

# Reproductive Health Grade 7

## Human Reproduction and Growth Outline

- I. Procreation / Introduction
- a. Continuation of species
- 1. Process of all living things
- 2. Natural function
- II. Growing and Changing During Adolescence
- a. Changes during adolescence
- 1. Physical growth
- 2. Mental/Emotional Growth
- 3. Social Growth
- III. The Function of the Endocrine System
- a. Parts of the endocrine system
- b. Glands and hormones
- c. Diseases of the endocrine system

## Reproductive Health Outline

- IV. The Male Reproductive System
- a. Parts / anatomy of the male reproductive system
- b. Male Health problems
- 1. Inguinal hernia
- 2. Testicular cancer
- 3. Prostate cancer
- 4. Sterility
- c. Caring for the male reproductive system
- 1. Testicular self-exams monthly
- 2. Shower regularly
- 3. Protective gear
- 4. Regular physical checkups

## Reproductive Health Outline

- V. The Female Reproductive System
- a. Parts of the female reproductive system
- 1. Ovulation and the menstrual cycle
- 2. Fertilization
- b. Female Health Problems
- 1. Various cancers
- a. Ovarian
- b. Uterine
- c. Breast
- 2. Sterility
- c. Caring for the female reproductive health system
- 1. Self-breast exams every month
- 2. Shower daily

- 3. Keeping track of menstrual cycle
- 4. Visiting gynecologists for regular checkups

## Reproductive Health Outline

- VI. Heredity and Human Development
- 1. Heredity
  - a. Chromosomes
  - b. Genes
- 2. Fertilization and Human Development
  - a. Cells, tissues, organs and systems
- 3. The development of a fetus
  - 1. Embryo
  - 2. Fetus
  - 3. Multiple births
- 4. Birth/Delivery
  - 1. Normal term
  - 2. Premature
  - 3. Miscarriage

## Reproductive Health Outline

- 3. Care During Pregnancy
  - 1. Eating healthful foods
  - 2. Regular checkups
  - 3. Effects of substances
    - a. Tobacco
    - b. Alcohol
    - c. Over the counter and prescription drugs
    - d. Illegal drugs
- 4. Parenthood and the Importance of Family
  - 1. Responsibilities / providing
  - 2. Including baby's physical and emotional needs
  - 3. Being good role models

## Reproductive Health Outline

- VI. The Life Cycle
- 1. The Stages of Life
  - a. Infancy
  - b. Childhood
  - c. Adolescence
  - d. Adulthood
  - e. Old age
- 2. Preparing for Adulthood
  - a. Reducing risk
    - 1. Protecting oneself from injury
    - 2. Choosing a healthy lifestyle
    - 3. Practicing abstinence from tobacco, alcohol, drugs and sexual activity
- 3. Moving Toward the Future
  - a. Growth, experiences, knowledge help to meet challenges of adulthood
  - b. Independence, decision making, problem solving, planning for the future
  - c. Taking care of personal health is preparation for the future

# Reproductive Health outline

- VII. Sexually Transmitted Diseases
- 1. Common STD's and their symptoms
- a. Chlamydia
- b. Genital warts
- c. Genital herpes
- d. Trichomoniasis
- e. Gonorrhea
- f. Syphilis
- g. Hepatitis
- 2. Abstinence and Sexual Activity
- a. Only 100% effective way to prevent STD's
- b. Media influences without consequences
- c. Peer refusal skills and assertive communication

# Reproductive Health Outline

- IX. HIV/AIDS
- 1. Transmission of HIV
- a. Sexual activity
- b. Contaminated needles/blood
- c. During delivery / breast milk
- 2. How HIV is not transmitted
- a. Casual contact
- 3. HIV's effect on the immune system
- a. Pathogens, T-cells and HIV
- 4. Abstinence and HIV
- a. 100 % prevention is abstinence
- 5. Respecting dignity / rights
- a. Of those infected with HIV /AIDS