A sexually mature girl’s reproductive system is amazingly complex and can be the source of many questions and much misinformation. These activities will help students understand the anatomy and function of the female reproductive organs.

Related KidsHealth Links

Articles for Teens:

- Female Reproductive System
  TeensHealth.org/en/teens/female-repro.html

- All About Menstruation
  TeensHealth.org/en/teens/menstruation.html

- Irregular Periods
  TeensHealth.org/en/teens/irregular-periods.html

- Tampons, Pads, and Other Period Supplies
  TeensHealth.org/en/teens/supplies.html

- Feeling Fresh
  TeensHealth.org/en/teens/feminine-hygiene.html

- Coping With Common Period Problems
  TeensHealth.org/en/teens/menstrual-problems.html

- Vaginal Discharge: What’s Normal, What’s Not
  TeensHealth.org/en/teens/vdischarge2.html

- Gyn Checkups
  TeensHealth.org/en/teens/obgyn.html

- Why Are My Breasts Sore?
  TeensHealth.org/en/teens/sore-breasts.html

- Finding the Right Bra
  TeensHealth.org/en/teens/underwear.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What are the major female reproductive organs? What are their functions?
2. What are estrogen and progesterone? What do they do?
3. Tender breasts, cramps, moodiness, and headaches are just a few of the symptoms that may accompany menstruation. What causes them? How can they be eased?
4. There’s no shortage of myths associated with female sexual development, menstruation, and pregnancy. Let’s talk about some and separate the fact from the fiction.
5. Why is it important to know how to perform a breast self-exam? What else can females do to keep their reproductive organs healthy?
Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Female Reproductive System

Objectives:
Students will:
• Learn the names and functions of the parts of the female reproductive system
• Identify the unique features of the female anatomy that enable females to conceive, carry a fetus, and give birth

Materials:
• Computer with Internet access
• “Female Reproductive System” handout
• Pen or pencil

Class Time:
• 30 minutes

Activity:
All of the organs that are responsible for ovulation and menstruation are internal, within the pelvis. Let’s take a closer look at the female reproductive system by labeling its parts on the handout and briefly describing their functions.

Next, let’s think about the organs that play the most important roles after an egg is fertilized. Which are they? In what ways are these specifically adapted for conceiving, carrying, and delivering a baby? Write your thoughts on the back of the handout.

Extension:
It can be said that the reproductive system is essential for keeping a species alive, but not for keeping an individual alive. Discuss what this means.
Once Upon a Fallopian Tube

Objectives:
Students will:
• Write and illustrate a storyboard depicting the journey of a fertilized egg

Materials:
• Computer with Internet access
• “Once Upon a Fallopian Tube” handout
• Paper and pen, colored pencils

Class Time:
• 1 hour

Activity:
Sometimes it’s hard to believe that all human life depends on a chance meeting between an egg that’s 1/30th the size of a sesame seed and a sperm that’s 1/600th of an inch in a tube that’s as wide as a piece of spaghetti. But it does, and, improbable as it may seem, it happens hundreds of thousands of times around the world each day.

Today we’re going to create a storyboard that tells the story of the beginning of your life, which is really the story of the beginning of everyone’s life: We are all here because a female ovulated, a male’s sperm fertilized the egg, and that fertilized egg, or zygote, grew in a uterus for 9 months. Using the TeensHealth.org articles for research, create a storyboard that depicts an egg’s journey through ovulation, fertilization, and implantation.

Extension:
Describe the role of genes and chromosomes in this process.

Reproducible Materials
Handout: Female Reproductive System
TeensHealth.org/classroom/9to12/body/systems/female_reproductive_handout1.pdf

Handout: Once Upon a Fallopian Tube
TeensHealth.org/classroom/9to12/body/systems/female_reproductive_handout2.pdf

Quiz: Female Reproductive System
TeensHealth.org/classroom/9to12/body/systems/female_reproductive_quiz.pdf

Answer Key: Once Upon a Fallopian Tube
TeensHealth.org/classroom/9to12/body/systems/female_reproductive_quiz_answers.pdf
Female Reproductive System

Instructions: Label the diagram and write the function of each part below. On the back, note at least 3 features of the female reproductive system that are specifically adapted for conceiving, carrying, and delivering a baby.

Labia ____________________________
Clitoris __________________________
Urethra __________________________
Vagina __________________________
Uterus __________________________
Fallopian tubes ____________________
Ovaries __________________________
Hymen __________________________
Cervix __________________________
Once Upon a Fallopian Tube

Instructions: Use this storyboard to write and illustrate the journey of an egg from ovulation through fertilization and implantation.
Quiz

Instructions: Answer each question.

1. The two oval-shaped organs that produce, store, and release eggs are called the ______________________.

2. Which one is not a menstrual problem?
   a) amenorrhea  
   b) vulvovaginitis  
   c) dysmenorrhea  
   d) menorrhagia

3. True or false: Females make millions of eggs per day.

4. Fertilization occurs in the:
   a) uterus  
   b) fallopian tubes  
   c) labia  
   d) vagina

5. ______________________ occurs about 2 weeks before a woman’s period.

6. The ______________________ is a thick, muscular organ that can expand to accommodate a developing baby.

7. The lining of the uterus is called the ______________________.

8. The average menstrual cycle is about how long?
   a) 1 week  
   b) 2 weeks  
   c) 28 days  
   d) 30 days

9. The ______________________ is the lower portion of the uterus that opens into the vagina.

10. About a week after fertilization, the fertilized egg is a hollow ball of cells called a ______________________.
Quiz Answer Key

1. The two oval-shaped organs that produce, store, and release eggs are called the _______ ovaries _______.

2. Which one is not a menstrual problem?
   a) amenorrhea
   b) vulvovaginitis
   c) dysmenorrhea
   d) menorrhagia

3. True or false: Females make millions of eggs per day.

4. Fertilization occurs in the:
   a) uterus
   b) fallopian tubes
   c) labia
   d) vagina

5. _______ Ovulation _________ occurs about 2 weeks before a woman’s period.

6. The _______ uterus _________ is a thick, muscular organ that can expand to accommodate a developing baby.

7. The lining of the uterus is called the _______ endometrium _________.

8. The average menstrual cycle is about how long?
   a) 1 week
   b) 2 weeks
   c) 28 days
   d) 30 days

9. The _______ cervix _________ is the lower portion of the uterus that opens into the vagina.

10. About a week after fertilization, the fertilized egg is a hollow ball of cells called a _______ blastocyst _______.