

Reproductive Health & Safety



This is from a 1953 Sex Education Curriculum

Reproductive Health & Safety

7th Grade

■ Our assumptions:

- Seventh graders are people.
- This is not your first class in this stuff.
- You can be mature – or at least fake it.
- You have a right to accurate information.
- You have a right to ask questions.
- Abstinence is the best choice for you.

What Do You Know?

True or False?

1. If you haven't finished puberty by age 14, there's something wrong with you.
2. Physical maturity and emotional maturity happen at the same time.
3. Ovulation is the release of an egg from a female's ovaries.
4. Menstruation happens approximately once a month.
5. Sperm is made in the male's pancreas.
6. It takes millions of sperm to fertilize one egg.
7. The first sign of pregnancy is an enlarged stomach.
8. Once you're pregnant, there's not much you can do to affect the baby's health.
9. Fraternal twins happen when 2 sperm cells fertilize the same egg.
10. Sexual feelings and thoughts are a normal part of puberty.

Questions to Think About

- * What does it mean to be abstinent?
- * What are some advantages of sexual abstinence for young teens?
- * Having chosen abstinence, what are some risky situations to avoid?

Puberty

- Can **begin** for boys between **10 and 16**.
- Can **begin** for girls between **8 and 15**.
- **Average age** for boys: 12.5
 - **Average age** for girls: 11
- **Lasts for 5 or 6 years!**

Physical Changes: Girls

Early changes:

- Breast development
- New sweat glands
- Grow taller
- Oily hair & skin
- Body & pubic hair

**This DOES NOT all
happen at once!**

Later changes:

- Hips widen
- Ovulation and menstruation (periods)



Physical Changes: Boys



All 7th graders!

- Penis and testicles grow
- New sweat glands
- Body and pubic hair grow
- Grow taller
- Shoulders broaden
- Voice deepens
- Oily hair and skin
- Sperm production
- Facial hair grows

This DOES NOT all happen at once!

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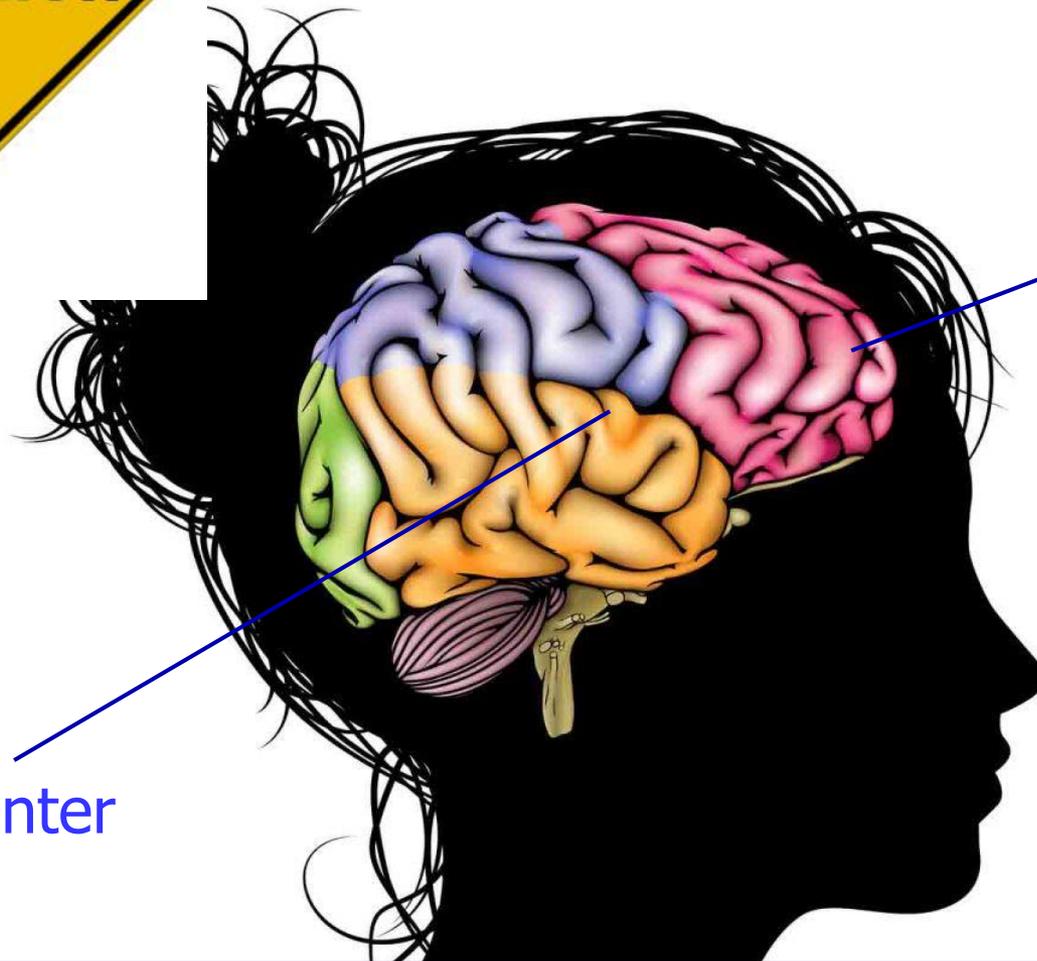
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Your brain is growing and changing...
But not all parts at the same time.



Prefrontal
Cortex

Limbic Center



Hey! Let's go do something stupid!

Good Risk or Bad Risk?

- Trying out a new sport
 - Shoplifting
- Volunteering in the community
 - Training to run a 5K
 - Taking an unidentified drug
 - Acting in the school play
- Joining the Math Counts Team

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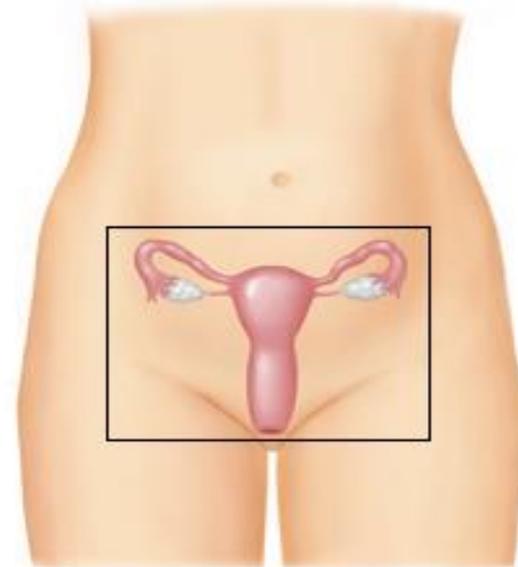
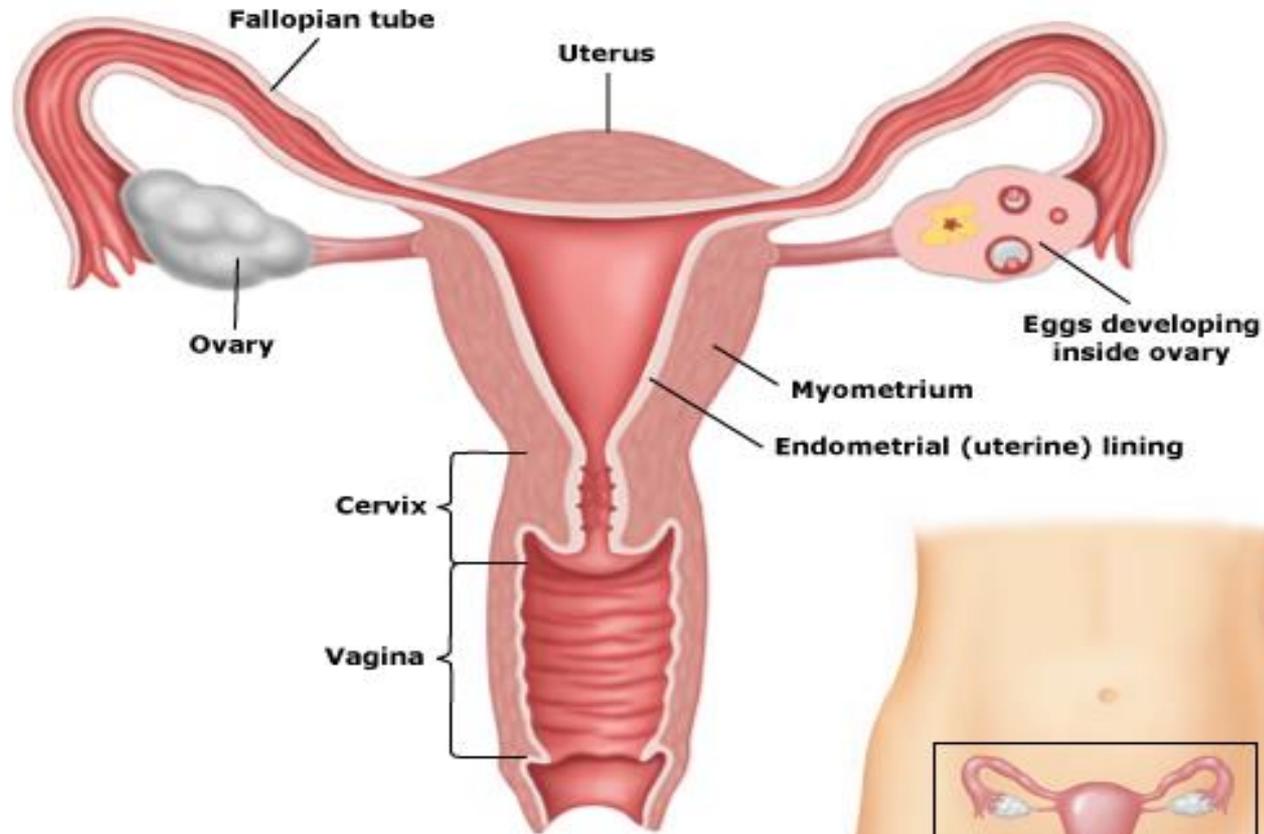
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Female Reproductive Anatomy



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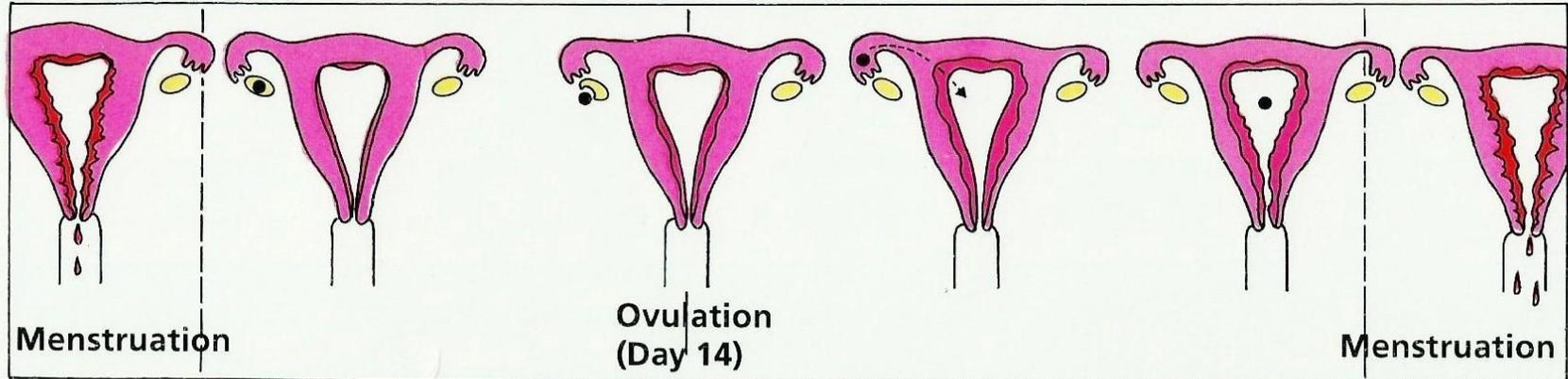
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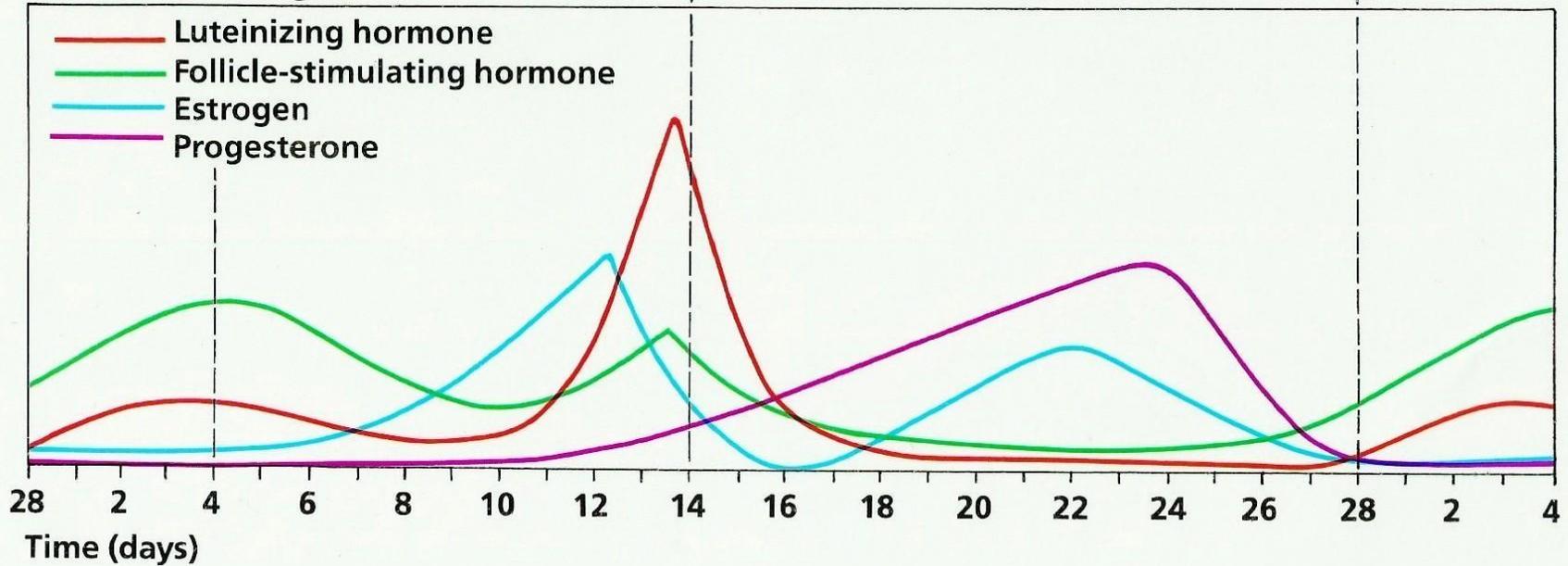
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Changes in Ovary and Uterus in the Menstrual Cycle



Hormonal Changes



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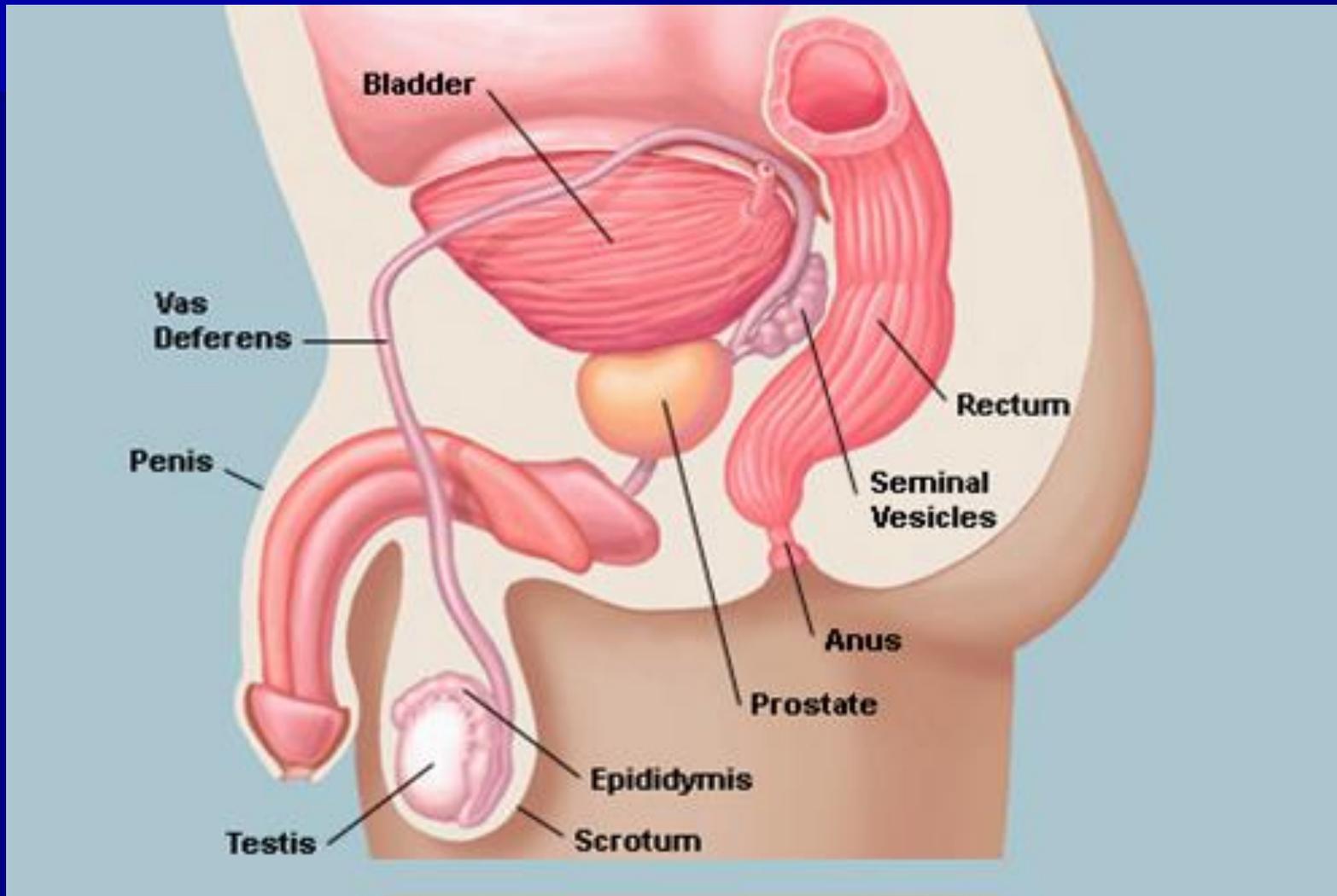
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Male Reproductive Anatomy



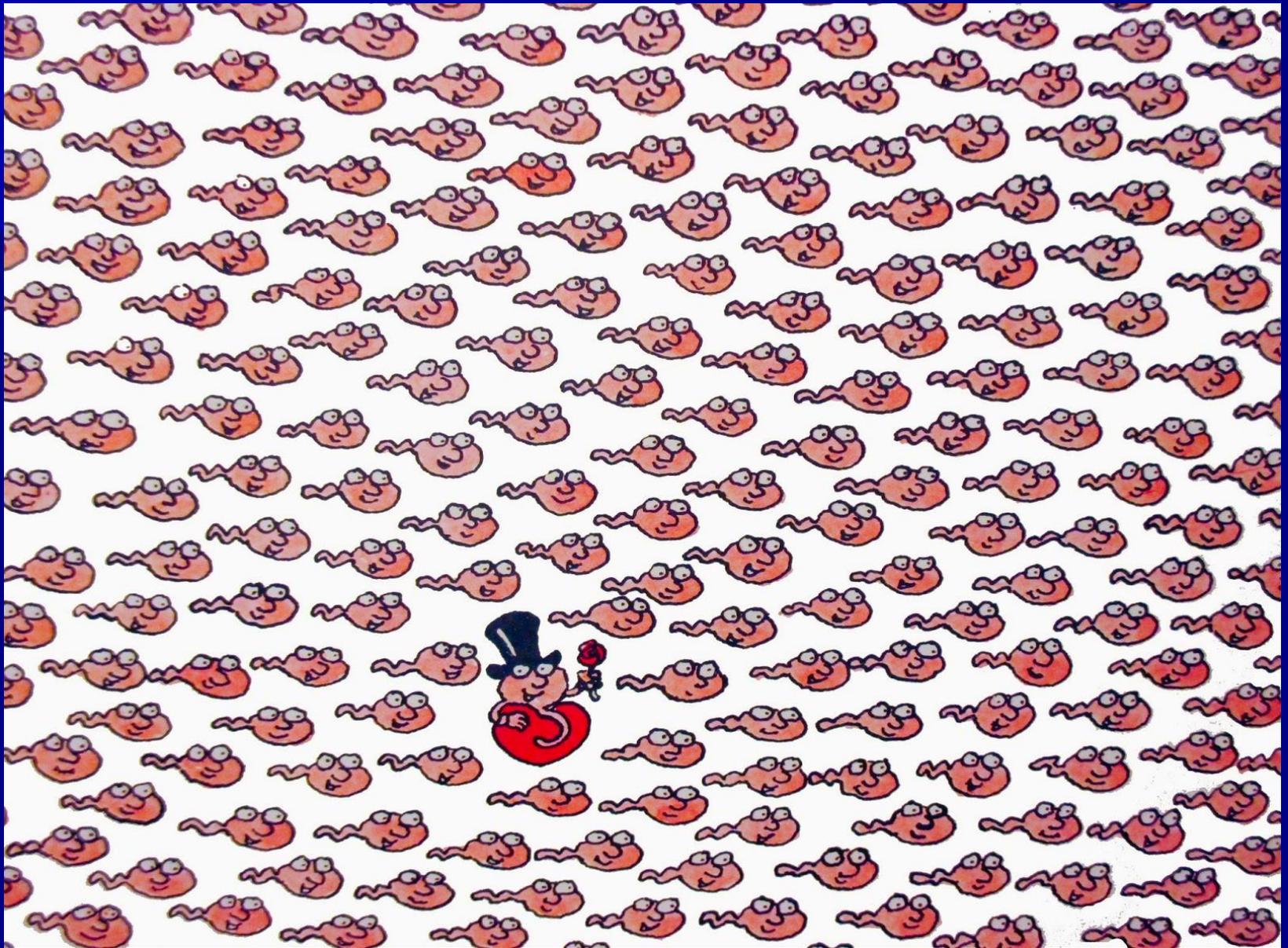
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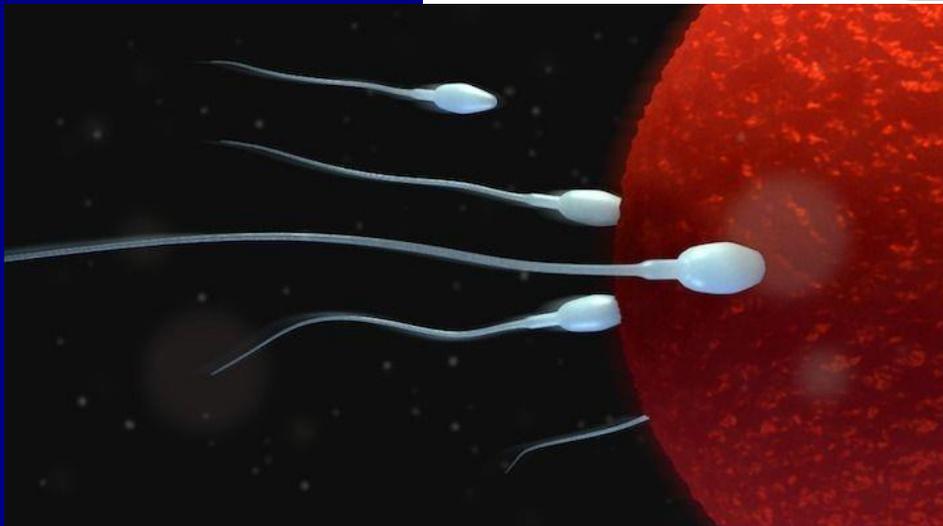
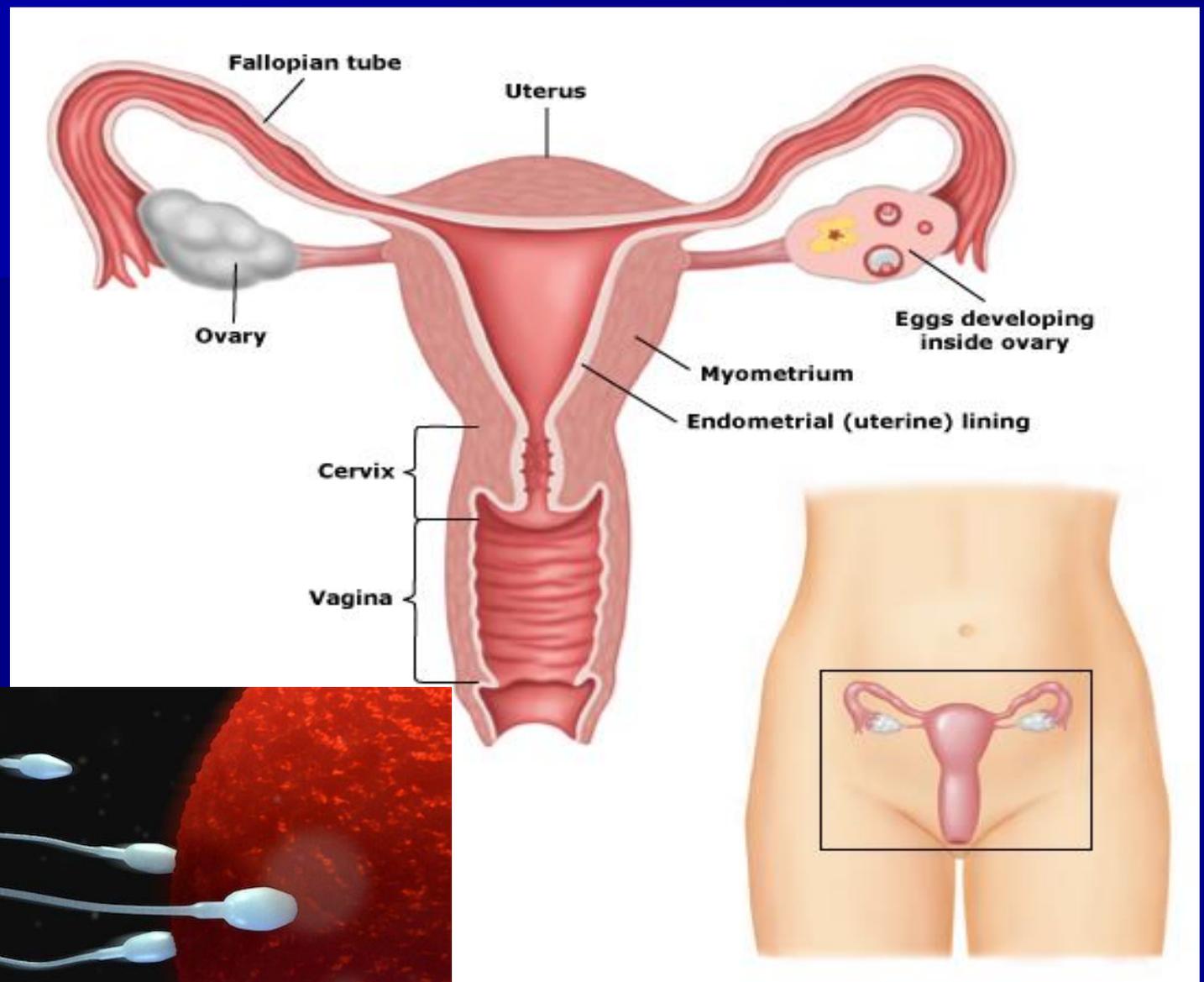
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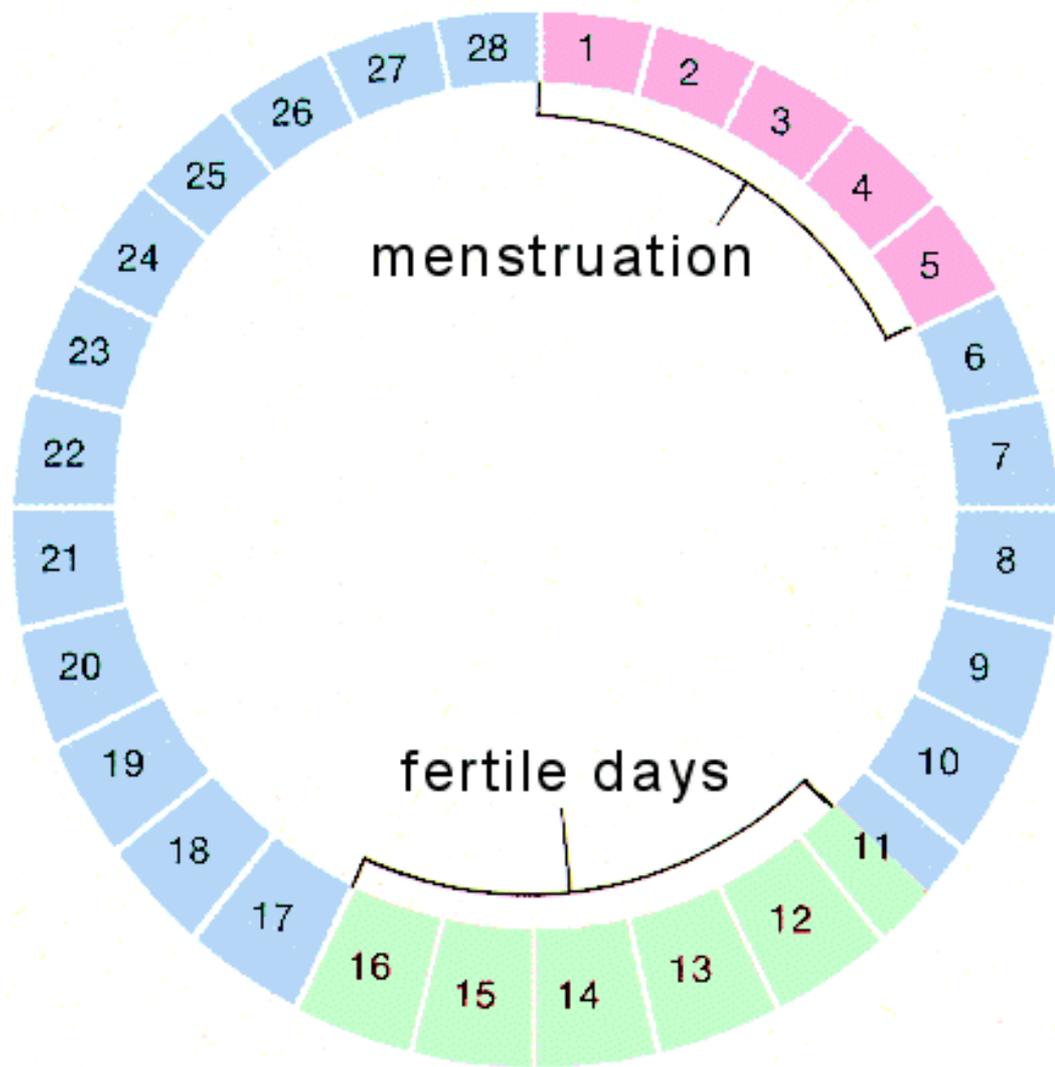
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Menstrual cycle of 28 days

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Healthy Moms have Healthy Babies!



NUTRITION & LIFESTYLE FOR A HEALTHY PREGNANCY OUTCOME

Maternal nutrition and lifestyle choices are major influences on both mother and child's health. According to the Academy of Nutrition and Dietetics, women of childbearing age should adopt a healthy lifestyle to help reduce the risk of **birth defects**, **suboptimal fetal development** and **chronic health problems** in mother and baby.



HEALTHY PRE-PREGNANCY WEIGHT & APPROPRIATE WEIGHT GAIN

Pre-pregnancy body mass index (BMI) is an independent predictor of many adverse outcomes of pregnancy.



Nearly two thirds

of women of childbearing age were classified as **overweight or obese (BMI ≥ 25)** from 1999 to 2004.

Women should weigh within **normal BMI range when they conceive** and gain within ranges recommended by the Institute of Medicine pregnancy weight guidelines.

Overweight during pregnancy results in short- and long-term maternal health risks, such as:

- obesity
- diabetes
- cardiovascular disease

Body Mass Index (BMI)	Total Weight Gain Range
Underweight (<18.5)	28 lbs to 40 lbs
Normal (18.5–24.9)	25 lbs to 35 lbs
Overweight (25.0–29.9)	15 lbs to 25 lbs
Obese (≥30.0)	11 lbs to 20 lbs

PHYSICAL ACTIVITY & EXERCISE



150 min.
aerobic activity
spread out
per week

OR

30 min.
moderate exercise
most days
per week.

WIDE VARIETY OF FOOD



Helps to meet energy and nutrient requirements. Most (who aren't overweight or obese) will require **2,200-2,900 calories per day.**

Recommended total beverage intake:
10 cups per day

VITAMIN & MINERAL SUPPLEMENTS



A health care provider may recommend supplementation for some pregnant women.

- Iron** prevents anemia.
- Folic acid** prevents neural tube defects.
- Choline** prevents fetal brain development problems.
- Iodine** helps fetal brain growth.
- Calcium** helps fetal bone growth.

NO ALCOHOL OR HARMFUL SUBSTANCES



Alcohol consumption may result in behavioral or neurological defects.

Energy drinks are not recommended during pregnancy.
Caffeine intake should not exceed 200 mg daily (i.e. 12 oz. cup of coffee).

SAFE FOOD HANDLING



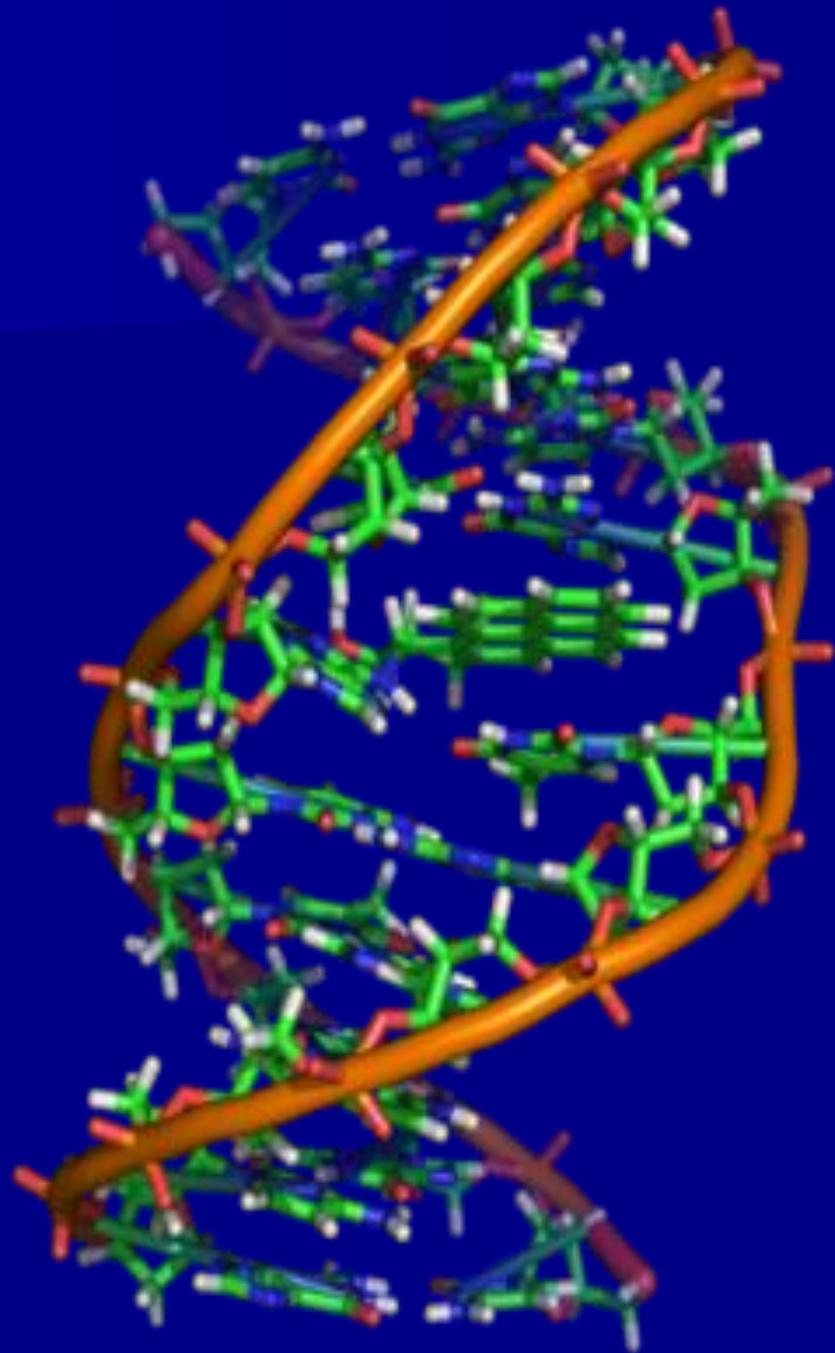
Pregnant women and their unborn children are **more susceptible to food poisoning.**

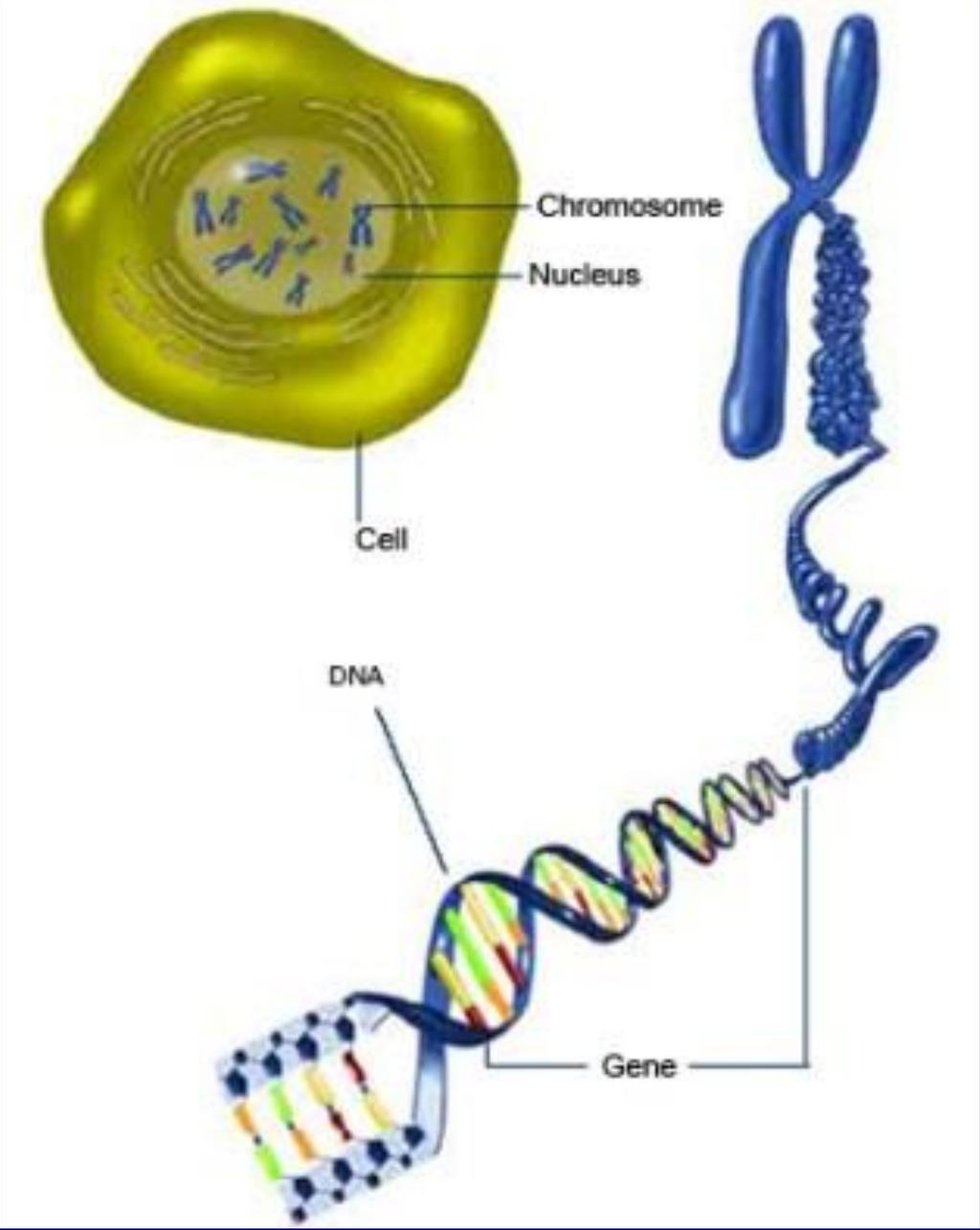
Cook foods to minimum safe internal temperatures.
Avoid unpasteurized juice, milk and soft cheeses.

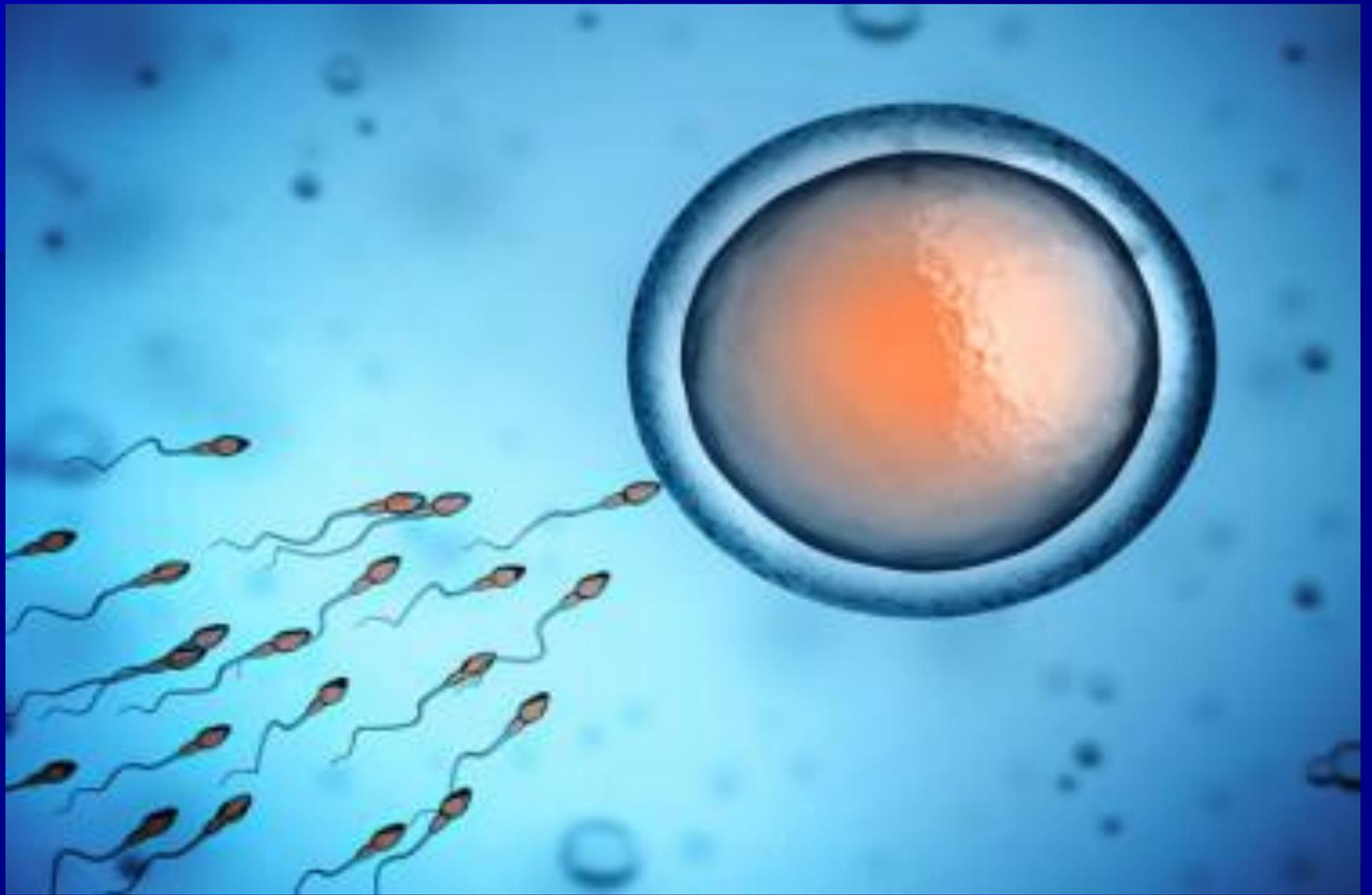
ROLE OF THE HEALTH PROFESSIONAL

Regardless of a client's socioeconomic status, registered dietitian nutritionists and dietetic technicians, registered, need to implement multiple strategies to provide nutrition and lifestyle advice to all women before, during and after pregnancy.

DeoxyriboNucleic Acid

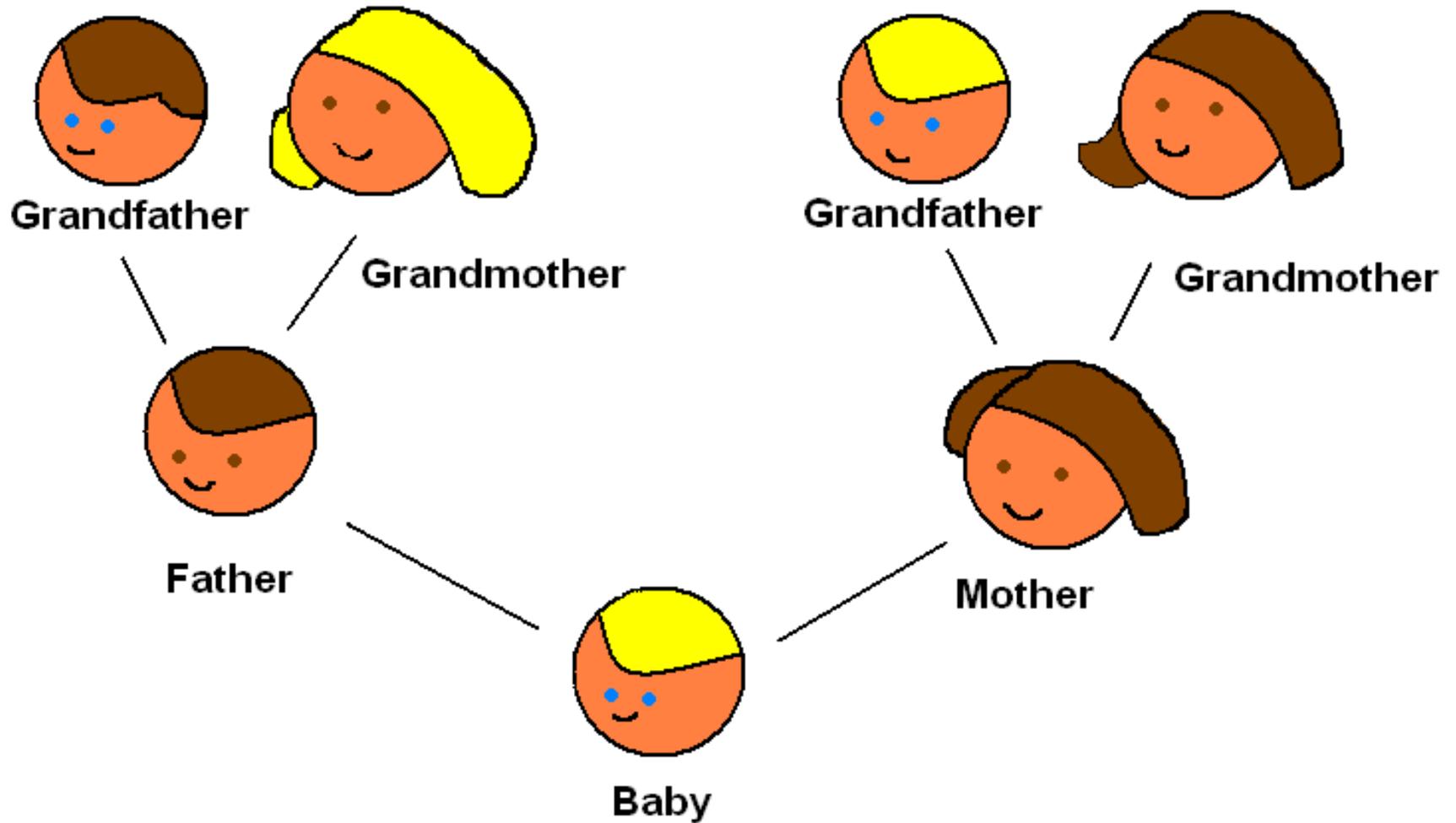


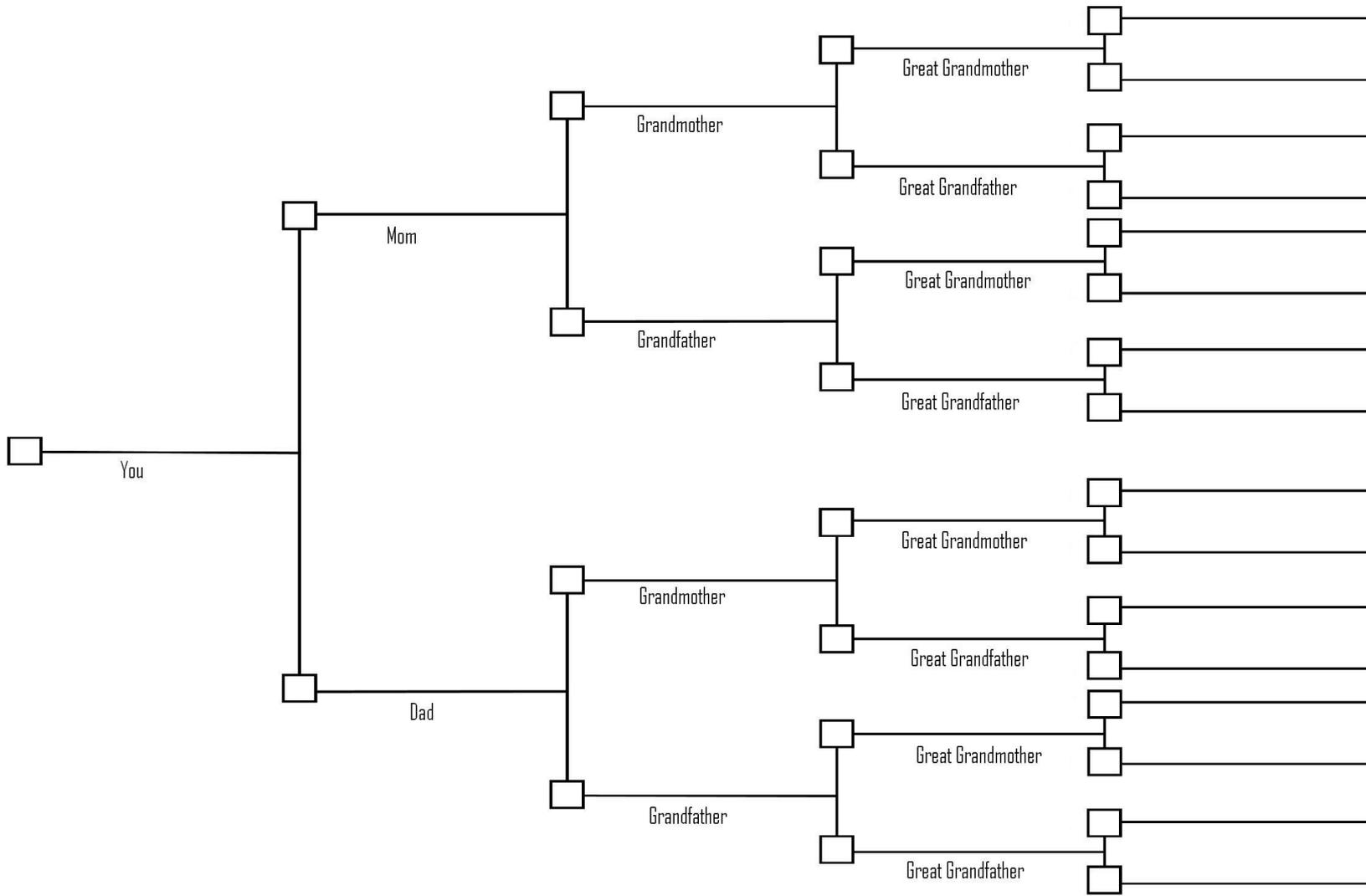




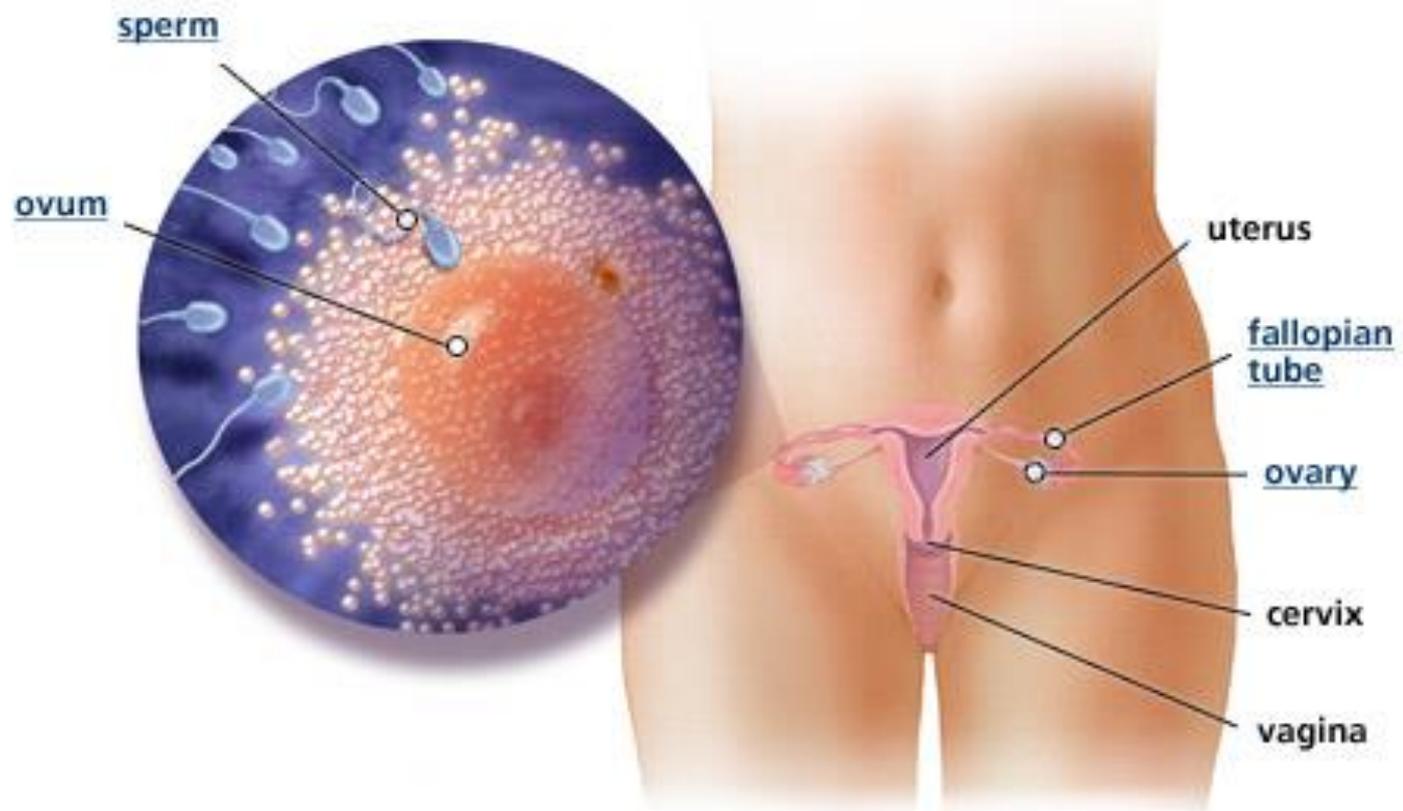


Genetics 101

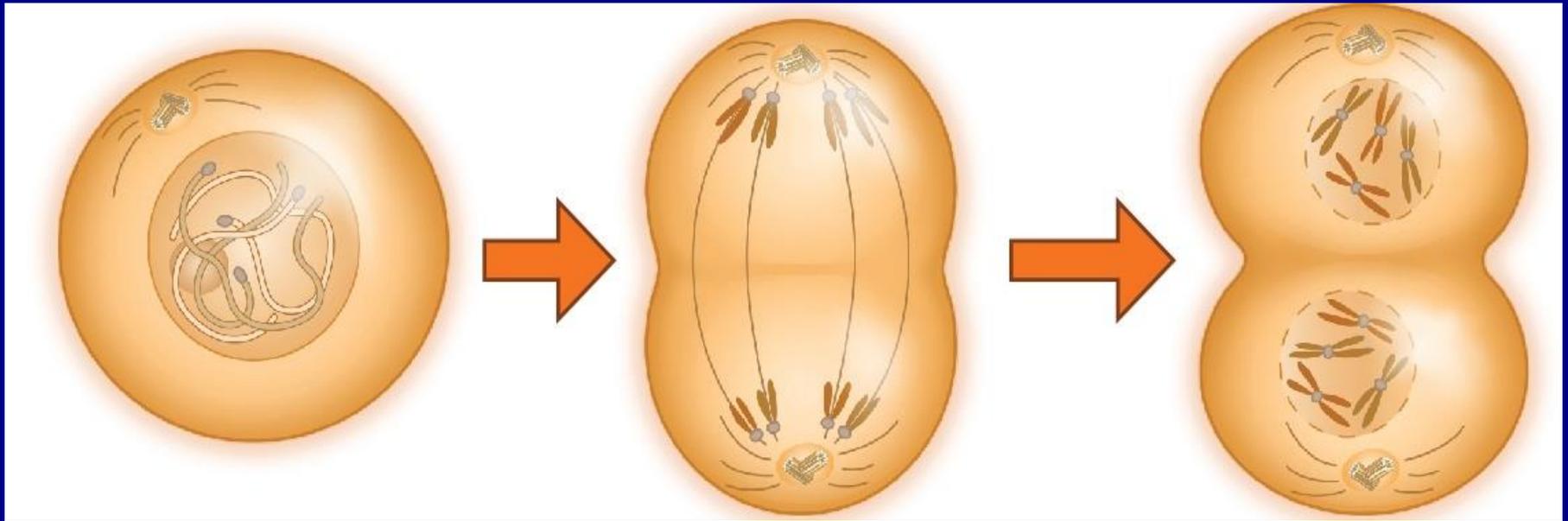




Family Diagram



The fertilized egg splits... and keeps splitting!





5 weeks



8 weeks



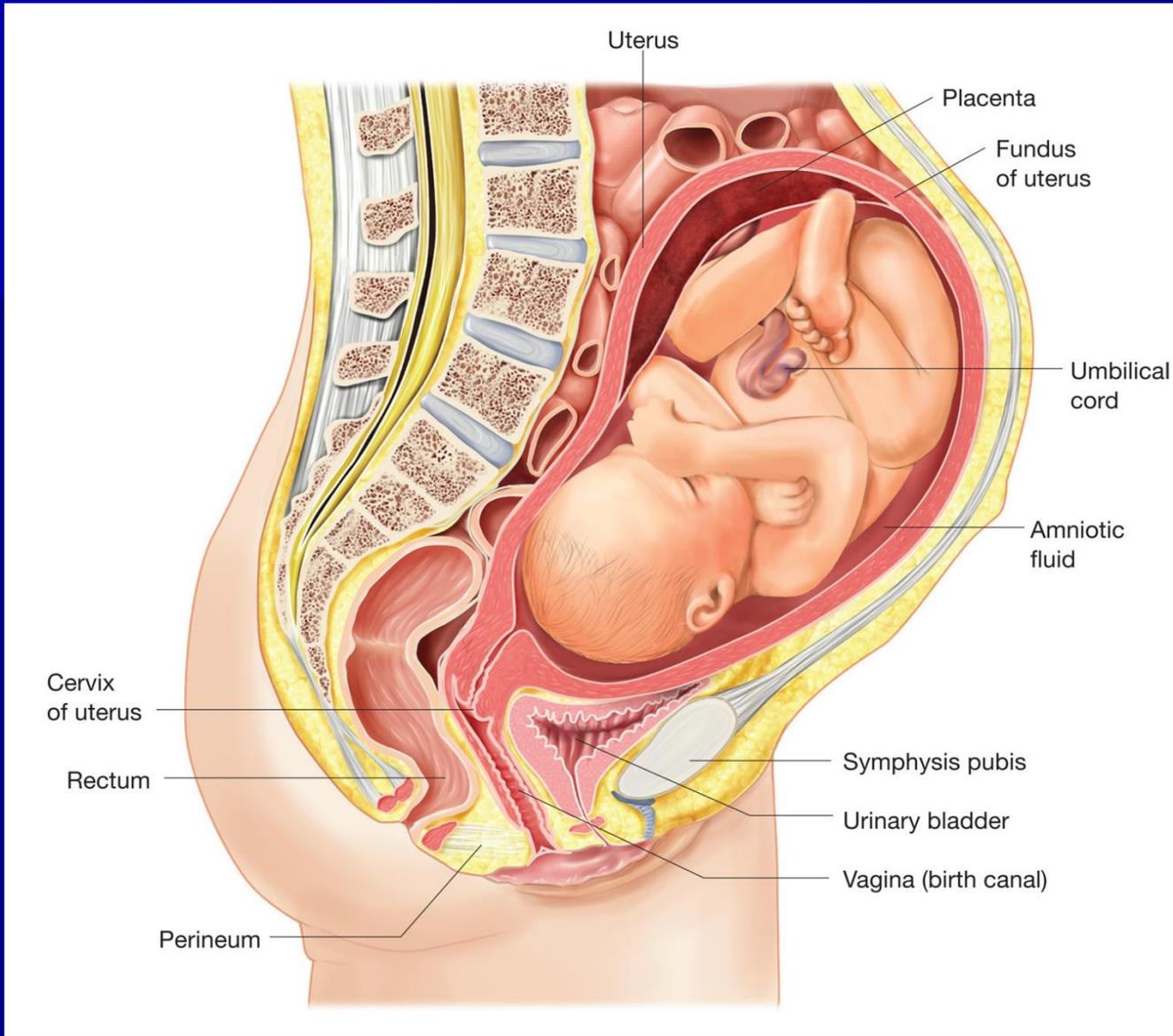
22 weeks



28 weeks

Any day now...





39 weeks



Welcome to the world!



Cutting the cord: You're on your own!



And now the hard part of being a parent begins!

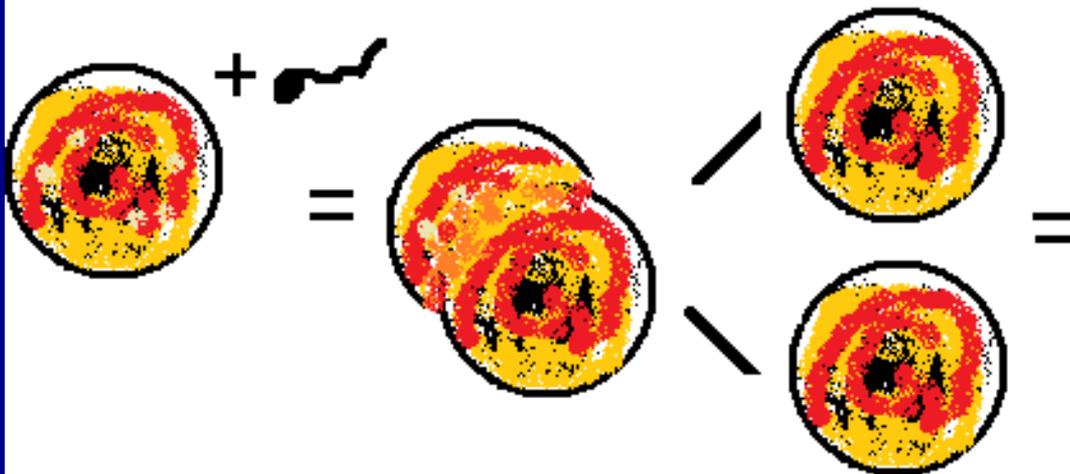
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Fraternal Twins

Odds: 1 in 100



Identical Twins

Odds: 1 in 250

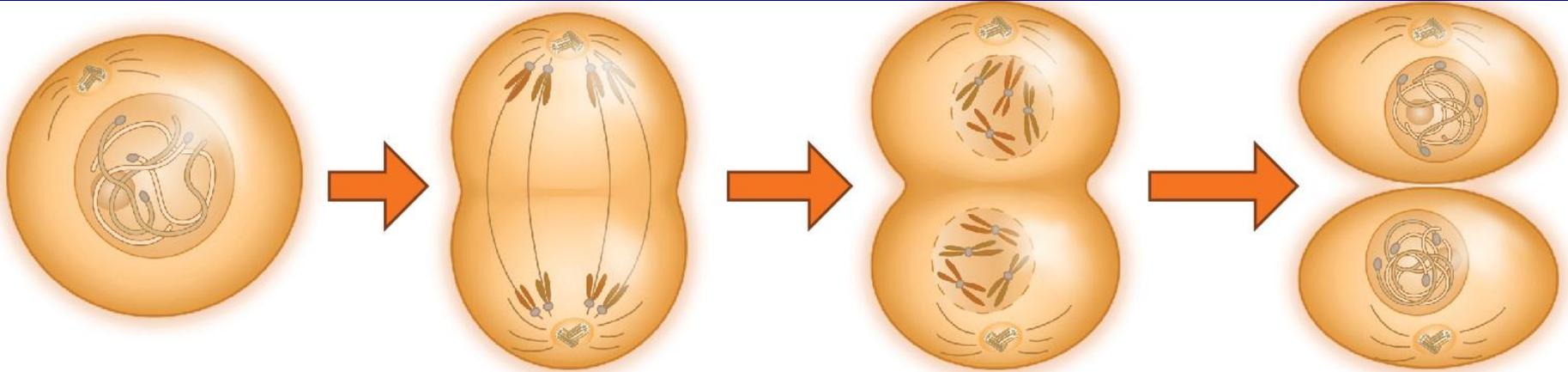


Minnesota Twins



Nothing to do with this class, but I like baseball.

Identical Twins





Helen and Clara



Triplets



Identical Quadruplets



Really?





Septuplets
At age
one.

Septuplets
Now



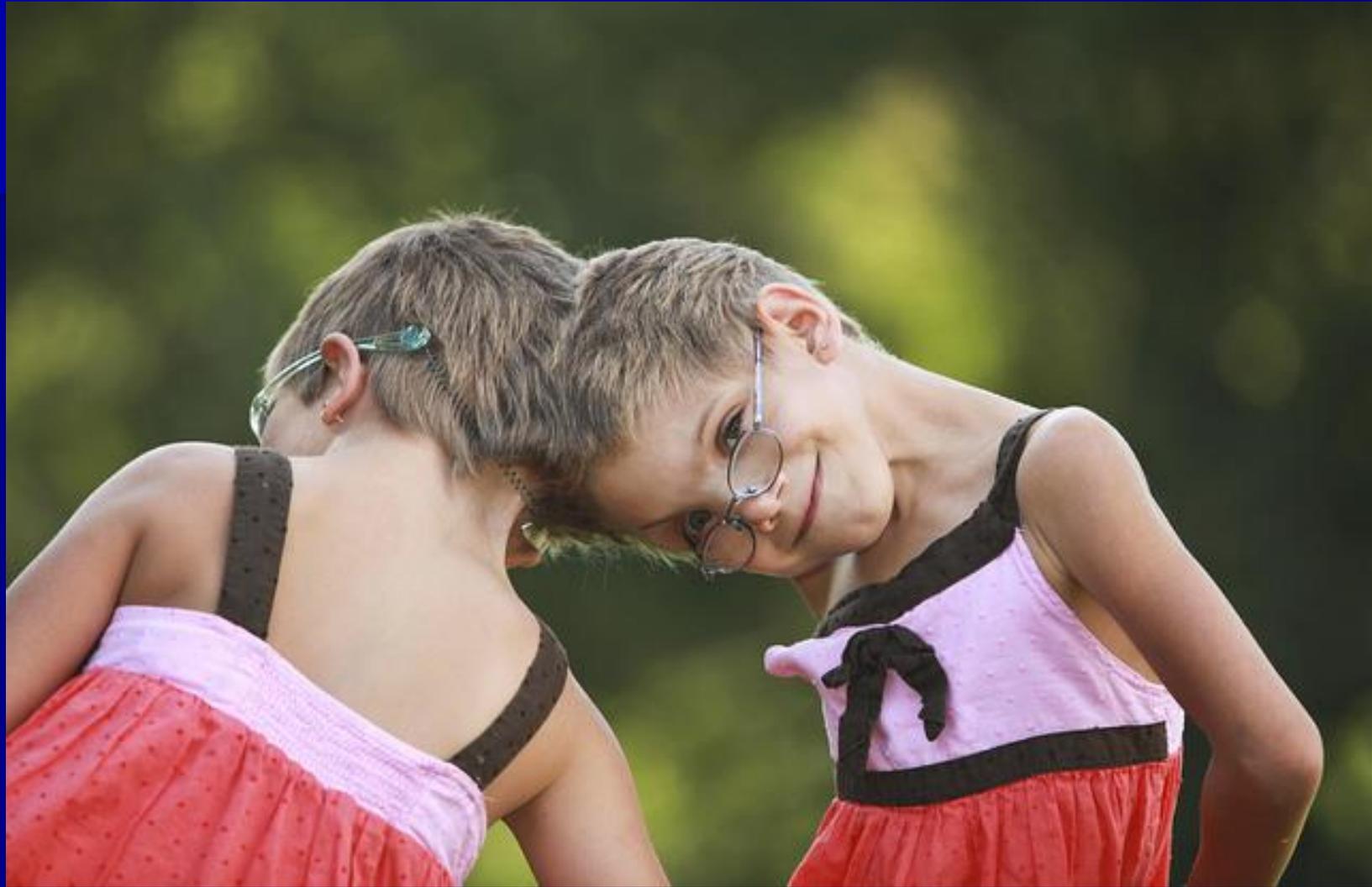
Conjoined Twins



After surgery







"The Siamese Twins"



Chang and Eng Bunker 1811-1874



Two heads are better than one?



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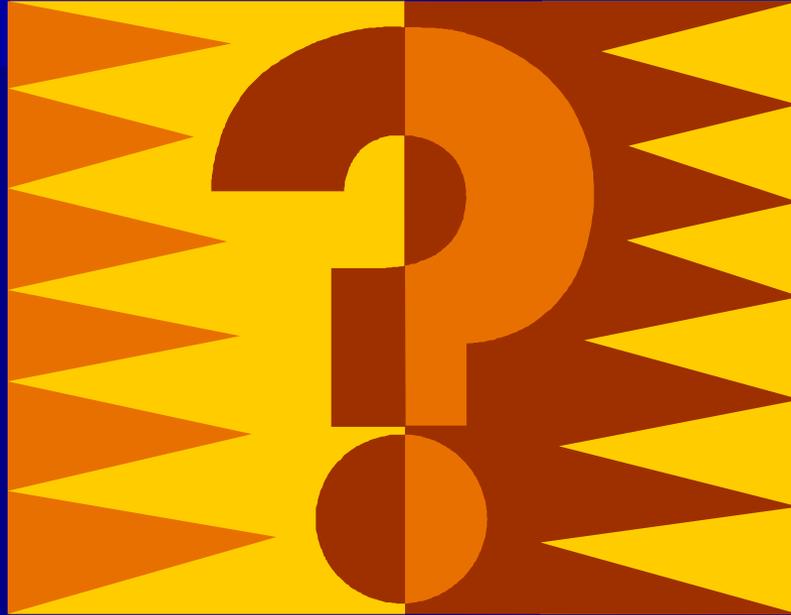
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Buncombe County 2015-2016

228 pregnancies, age 15-19

5 pregnancies, age 14

Questions?



Answers are FREE! Today only!

Let's talk about STIS (STDS)

- Do we have to?
- Yes

STI = Sexually Transmitted Infections

- **Caused by germs & viruses that can't survive very well outside the human body.**
- **STIs don't go away unless treated.**
- **Testing and treatment are free at Buncombe County Health Department.**
- **Prevention: Abstinence (100% effective)
Condoms (70-90% effective)**

Other birth control methods do not prevent STIs.

Common Symptoms of STIs

Sores, Bumps, Blisters

Warts

Rashes

Itching

Unusual Discharge from vagina

Burning Urination – mostly in males

Lower Abdominal Pain – can be serious (PID)

Sometimes No Symptoms at All – mostly in females

Herpes



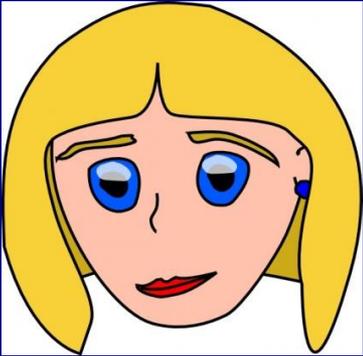
Syphilis

Crabs



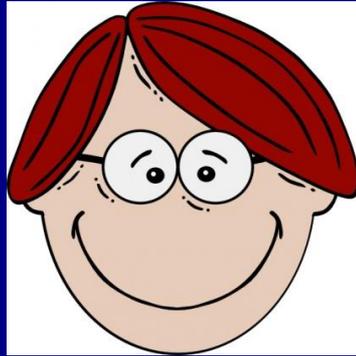
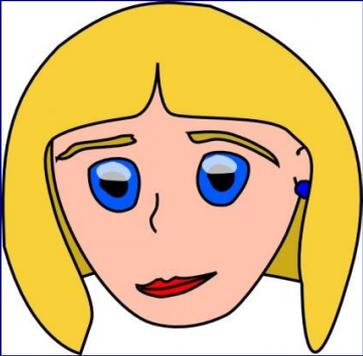
(Not Actual size)

How do STIs spread?

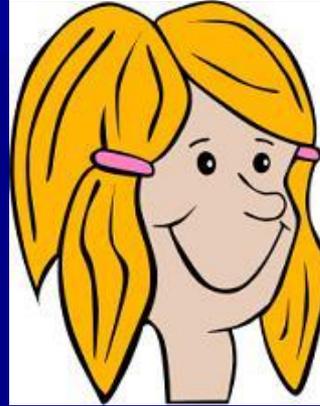
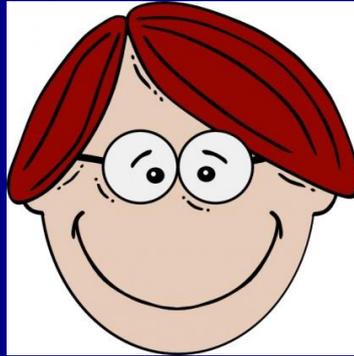
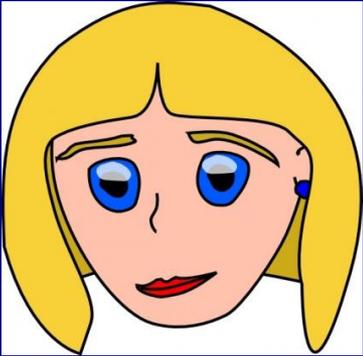


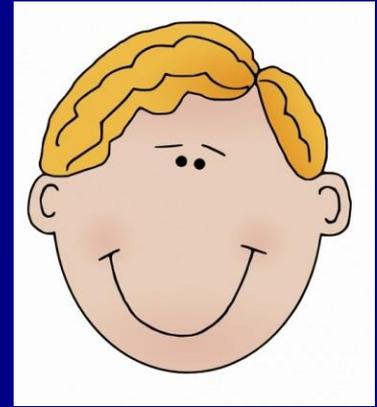
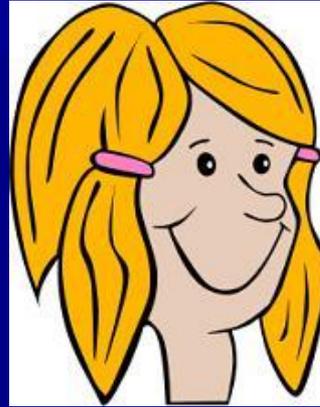
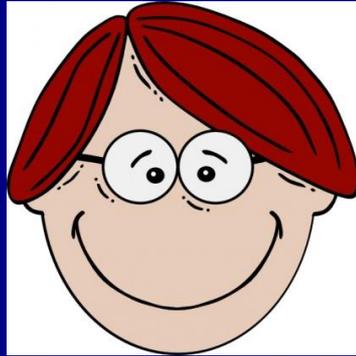
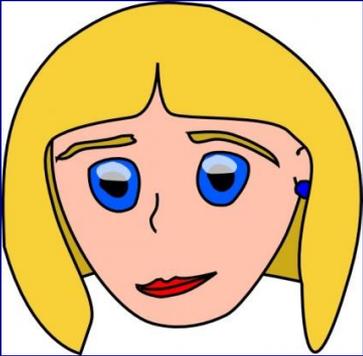
If she's never had sex, does she have an STI?

If she only has sex with one person,
Can she get an STI?

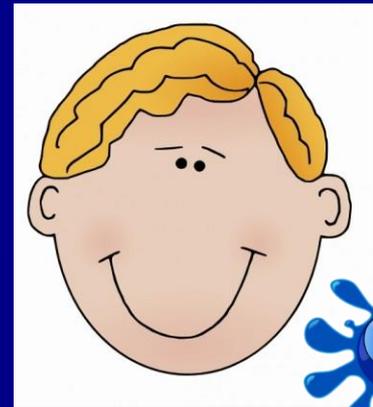
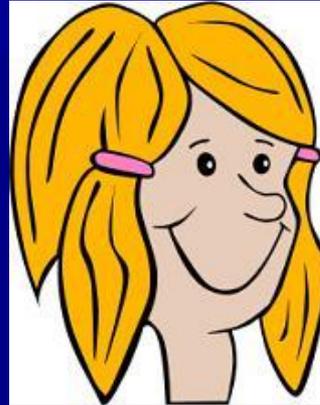
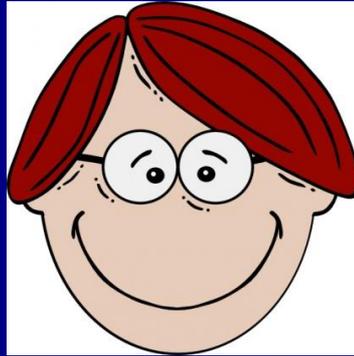
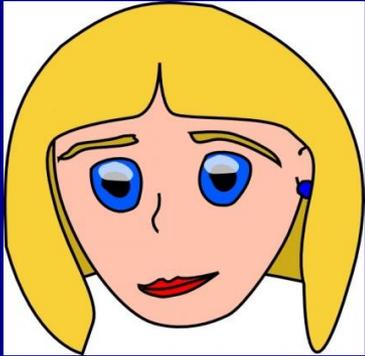


What if he's had sex
with one person
before?

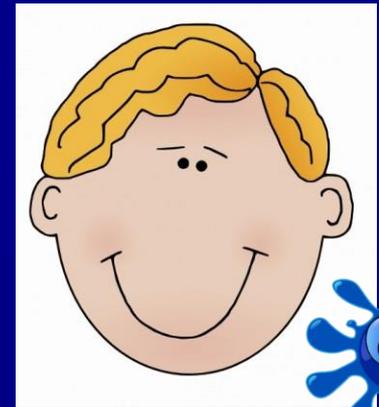
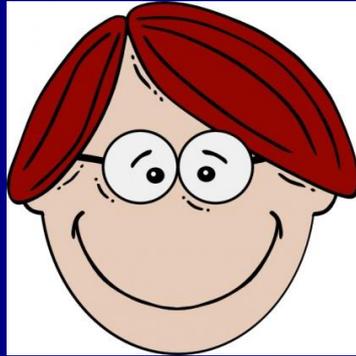
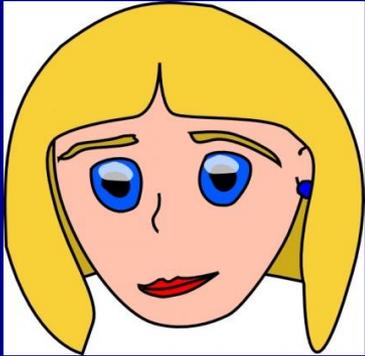




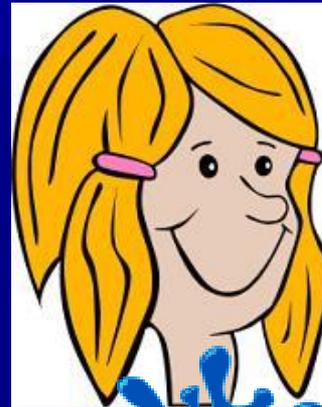
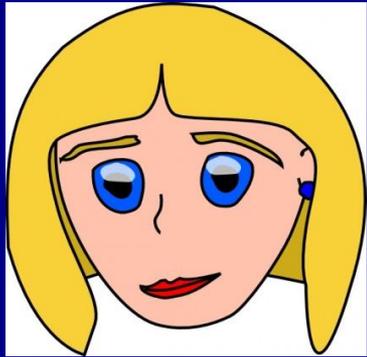
And what if she's
had sex before?



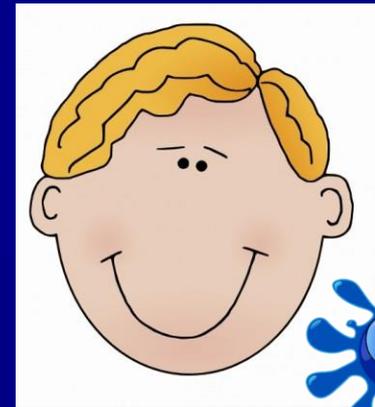
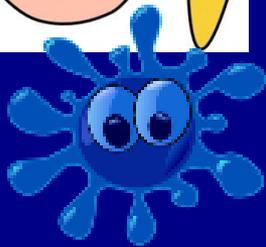
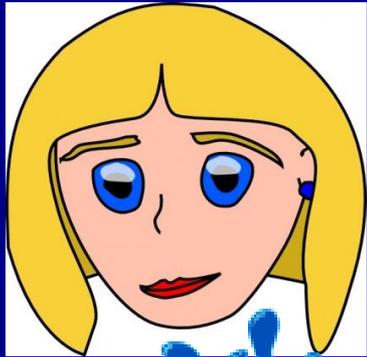
If that guy had an
STI....



Then she has it too.



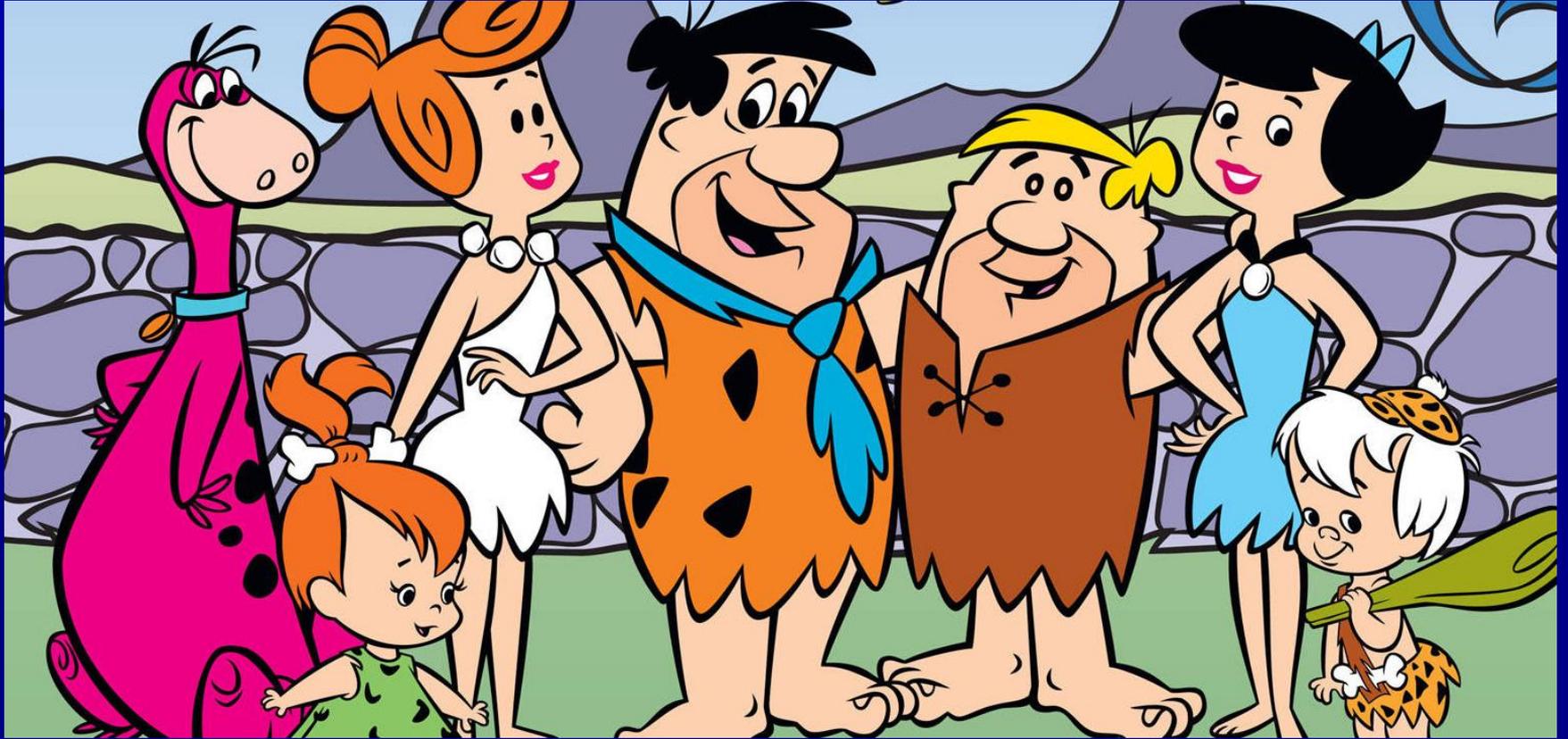
See where this is going?



Any questions?

So... How did STIs get started?

Nobody knows...



But it was a long time ago!

New York Times 1870



Flirting With Death

Buncombe County

2015 Statistics

- **Syphilis: 19 cases**
 - **Gonorrhea: 196 cases**
 - **Chlamydia: 739 cases**
 - **HIV/AIDS: 403 cases**
-
- Nationally, North Carolina came in at No. 2 of states with the highest STD rates. The top five were all southern states: Louisiana, North Carolina, Georgia, Mississippi and South Carolina.

**CURABLE
(Bacterial)**

Chlamydia

Gonorrhea

Syphilis

Trichomoniasis

Crabs

**NOT CURABLE
(Viral)**

HPV

HSVII (Herpes)

HIV (AIDS)

There's no cure for HPV (Human Papilloma Virus...

But there is a vaccine – Gardasil.

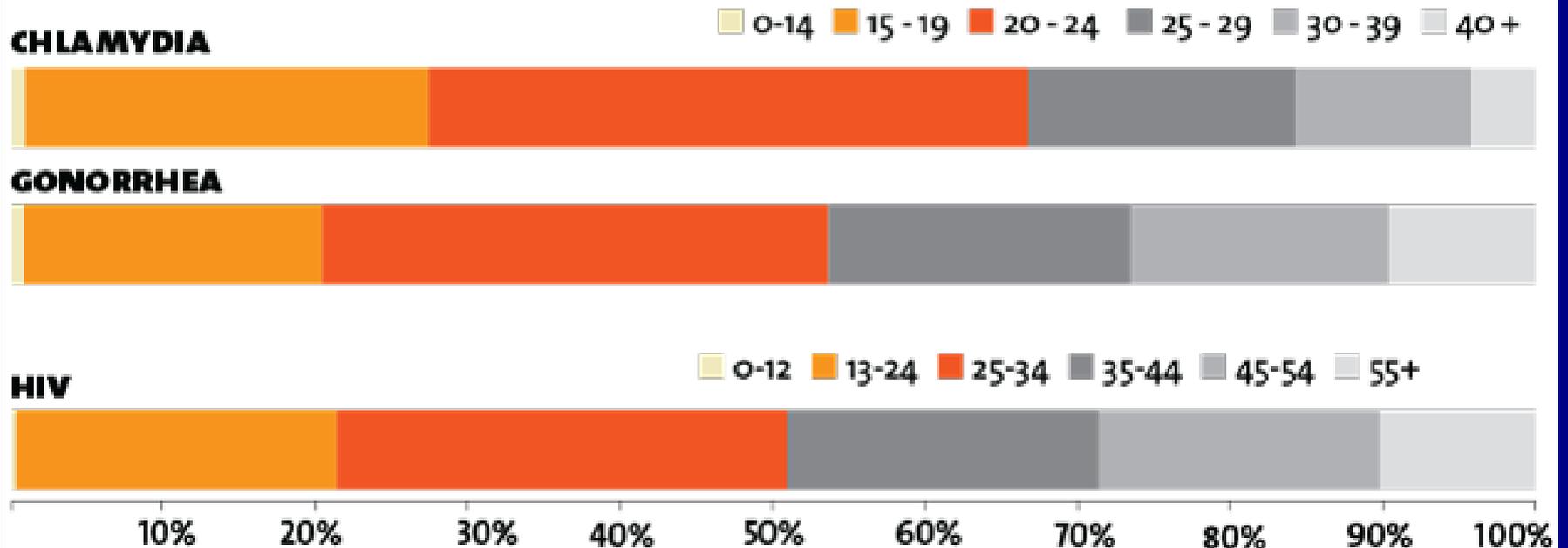


HIV and AIDS

- HIV is a virus. AIDS is a disease.
- HIV attacks the immune system.
- HIV is transmitted sexually and by blood.
- People infected by the virus are HIV+
- Treatment prolongs both life and health.
- Treatment makes HIV harder to transmit.
- No vaccine – Behavior is the only prevention.

STD NATION

Chlamydia, gonorrhea, and HIV are some of the most prevalent STDs in the US—and young adults account for most new cases each year. Here are the rates, by age group (data from 2014, and for HIV, from 2013)



Source: CDC

Mother Jones

Worried?



Do you think this STI stuff is...

- Scary?
- Gross?
- Nasty?
- Embarrassing?
- Too much to deal with...
- Especially in Middle School?
 - You're right!
- **Good news: STIs are HARD TO GET!**

Who gets STIs?

People who have unprotected sex with people who have had unprotected sex with other people.



Abstinence: Your best choice

Step One:
Decide

Step Two:
Communicate

Step Three:
Stick with it



The media does not exactly encourage abstinence.



Sexy idea #34

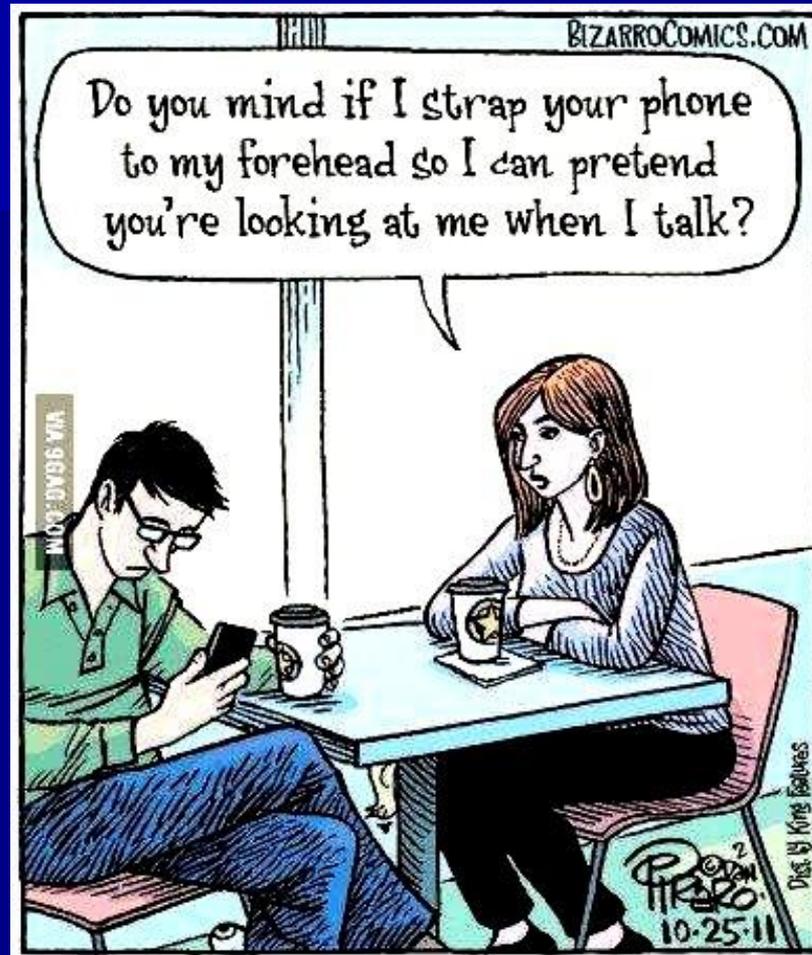


This is not the real world...



That's the good news.

You deserve someone who treats you with respect.



If they don't listen about the little stuff, they probably won't listen about the big stuff either.

More Questions?

- Ask your...
 - Parents
 - Grandparents
 - School nurse
 - Counselor
 - Teacher
 - Doctor

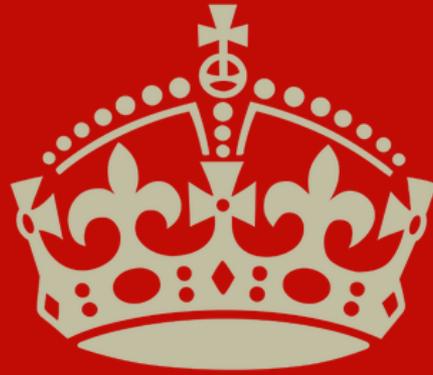


- Probably NOT the kids in the back of the school bus.

United Way Information Line

2 - 1- 1





**KEEP
CALM**

it's only

**the end
of the Powerpoint**

Parent Conversation Starters

- What was 7th grade like for you?
- What was your favorite part of that year?
- What did you worry about?
- What worries (if any) do you have about me?
- Did you ever take Sex Ed in school?
- What was it like?
- What's the hardest part about being a parent?
- What's the best part about it?