

Lesson 6: Reproductive System and Sexual Health

K-W-L Graphic Organizer

K (Know) What do you know about the reproductive system or STDs?	W (Want) What do you want to know about the reproductive system or STDs?	L (Learned) What did you learn about the reproductive system or STDs?

Lesson 6 and 6A: Reproductive System, Sexual Health and Urinary System

Glossary

1. **anus:** the opening at the lower end of the digestive system through which solid waste leaves the body
2. **bladder:** stores urine until a person is ready to use the bathroom
3. **condom:** a thin cover, often made of latex (rubber), worn on the penis or in the vagina during sex to prevent pregnancy and STDs
4. **infertility:** in women, infertility means trouble getting pregnant or carrying a baby until it is ready to be born; in men, infertility means trouble getting a female partner pregnant
5. **kidneys:** a person's two kidneys remove waste products and nutrients from the blood
6. **kidney stones:** highly concentrated clumps of nutrients that form after being filtered through the kidney; if large enough, they can get lodged in the ureter, causing pain
7. **menstrual cycle:** changes in a woman's uterus and ovaries to prepare for pregnancy; the menstrual cycle lasts around 28 days; if a woman is not pregnant, she has a period (menstruation)
8. **ovaries:** a woman's ovaries produce eggs (ova) and hormones
9. **penis:** male organ that expels sperm and urine
10. **reproduction:** in this context, to reproduce means to have children
11. **reproductive system:** includes the body parts necessary for reproduction, such as penis and testes in men, and uterus and vagina in women
12. **sex:** the physical joining of two people for pleasure and/or reproduction
13. **Sexually Transmitted Diseases (STDs):** diseases passed from person to person through sexual contact
14. **sperm:** male cells that fertilize female eggs to create new life
15. **sphincter:** circular muscles located at the base of the bladder that prevent urine from leaking out of the body
16. **testes (or testicles):** a man's testes produce sperm
17. **ureters:** two tubes that hang down from the kidneys; excess nutrients and toxins pass through the ureters after being filtered by the kidneys
18. **urethra:** the pathway from the bladder to the outside of the body
19. **urinary tract infection:** occurs when bacteria enter the urinary system
20. **uterus:** a female organ where a baby grows
21. **vagina:** a female organ that connects the outer sex organs to the uterus

Lesson 6: Reproductive Systems and Sexual Health

Reading Comprehension

Sexual Health

Your reproductive system allows you to have children, if you choose, and to live a healthy life. It is important to take care of your reproductive system.

What is a Sexually Transmitted Disease (STD)?¹

There are many types of sexually transmitted diseases (STDs). Sometimes they are called sexually transmitted infections (STIs). These diseases can be caused by bacteria, parasites or viruses.

How are STDs transmitted?

STDs are usually passed through person-to-person sexual contact. This includes vaginal, anal or oral sex. A few STDs can be spread through the touching of genitals (penis or vagina).²

Why is STD prevention and treatment important?

Often, STDs do not have any symptoms. Many people who have an STD do not know they have it. Sometimes a person may have symptoms, such as pain. If you are sexually active, it is important to get tested for STDs even if you have no symptoms.

Untreated STDs can lead to pain, infertility, cancer and death.³ STDs can be passed to a baby during pregnancy or birth. A pregnant woman with an untreated STD may be at risk for problems with childbirth: the baby might be born too early, or it may be stillborn (not alive). The mother's STD could also cause health problems for the baby, such as blindness, liver disease, and lung problems.⁴ It is especially important for pregnant women to be tested for STDs.

What are some examples of STDs?

Listed below are several common STDs.

Remember, STDs do not always have symptoms!

¹ <http://womenshealth.gov/publications/our-publications/fact-sheet/sexually-transmitted-infections.cfm#a>

² <http://womenshealth.gov/publications/our-publications/fact-sheet/sexually-transmitted-infections.cfm#c>

³ <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=37>

⁴ <http://www.cdc.gov/std/pregnancy/STDFact-Pregnancy.htm>

Chlamydia: Chlamydia usually has no symptoms. If a person has symptoms, they may include unusual bleeding (for women), painful urination and unusual discharge (fluid) from the vagina or penis. Left untreated, it can lead to pain or permanent infertility in women.⁵ Chlamydia can be treated with antibiotics.⁶ Chlamydia is the most common curable STD in the US.

Human papillomavirus (HPV): HPV often has no symptoms. Sometimes, HPV can cause warts to grow in the mouth, throat and genital areas. Untreated, it can lead to cancer of the vagina, penis and/or anus. There is no treatment for the virus, but there are treatments for the health problems that HPV can cause.⁷ HPV is preventable by getting the HPV vaccination.

Genital Herpes: Symptoms may include sores in the lining of the mouth, vagina or rectum. There is no cure for genital herpes, but infected people can take medications to reduce symptoms and reduce transmission to others.⁸

Gonorrhea: Some symptoms may include painful urination and discharge from the penis or vagina. Untreated, it can cause infertility. Gonorrhea can also spread to the blood or joints, causing life-threatening conditions. Antibiotics are used to treat gonorrhea.⁹

Syphilis: Symptoms may include genital and oral sores and a skin rash. Left untreated, syphilis may cause stroke, paralysis, blindness or death. If diagnosed early, it can be treated with antibiotics.¹⁰

HIV/AIDS: Generally spread through unprotected sex and sharing needles or injection equipment, HIV/AIDS weakens the body's immune system. The disease is spread through direct contact with HIV/AIDS-infected blood, semen (fluid from the penis), vaginal fluid and breast milk. While there is no cure, medications are available to allow HIV/AIDS patients to live a long and healthy life.¹¹

⁵ <http://www.cdc.gov/std/Chlamydia/STDFact-Chlamydia.htm>

⁶ <http://www.cdc.gov/std/chlamydia/treatment.htm>

⁷ <http://www.cdc.gov/std/hpv/stdfact-hpv.htm>

⁸ <http://www.mayoclinic.com/health/genital-herpes/DS00179>

⁹ <http://www.cdc.gov/std/gonorrhea/STDFact-gonorrhea.htm>

¹⁰ <http://www.nhs.uk/conditions/syphilis/Pages/Introduction.aspx>

¹¹ <http://www.nhs.uk/Conditions/Sexually-transmitted-infections/Pages/Introduction.aspx>

Lesson 6: Reproductive Systems and Sexual Health

Reading Comprehension

What are some symptoms of Sexually Transmitted Diseases?¹²

There are different types of STDs, and their symptoms vary. People often do not have any symptoms, even though they are infected. Even if a person never shows symptoms of STDs, it does not mean that he or she is STD-free. Each STD has specific symptoms. Listed below are some symptoms generally associated with STDs.

- sores/bumps in genital, oral or rectal area
- painful urination
- discharge from penis or vagina
- vaginal itching or unusual smell
- unusual vaginal bleeding
- sore, swollen lymph nodes, usually in the groin area
- lower abdominal pain
- swollen, painful testicles

How is an STD diagnosed?

It is recommended that both men and women have an annual physical exam. As part of your annual physical exam, you can be tested for STDs.¹³ If you are concerned about your sexual health, talk to your doctor or healthcare provider. Be sure to ask about testing for STDs. Do not be embarrassed to ask. Your sexual and reproductive health is part of your whole health. STD testing is a very common request.

How can I protect myself against STDs¹⁴?

- **Abstinence:** The best way to avoid STDs is not to have sex at all
- **Use condoms:** Consistently and correctly using condoms (or other protective barriers like dental dams) during vaginal, oral and anal sex greatly reduces the risk of STD transmission. Even if you use birth control (such as the pill) to prevent pregnancy, you still need protection against STDs. You might use condoms in addition to another method of birth control.
- **Vaccinations:** Get vaccinated for HPV, Hepatitis B and Hepatitis A.

¹² <http://www.mayoclinic.com/health/sexually-transmitted-diseases-stds/DS01123/DSECTION=symptoms>

¹³ <http://www.plannedparenthood.org/health-topics/womens-health/pelvic-exam-4306.htm>

¹⁴ <http://www.cdc.gov/std/prevention/default.htm>

- **Mutual monogamy:** Mutual monogamy means agreeing to have only one sexual partner who has also agreed to have only you as a sexual partner. You both need to be tested for STDs to know for sure that you are both healthy.
- **Reduce your number of sexual partners:** It is important that both you and your sexual partner are tested for STDs and share this information with each other.
- **Annual physical exam:** Visit your healthcare provider for your annual physical exam. Talk honestly about any concerns about STDs. The sooner an STD is diagnosed, the easier it will be to treat.
- **Get Tested:** Many STDs are easily diagnosed and treated. To find a clinic or ask a question, visit www.sexualhealthmn.org.

How do I learn more about Sexually Transmitted Diseases?

- Talk to your doctor, clinic or other healthcare provider.

- Websites for more information:

- www.cdc.gov/std/
- www.plannedparenthood.org/health-topics/stds-hiv-safer-sex-101.htm
- www.mayoclinic.com/health/std-symptoms/ID00053
- www.nlm.nih.gov/medlineplus/sexuallytransmitteddiseases.html
- www.ashasexualhealth.org/std-sti.html
- www.itsyoursexlife.com

Lesson 6: Reproductive System and Sexual Health

Reading Comprehension

Reproductive System¹

Why is the reproductive system important?

The reproductive system is used to reproduce (to make babies). The reproductive system includes the body parts necessary for reproduction, such as the ovaries, uterus and vagina in women, and the testes and penis in men.

How the reproductive system works:

The reproductive system is needed for creating new life. It works with other body systems (the endocrine and circulatory systems) to create a baby. Babies are created through sexual intercourse. During sex the woman's ovum (egg) is fertilized by the man's sperm.

Male Reproductive System:

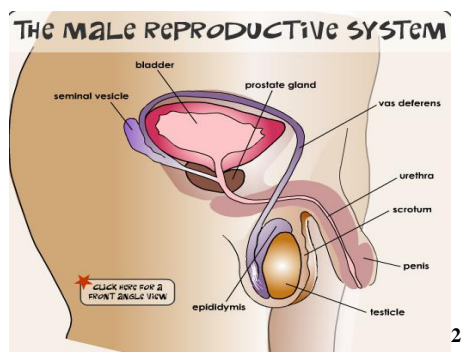
The male reproductive system allows the body to:

- Produce sperm
- Have sex
- Fertilize the egg (ovum)

The testes and the penis are the two main parts of the male reproductive system.

Testes (or testicles): The testes produce sperm.

Penis: Sperm travel through the penis into the vagina during sexual intercourse. Ejaculation is when sperm exit the penis.



¹ <http://www.youtube.com/watch?v=GArALyhGtfQ>

² http://kidshealth.org/parent/general/body_basics/male_reproductive.html?tracking=P_RelatedArticle#

Female Reproductive System:

The female reproductive system allows the body to³:

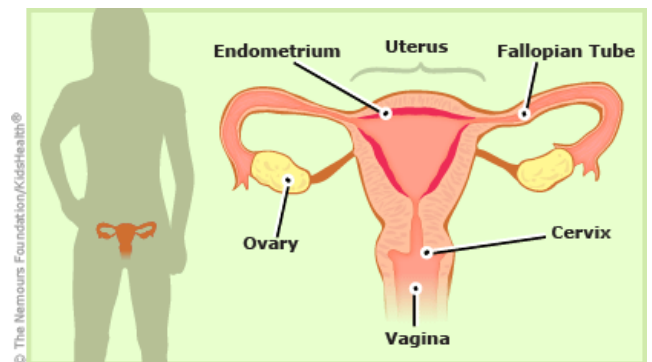
- Produce eggs (ova)
- Have sex
- Protect and nourish the fertilized egg
- Give birth

The ovaries, uterus and vagina are three important parts of the female reproductive system.

Ovaries: The ovaries produce and release eggs. When the egg and sperm come together, the egg is fertilized. A fertilized egg grows into a fetus, which grows into a baby. Ovaries also produce hormones.

Uterus: The fetus grows in a woman's uterus. During a menstrual cycle, the body prepares for the possibility of pregnancy by sending nutrients to the uterus. If egg fertilization does not occur, hormones tell the uterus to shed the ovum and the nutrient-rich blood supply of the uterus. The release of blood during a woman's menstrual cycle is called her period, or menstruation.

Vagina: The penis is inserted into the vagina during sexual intercourse. After ejaculation, sperm travel up the vagina and toward the site of egg production for the chance to fertilize a released egg.



Lesson 6: Reproductive System and Sexual Health

Reading Comprehension

Additional Information:

Puberty:

Body changes that indicate sexual maturity but are not directly related to reproduction are called secondary sexual characteristics. Examples:

- Facial hair (men)
- Deeper voices (men)
- Pubic hair (both men and women)
- Breast growth (women)

Secondary sexual characteristics develop during puberty. Puberty is when a body changes and grows to be able to reproduce. Hormones help develop these characteristics in both men and women. Puberty generally begins at around 9-10 years of age and can take several years to complete.

Contraception:

Contraception means preventing pregnancy. There are many choices a couple can make about contraception, such as using condoms, birth control pills, or medicine that is injected or placed under the skin. A doctor can also place a device inside a woman's uterus to prevent pregnancy.

Most methods of contraception are temporary. When a couple stops using the method, pregnancy may happen. A man or woman may also choose to have sterilization surgery for more permanent contraception.

Talk with your healthcare provider to learn more about contraception.

Infertility:

Sometimes a person wants to have a child, but a problem in his or her body makes it harder for the person to reproduce. Infertility in women means trouble getting pregnant or carrying a baby until it is ready to be born. Infertility in men means trouble getting a female partner pregnant.

One cause of infertility is sexually transmitted disease (STDs). This is one reason why preventing and treating STDs is important.

There are treatments for many causes of infertility. Talk with your healthcare provider if you are concerned about infertility.

Lesson 6A: Urinary System

Reading Comprehension

Urinary System^{1,2}

Why is the Urinary System important?

The urinary system has several functions:

- remove waste (unnecessary materials) from the body
- regulate the balance of certain chemicals in the blood and body
- regulate blood volume and blood pressure

How the urinary system works:

After food has passed through the body via the digestive system, there are waste and nutrient products left in the blood. These materials pass through the following structures:

Kidneys: Located below the back of the ribcage, a pair of kidneys removes waste products from the blood. Your kidneys remove or reabsorb nutrients depending on your body's needs.

Ureters: Excess nutrients and toxins that have been filtered by the kidneys pass through two tubes, the ureters, hanging down from the kidneys.

Bladder: The ureters lead to the bladder. This muscular organ stores urine until a person is ready to use the bathroom. The bladder is like a balloon – it balloons up as more urine is stored and deflates as urine exits the body.

Sphincter: The sphincter is made up of muscles located at the base of the bladder. These circular muscles act like a rubber band between the bladder and the urethra to prevent urine from leaking out of the body.

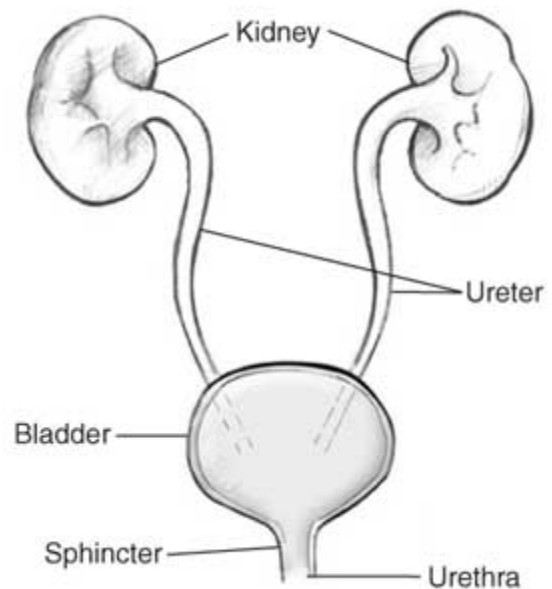
Urethra: The urethra is the pathway from the bladder to the outside of the body.

What are some urinary system problems?

Kidney stones:³ Sometimes nutrients become highly concentrated and form clumps, or “stones,” after the kidneys filter them. If stones grow large enough, they can get stuck in the ureter, causing pain and obstructing the flow of urine. Kidney stones can affect anyone, but they are most often seen in white men who are overweight.

Urinary tract infection: A urinary tract infection occurs when bacteria enter into the urinary system. Bacteria enter the body through the urethra and move up into the urinary system. Women have shorter urethras, so urinary tract infections are more commonly seen in women.⁴

**Did you know? Analyzing urine can reveal a lot about a person's health or diet. For example, in Chinese, diabetes was given the name “sugar urine disease,” because patients with diabetes had sweet-smelling urine that attracted ants.*



¹ <http://kidney.niddk.nih.gov/kudiseases/pubs/yoururinary/>

² <http://www.youtube.com/watch?v=aQZaNXNroVY>

³ <http://kidney.niddk.nih.gov/kudiseases/pubs/stonesadults/#what>

⁴ <http://kidney.niddk.nih.gov/kudiseases/pubs/utiadult/>

Lesson 6: Reproductive Systems and Sexual Health

Symptoms Match and True or False

Sexually Transmitted Diseases (STDs)

Read the passage about STDs. Then read each item. Match each disease with its possible symptoms or complications.

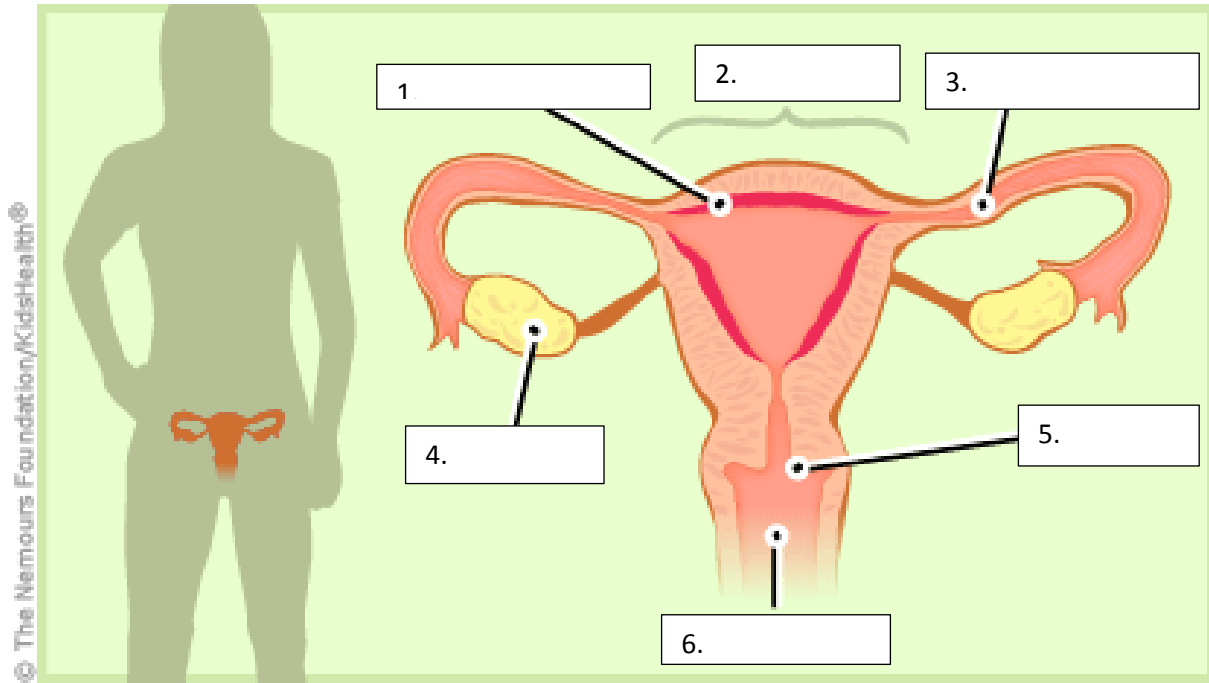
- | | |
|-------------------------|--|
| 1. _____ chlamydia | a. can lead to cancer, if left untreated |
| 2. _____ gonorrhea | b. weakens the body's immune system |
| 3. _____ HPV | c. painful urination or discharge from vagina/penis |
| 4. _____ HIV/AIDS | d. genital and oral sores and skin rash; can cause death if left untreated |
| 5. _____ Syphilis | e. can spread to blood or joints, causing life-threatening conditions |
| 6. _____ Genital Herpes | f. sores in the lining of mouth, vagina or rectum |

Read each sentence. Then circle True or False. If the statement is false, replace the underlined word with a new word to make a true statement.

- | | | |
|--|------|-------|
| 1. <u>HPV</u> can cause warts to grow on the genitals. | True | False |
| 2. If left untreated, syphilis can cause <u>diabetes</u> . | True | False |
| 3. <u>Gonorrhea</u> can be life-threatening. | True | False |
| 4. Many times STDs do not have any <u>symptoms</u> . | True | False |
| 5. STDs are also called STIs or Sexually Transmitted <u>Inconveniences</u> . | True | False |
| 6. The best way to avoid STDs is through <u>abstinence</u> . | True | False |
| 7. You can get vaccinated against HPV, Hepatitis B and Hepatitis <u>Z</u> . | True | False |
| 8. Many STDs are easily diagnosed and <u>tested</u> . | True | False |
| 9. The birth control pill does NOT protect against <u>STDs</u> . | True | False |
| 10. Talk to your <u>barber</u> if you are concerned about STDs. | True | False |

Lesson 6: Reproductive System and Sexual Health

Label the Chart



Label the reproductive system chart. Use the words in the box below to help you. Then write the words on the line.

vagina	uterus	cervix	ovary	endometrium	fallopian tube
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1. _____

2. _____

3. _____

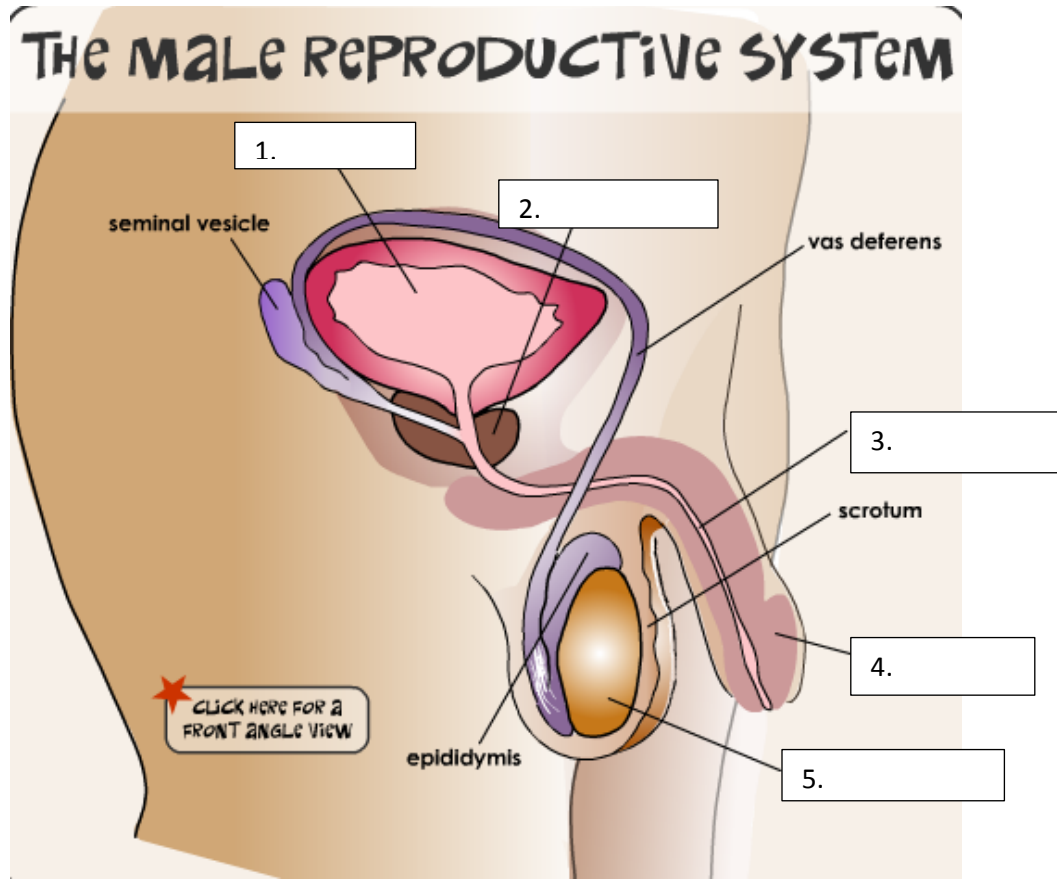
4. _____

5. _____

6. _____

Lesson 6: Reproductive System and Sexual Health

Label the Chart



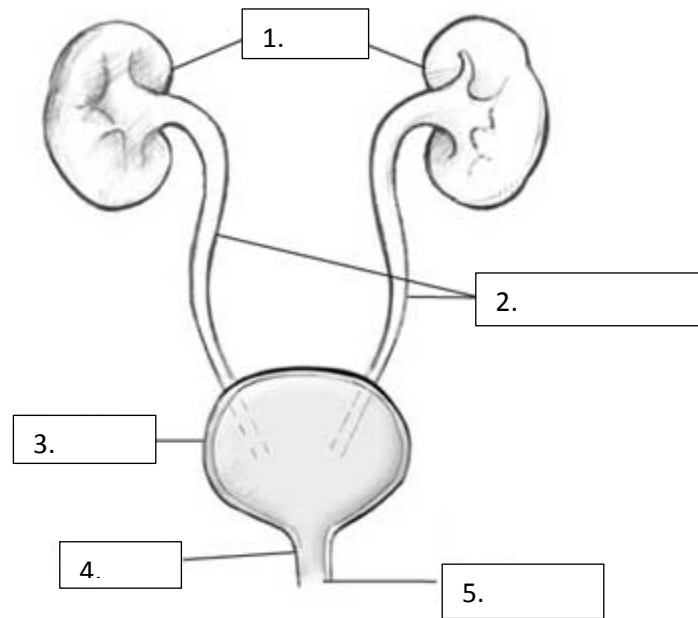
Label the reproductive system chart. Use the words in the box below to help you. Then write the words on the line.

urethra	bladder	penis	prostate	testicle
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- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Lesson 6A: Urinary System

Label the Chart



Label the urinary system chart. Use the words in the box below to help you. Then write the words on the line.

ureters	bladder	sphincter	urethra	kidneys
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1. _____

2. _____

3. _____

4. _____

5. _____

Lesson 6: Reproductive System and Sexual Health

Quiz

Read the questions. Then circle A, B, C or D.

1. What does the urinary system do?
 - A. removes waste
 - B. gives oxygen to the body
 - C. digests food
 - D. none of these
2. What does the reproductive system do?
 - A. delivers oxygen to blood
 - B. creates new life
 - C. allows your joints to move
 - D. Both A and C
3. How are STDs transmitted?
 - A. sexual contact
 - B. kissing
 - C. hand holding
 - D. toilet seats
4. Which of the following is a MALE body part?
 - A. ovaries
 - B. cervix
 - C. penis
 - D. uterus
5. Which of the following is a FEMALE body part?
 - A. vagina
 - B. penis
 - C. testes
 - D. scrotum
6. Which of the following can be STD symptoms?
 - A. painful urination
 - B. vaginal itching or unusual smell
 - C. swollen, painful testes
 - D. all of the above
7. The bladder, kidneys and urethra are all part of which body system?
 - A. the skeletal system
 - B. the urinary system
 - C. the reproductive system
 - D. the respiratory system
8. Write 3 things you can do to prevent STDs.
 1. _____
 2. _____
 3. _____

Student Survey: Reproductive/Urinary Systems Unit

1. Did you learn more information about STDs and reproductive and urinary health from studying this lesson?

1	2	3	4	5
no		some		yes

2. Would you share this information with family and friends?

1	2	3	4	5
no		maybe		yes

3. After studying this lesson, are you more likely to ask your health care provider about these topics?

1	2	3	4	5
no		somewhat		yes

4. Do you know where to find more information about STDs and reproductive and urinary health if you have more questions?

1	2	3	4	5
no		somewhat		yes

5. Did you like the class activities?

1	2	3	4	5
no		somewhat		yes

We value your opinions! Could you tell us what you liked or give us some suggestions on how to improve this lesson?

Thank you!