

# Everybody's Got Body Parts – Part One

*A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum*

*Fostering responsibility by respecting young people's rights to honest sexuality education.*

## NSES ALIGNMENT:

By the end of 8th grade, students will be able to:

**AP.8.CC.1** – Students will be able to describe the male and female sexual and reproductive systems including body parts and their functions.

**TARGET GRADE:** Grade 7  
Lesson 1

**TIME:** 50 Minutes

## MATERIALS NEEDED:

- Desktop or laptop with internet connection
- If you do not have hookup for sound, small speakers to connect to your computer or laptop
- LCD projector and screen
- Female reproductive and sexual systems worksheet, enough for either 1/3 or 1/2 the class to have one, depending on whether you plan to have them complete it in triads or pairs
- Anonymous question box
- Index cards – one per student
- Pencils in case students do not have their own
- Homework Assignment: “Female Sexual and Reproductive Systems Crossword Puzzle” – one per student
- Homework Answer Key – one copy for the teacher

## ADVANCE PREPARATION FOR LESSON :

- Go through the video: <https://kidshealth.org/en/teens/female-repro.html> which you will use to provide the answers to the activity in this lesson.
- Speak with your IT department to make sure this web address is unblocked for your classroom and that your computer's sound works for the video.
- Make sure your computer is queued to this video right before class.
- Prepare an anonymous question box, if you don't have one already, by taking a shoebox or other similarly-sized box and cutting an opening in the top large enough for a folded up index card to fit through.

## LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. Name at least two parts of the female internal and external sexual and reproductive systems. [Knowledge]
2. Describe the function of at least two part of the female internal and external sexual and reproductive systems. [Knowledge]
3. Demonstrate a basic understanding of the menstrual cycle. [Knowledge]

## A NOTE ABOUT LANGUAGE:

You will notice that this lesson refers to “male” and “female” anatomy. We use these terms for clarity's sake to refer to biological sex or the sex a person was assigned at birth based on their anatomy (for example, a baby born with a vulva is likely to be called a “girl”). At the same time, however, it is important to avoid assuming that all of your students' gender identities will match their sexual anatomy. Referring to people with particular body parts (such as “a person with a vulva”) will create a more inclusive classroom than “female anatomy.”

## PROCEDURE:

**STEP 1:** Introduce the topic by explaining that students likely have learned a lot about their bodies over the years, but that now that they're older, we are going to focus a bit more on their sexual and reproductive body parts. (2 minutes)

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**STEP 2:** Explain to the class that they are going to be put into small groups to complete a worksheet on the sexual and reproductive systems for people who were born with certain body parts and assigned “female” at birth. Tell them that the sheets have a word bank at the bottom, and that they need to make those words fit into the images provided. Have them get into their triads (you may also wish to do pairs), distribute one worksheet per triad/pair, and tell them that they have 10 minutes in which to complete it. (12 minutes)

**Note to the Teacher:** *You know your students best in terms of what will distract them or make them feel uncomfortable. If you were to choose to break them into same-sex pairs or triads, this would be one activity in which doing so can be helpful. Before doing so, however, please review our piece on the pros and cons of separating by gender in the Teacher Background.*

**STEP 3:** Once the students have completed the activity, click on the link to the video, “The Female Reproductive System,” at <https://kidshealth.org/en/teens/female-repro.html>. Click on each body part and either read or ask a student to read the descriptions that are listed there. Tell the students to check their worksheets as you go along to make sure they have the answers correct. Once you have gone through all of the descriptions in the first tab, pause and ask the students if they have any questions.

Click on the second tab, which is about the menstrual cycle. This part has a narrated explanation, so simply hit “play” and then “next” after each screen where indicated to go through the cycle. At the end, ask whether there are any questions.

Finally, click on the third tab, which is about the external system. Like the internal system, the descriptions for each part here needs to be highlighted and read aloud, either by the teacher or different students. Once they have gone through all of them, ask whether there are any questions. (30 minutes)

**STEP 4:** Distribute an index card to each student. Ask each person to write down one question they may still have relating to the sexual and reproductive systems that were discussed today, but they should not put their names on the cards. Instruct those who do not have questions to simply write “no question” on their card to help keep anonymity, as no one will know who wrote down a question and who did not. As they are writing their questions, distribute the homework sheet and ask them to complete it before the next class session. Collect the cards in the anonymous question box, and tell the class that you will answer them at the beginning of the next class session. (6 minutes)

### **RECOMMENDED ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:**

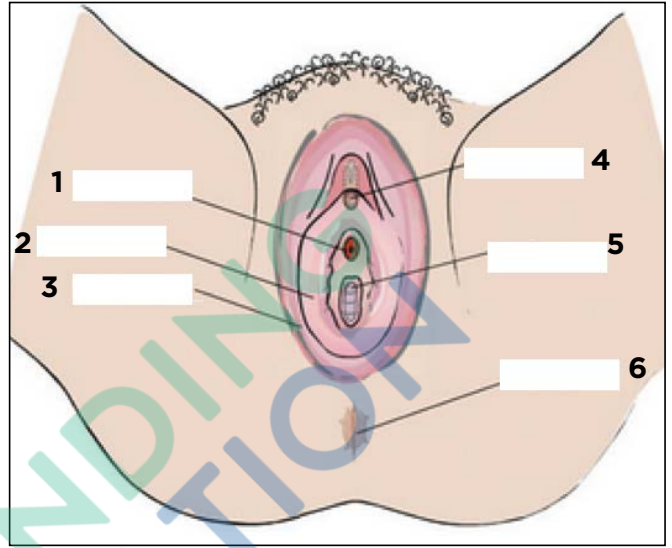
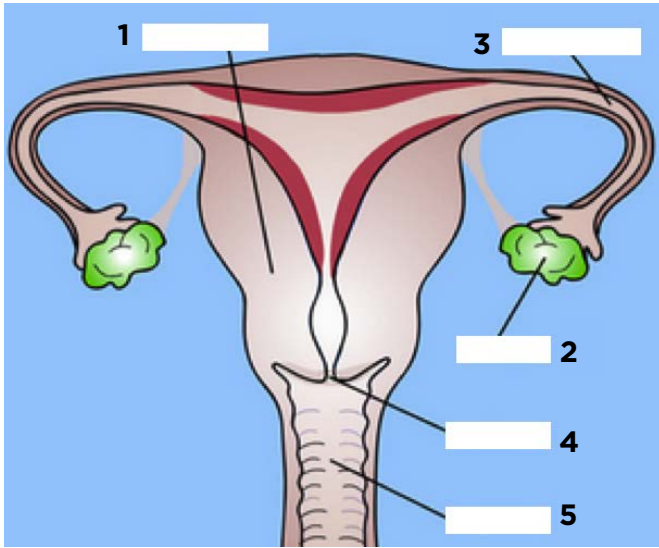
The homework assignment is designed to help the teacher determine whether the learning in class was retained by the students, thus achieving the learning objectives.

### **HOMEWORK:**

“Female Sexual and Reproductive Systems Crossword Puzzle” – to be completed by each student and handed in during the next class.

## The Female Reproductive and Sexual Systems Worksheet

Name: \_\_\_\_\_ Name: \_\_\_\_\_ Name: \_\_\_\_\_



(Images from [www.kidshealth.org](http://www.kidshealth.org))

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### WORD BANK

Uterus  
Ovary  
Fallopian Tube  
Cervix  
Vagina

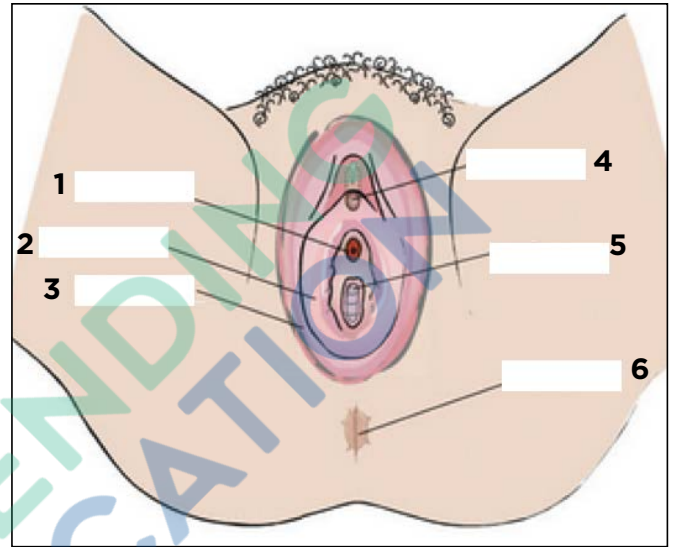
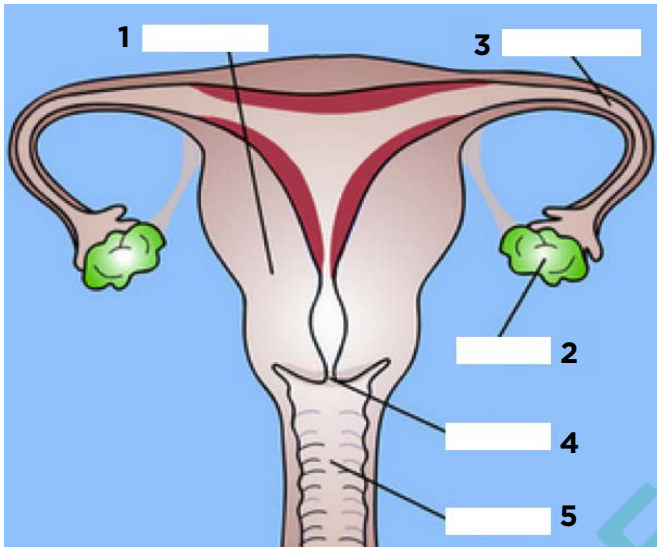
### WORD BANK

Vagina  
Clitoris  
Labia Majora  
Labia Minora  
Urethra  
Anus

# The Female Reproductive and Sexual Systems Worksheet

## ANSWER KEY

Name: \_\_\_\_\_ Name: \_\_\_\_\_ Name: \_\_\_\_\_



(Images from [www.kidshealth.org](http://www.kidshealth.org))

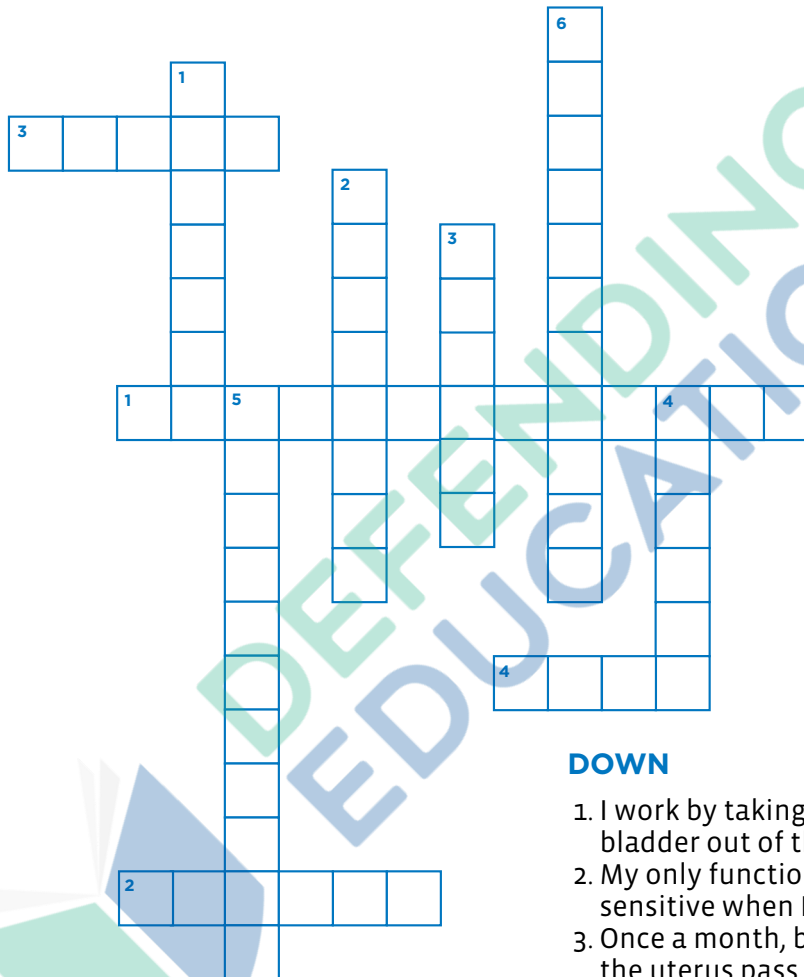
1. Uterus
2. Ovary
3. Fallopian Tube
4. Cervix
5. Vagina

1. Urethra
2. Labia Minora
3. Labia Majora
4. Clitoris
5. Vagina
6. Anus

# Homework: Female Sexual and Reproductive Systems Crossword Puzzle

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Watch the Amaze video called, “Female Biological Parts” <https://amaze.org/video/puberty-biological-female-anatomy/> to review before completing the crossword puzzle.



## ACROSS

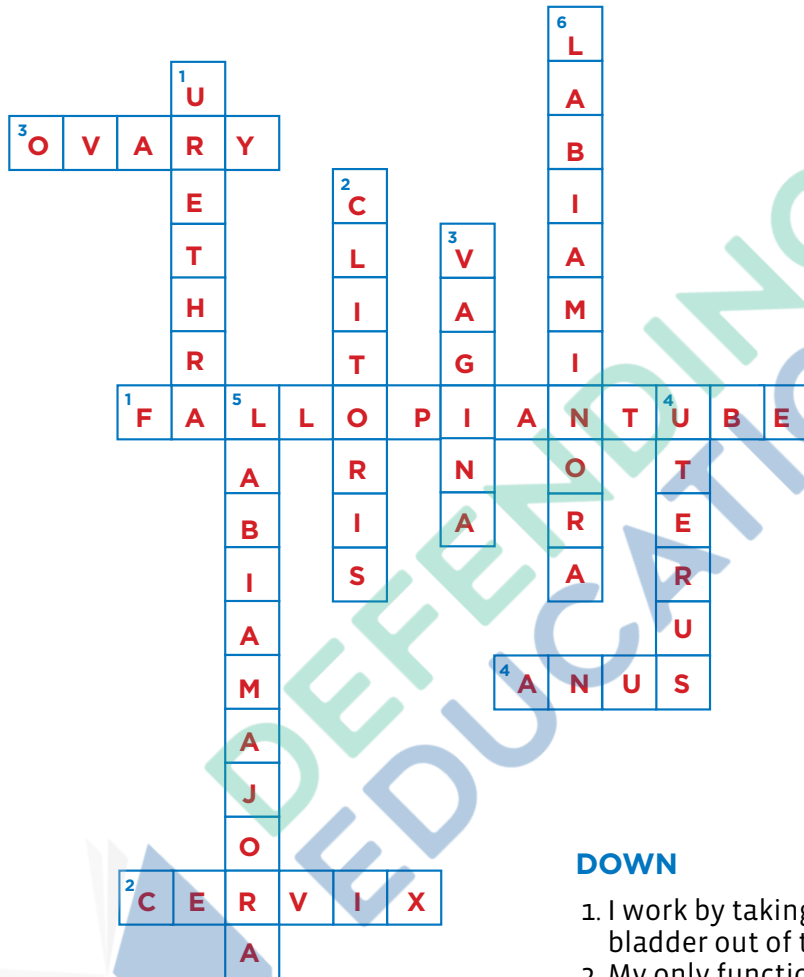
1. There are two of me - one on either side of the uterus, each connected to one of the ovaries. Eggs pass through me every month to get to the uterus!
2. I'm the opening to the uterus! When people with one of these get pap tests, the clinician takes cells from me to test them to make sure all is well!
3. I make eggs! (& no, I'm not a chicken!) There are two of me.
4. I'm the opening, just below the vaginal opening, through which poop leaves the body. I don't mind - I have an important job!

## DOWN

1. I work by taking urine from the bladder out of the body!
2. My only function is that I feel very sensitive when I'm touched!
3. Once a month, blood and tissue from the uterus pass through me; and if a person's pregnant, this is how the baby usually comes out!
4. I'm shaped like a pear and fill up with blood and other nutrients once a month. If a person gets pregnant, the fetus grows inside me!
5. I'm the skin that covers the outside of the vulva to protect everything that's underneath me - the clitoris, the opening to the urethra, and the vaginal opening!
6. I'm the two small flaps of skin on either side of the opening to the vagina; I can come in a variety of shapes and sizes!

# Homework: Female Sexual and Reproductive Systems Crossword Puzzle

## ANSWER KEY



### ACROSS

1. There are two of me - one on either side of the uterus, each connected to one of the ovaries. Eggs pass through me every month to get to the uterus!
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