# The Parts of the Human Reproductive System

## **Essential Question**

- What are parts of the human reproductive system?
- How can I keep my reproductive system healthy?

# **Learning Intentions**

- I can identify the parts of the human reproductive system.
- I can describe simple ways to keep these parts healthy.

#### Introduction

An essential part of our overall well-being and taking care of our sexual health is being able to understand the relevant organs in our bodies (anatomy) and the way that they function (physiology), particularly as it pertains to the human reproduction cycle. This lesson is primarily focused on anatomy

Anatomy	Physiology	Human Reproduction Cycle
Male Reproductive System Female Reproductive System	Functions and roles of male and female reproductive systems	Menstruation Sperm Production Fertilization Implantation Pregnancy

# CA Health Standards 7th-8th Grade

- 1.1 Explain physical, social, and emotional changes associated with adolescence.
- 3.1 identify trusted adults in one's family, school, and community for advice and counseling regarding reproductive and sexual health.
- 3.2 Locate medically and scientifically accurate sources of information on reproductive health
- 4.1 Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health
- 7.3 Describe personal actions that can protect reproductive and sexual health





# The Parts of the Human Reproductive System

Understanding the Anatomy of the Human Reproductive System

Did You Know? Fun Facts About the Human Body The human mouth produces about 4 cups of saliva each day.

The human body has a total of 79 organs.

Human teeth are as strong as shark teeth.

Babies don't actually shed tears until they are about 1-month old.

The human brain weighs about 3 pounds and is about the size of two clenched fists.

Human beings are the only species known to blush.

Your skin is the largest organ in your body.

Your heart is about the size of two hands clasped together.

Invite students to do the following activity to get them thinking about the concept of the human body and its systems.

With a partner, discuss which of these is the most interesting, most surprising, weirdest ... Remind students that a human body can do a lot of different and amazing things

#### **Essential Questions**

- What are parts of the human reproductive system?
- How can I keep my reproductive system healthy?

Share the Essential Questions for this lesson with students. Clarify any information

Introduce the salmon colored box with information on where students should go if they need additional resources for their sexual health. Let students know that this information is also on the last page of their workbook for each lesson.

If you need resources or support for your sexual health.

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit 211sandiego.org





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#### **Teaching Agreement**

It's important to know that...

- 1. I am a mandated reporter, which means I'm required to report suspected abuse or
- 2. We will be examining sexual health through research, evidence, and scientific facts.
- 3. We will be learning and using accurate scientific terms for systems, processes, and anatomy that comes directly from the California Health Standards for 7th and 8th
- We will not be discussing our personal values or opinions about any of the topics.
- We will ensure a safe environment that is inclusive for all students
- We will focus on questions that relate to the science we are learning and encourage you to talk to your parent/guardian at home about your values and opinions when it comes to making choices.

Teaching agreement is shared in each lesson. Introduce students to the requirements of being a "mandated reporter"

It is critical for the teacher to demonstrate that they will be keeping agreements as well as the students during each Sexual Health lesson. This helps the teacher model fairness and accountability for students.







#### Questions to Discuss

Think of some time you were afraid or confused about something in your life, especially when you were younger.
Did you notice that once you learned more about it and understood your connection to it, you felt better?



How does understanding my body and the way it works help me make healthy choices?

What are some things I already do to take care of my body?

What are some goals I have to take care of my health in the future?

Review these questions with students, then lead a discussion. Discussion format could be in whole class, small group, or in pairs.

Why is it important to learn about the Human Reproductive System?

#### One Body, Many Systems

The Reproductive **System** allows many important that help you live a Some other examples of systems in your body include:

Your Respiratory System: Delivers oxygen to the cells in your body and removes waste gases

Your Nervous **System:** Helps send **System:** Pumps messages between your body and your brain

**Your Circulatory** blood from your heart to your lungs to get oxygen





Positions the human reproductive system as one of many important systems in the human body. Examples such as the respiratory, circulatory, and nervous system are provided for context.





What are the parts of the Human Reproductive System, and where are they located?

Overview of the Human Reproductive System Some parts of the reproductive system are internal and some parts are external.

Use the diagrams for male and female anatomy to label what you already know.



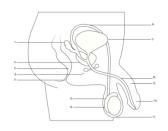


Some parts of the reproductive system are internal and some parts are external.

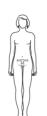
Follow along with your graphic organizer to label the different parts of this system

Have students use the diagrams in their student workbooks to label parts of the male and female reproductive systems shown on the next slide. After students have labeled what they already know, show the slide with labels and allow time for students to correct, or fill in any missing terms.

### Male and Female Reproductive Anatomy



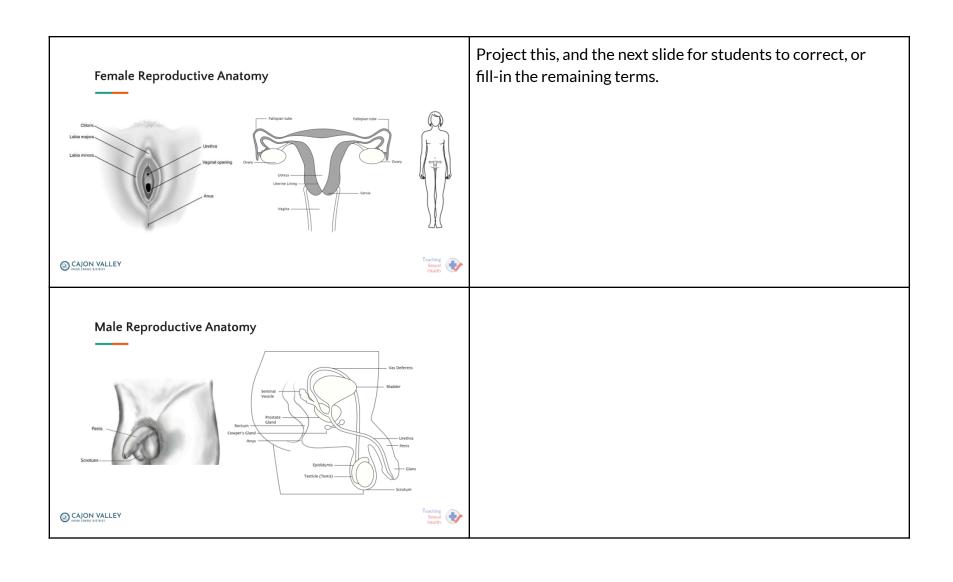




Project this slide while students are labeling what they already know.







#### Male Reproductive Anatomy

Some penises are circumcised and others are uncircumcised.

It is OK to be circumcised or uncircumcised even though they look different.

Circumcision is the removal of the foreskin from a baby's penis.



uncircumcised penis



circumcised penis

Remind students that everyone's penis looks slightly different, but the main difference in whether it's circumcised or not.





How Can I Keep my Reproductive System Healthy?

Ways to Keep Your Reproductive System Healthy

- Eat a nutritious, balanced diet
- Drink plenty of water
- Get regular exercise
- Get enough sleep
- Avoid using tobacco, alcohol, or other drugs
- Manage stress in healthy ways
- Take regular showers or baths to keep your genitals clean

Discuss with a partner. What are you already doing to keep your reproductive system healthy?



Share with students ways to keep the parts of their reproductive system healthy.

Allow time for students to discuss the question, "What are you already doing to keep your reproductive system healthy?"

**Exit Slip** 

What are a few things you know about how the parts of the human reproductive system work?



Have students identify a few things they now know about the parts of the human reproductive system.

At Home

With a parent/guardian or other trusted adult:

Share the most surprising/interesting thing you learned about your body and/or about human reproduction.

Teach what you learned using your diagrams and notes.

Ask for ideas on making healthy choices and taking care of your body.

Remind students to continue this conversation at home, with a parent/guardian, or other trusted adult.

# Sources

WHO: Adolescent health

The Growing Child: Adolescent 13 to 18 Years | Johns Hopkins Medicine

<u>Puberty, Developmental Processes, and Health Interventions - Child and Adolescent Health and Development - NCBI Bookshelf</u>