube. While it's traveling, if the egg unites with a 6) sperm and implants in the uterus, a 7) pregnancy can begin. This is called fertilization. If the egg does not unite with a sperm within 8) 24-48 hours, it will dissolve and be reabsorbed by the 9) body. To prepare for a potential pregnancy, each month the uterus grows a thick lining to create a good 10) environment for the potential 11) fetus. That is what a baby is called before it's born. If the egg and sperm do not unite, 12) hormones signal the uterus to shed the 13) lining causing someone to menstruate or have 14) "a period". Menstruation, or having "a period", is when the uterus 15) rids itself of the lining because there was no 16) fertilized egg.

Part II: Menstrual Match Up & Definitions

Directions: Match each menstrual item with their corresponding name.



17) The kind of protection someone can use inside the vagina by using an applicator when menstruating is called a **tampon (with applicator)**.

18) The kind of protection someone that menstruates wears in their underwear when menstruating. They usually have wings. It is called a **pad**.

19) The kind of protection someone that menstruates inserts inside the vagina by using their finger is called a **tampon (without applicator)**.

20) The kind of protection someone that menstruate wears in the underwear when menstruating. Their period is usually light or they are just spotting. It is called a **liner**.

21) What is one thing someone can do to take care of themselves during their period? **Some examples include: resting, talking to a trusted adult, and staying hydrate. (See complete list in PowerPoint slide)**

22) What is one thing someone can do to be an ally to someone that has a period? **Some examples include: be supportive and don't make fun of them. (See complete list in PowerPoint slide)**

Part III: Pregnancy Options

Directions: Fill in the blanks while you are listening to the PowerPoint presentation.

Parenting & Prenatal Care	Adoption	Abortion	CA Safe Surrender Baby Law
<p>Teens have the right to stay in <u>school</u> and CA services will support pregnancy and <u>parenting</u>.</p> <p>Taking <u>prenatal</u> vitamins and eating a balanced diet of <u>vegetables</u> and fruits is essential when pregnant. Do not drink <u>alcohol</u> or smoke <u>tobacco</u>.</p>	<p>Teens have the right to carry a <u>pregnancy</u> to term and make an <u>adoption</u> plan.</p>	<p>Abortion is choosing to <u>end</u> a pregnancy.</p> <p>Teens have the right to access <u>abortion</u> services without parent or guardian's permission.</p>	<p>Parents can legally surrender a baby within <u>72</u> hours of birth. Baby must be dropped off at a "safe surrender" site like a <u>hospital</u>, <u>fire department</u>, and <u>police station</u>.</p>

Exit Ticket: Pregnancy Basics

Name: _____ Period: _____

True or False? Next to each statement, determine if it is true or false.

- _____ A person can get pregnant before getting their first period.
- _____ A person can get pregnant if they have sex during their period.
- _____ You can always tell if someone is a virgin.
- _____ Abstinence or not having sex is a method used to prevent pregnancy.
- _____ In California, you can give up your newborn baby at a hospital without getting into trouble with the law.
-

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Exit Ticket: Pregnancy Basics

ANSWER KEY

True or False? Next to each statement, determine if it is true or false.

True A person can get pregnant before getting their first period.

True A person can get pregnant if they have sex during their period.

False You can always tell if someone is a virgin.

True Abstinence or not having sex is a method used to prevent pregnancy.

True In California, you can give up your newborn baby at a hospital without getting into trouble with the law.

Homework: Pregnancy Myths vs. Facts

Name: _____ Period: _____ Date: _____

Directions: With a parent/caregiver, talk through the following four statements. Together decide whether you believe the statement is a myth or a fact and circle that answer. Then, watch the three minute video Sex Myths to check your answers.

Sex Myths Video – <http://pub.etr.org/sexmyths.html>

MYTH FACT 1. If two people have vaginal sex standing up, then pregnancy is not possible because the sperm will just fall out.

MYTH FACT 2. If two people have sex in certain positions, then pregnancy is not possible because of gravity.

MYTH FACT 3. If two people have vaginal sex in a swimming pool, pregnancy is not possible.

MYTH FACT 4. If someone jumps up and down after unprotected vaginal sex, the sperm inside will get confused and be unable to reach an egg.

My student and I discussed this topic on _____
(date)

Adult name: _____ Adult signature: _____

Homework: Pregnancy Myths vs. Facts

ANSWER KEY

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Sex Myths Video – <http://pub.etr.org/sexmyths.html>

MYTH

1. If two people have vaginal sex standing up, then pregnancy is not possible because the sperm will just fall out.

MYTH

2. If two people have sex in certain positions, then pregnancy is not possible because of gravity.

MYTH

3. If two people have vaginal sex in a swimming pool, pregnancy is possible.

MYTH

4. If someone jumps up and down after unprotected vaginal sex, the sperm inside will get confused and be unable to reach an egg.