



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

Many girls understand that menstruation is a big step on the road to sexual maturity. But they still have lots of questions about their changing bodies. These activities will help students understand the anatomy and function of the female reproductive system.

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/bra.html

Discussion Questions

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

1. A girl's major reproductive organs are located inside her pelvis. What are they called? What do they do?
2. Unlike sexually mature males, who make millions of new sperm every day, a girl's ovaries at birth contain all the eggs she will ever have. How do the hormones of puberty affect her ovaries and eggs? What other visible physical changes are these hormones responsible for?
3. Why do girls get periods? What's the purpose of the menstrual cycle?
4. A girl's period may be irregular for the first year or two after she gets it. What does this mean?



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 parts of the female reproductive system

Materials:

- Computer with Internet access
- “Female Reproductive System” handout
- Pen or pencil

Class Time:

- 20 minutes

Activity:

Baby girls are born with all the parts of their reproductive system in place - including hundreds of thousands of eggs that will lie dormant in their ovaries until puberty. That’s when the female sex hormones estrogen and progesterone begin stimulating all kinds of changes: breasts begin to grow, body shape changes, and ovulation begins. At that point, a girl will experience her first period (menarche). After she begins ovulating (even if she hasn’t gotten her first period yet), a girl can become pregnant if she has sex.

Let’s take a closer look at the female reproductive system by labeling its parts on the handout and briefly describing their functions.

Extensions:

1. Gametes are the sex cells (egg or ovum for females; sperm for males) that meet in the female’s reproductive system to create a new person. Write a paragraph describing the appearance, function, and unique properties of an egg cell.
2. Describe some of the unique features of the female body that enable it to grow a fetus and give birth to a baby.



An Egg's Journey

Objectives:

Students will:

- Write and illustrate a storyboard depicting the journey of an egg during the menstrual cycle

Materials:

- Computer with Internet access
- “An Egg’s Journey” handout
- Paper and pen, colored pencils

Class Time:

- 1 hour

Activity:

It can seem 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 that’s why menstruation is such an important milestone as girls become sexually mature women. Today we’re going to learn more about menstruation by creating a storyboard that depicts an egg’s journey after ovulation. Where does it go? How long does it take? What does the lining of the uterus do to prepare for its arrival? And what happens to that lining if the egg remains unfertilized?

Extensions:

1. If the egg in your storyboard had been fertilized, your storyboard would have had a very different ending. Explain.
2. Research and write about the two ways twins might be formed during fertilization.

Reproducible Materials

Handout: Female Reproductive System

[TeensHealth.org/classroom/6to8/body/systems/female_reproductive_handout1.pdf](https://www.TeensHealth.org/classroom/6to8/body/systems/female_reproductive_handout1.pdf)

Handout: An Egg's Journey

[TeensHealth.org/classroom/classroom/6to8/body/systems/female_reproductive_handout2.pdf](https://www.TeensHealth.org/classroom/classroom/6to8/body/systems/female_reproductive_handout2.pdf)

Quiz: Female Reproductive System

[TeensHealth.org/classroom/classroom/6to8/body/systems/female_reproductive_quiz.pdf](https://www.TeensHealth.org/classroom/classroom/6to8/body/systems/female_reproductive_quiz.pdf)

Answer Key: Female Reproductive System

[TeensHealth.org/classroom/classroom/6to8/body/systems/female_reproductive_quiz_answers.pdf](https://www.TeensHealth.org/classroom/classroom/6to8/body/systems/female_reproductive_quiz_answers.pdf)



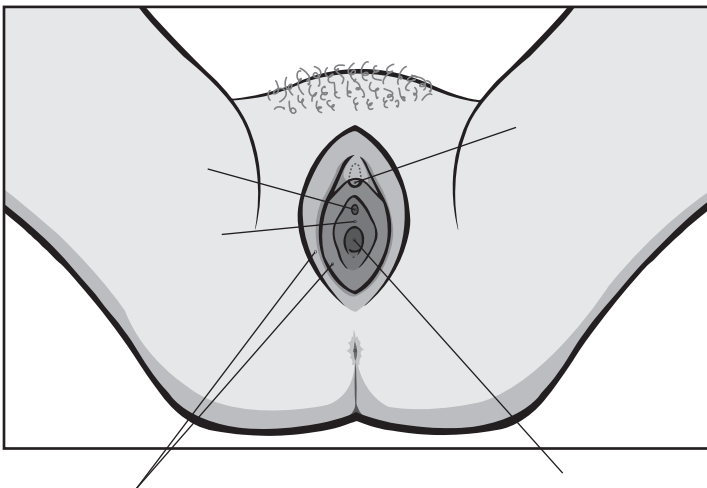
Name: _____

Date: _____

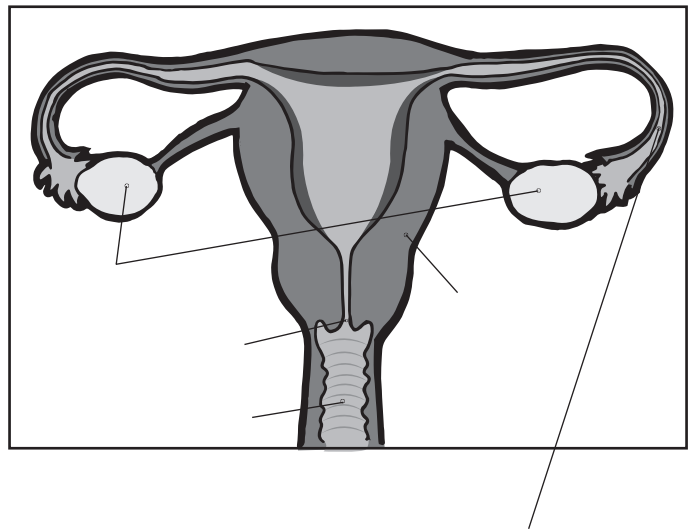
Female Reproductive System

Instructions: Label the diagram and write the function of each part below.

External View



Internal View



Labia _____

Clitoris _____

Urethra _____

Vagina _____

Uterus _____

Fallopian tubes _____

Ovaries _____

Hymen _____

Cervix _____



Name: _____

Date: _____

An Egg's Journey

Instructions: Use this storyboard to write and illustrate the journey of an egg from ovulation to menstruation.

A large empty rectangular box for drawing or illustration.

A large empty rectangular box for drawing or illustration.

A large empty rectangular box for drawing or illustration.

A large empty rectangular box for drawing or illustration.

A large empty rectangular box for drawing or illustration.

A large empty rectangular box for drawing or illustration.

A large empty rectangular box for drawing or illustration.

A large empty rectangular box for drawing or illustration.

A large empty rectangular box for drawing or illustration.



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. The two oval-shaped organs that produce, store, and release human eggs are called _____.
2. True or false: Females make millions of eggs every day.
3. Fertilization occurs in the:
 - a) uterus
 - b) fallopian tubes
 - c) labia
 - d) vagina
4. _____ occurs about two weeks before a woman's period.
5. The _____ is a thick, muscular organ that can expand to accommodate a developing baby.
6. True or false: The female sex hormone is called testosterone.
7. How long is an average menstrual cycle?
 - a) 1 week
 - b) 2 weeks
 - c) 28 days
 - d) 45 days
8. The _____ is the lower portion of the uterus that opens into the vagina.
9. An egg that has been fertilized by a sperm is called a _____.
10. True or false: A girl's first period is called menarche.



Quiz Answer Key

1. The two oval-shaped organs that produce, store, and release human eggs are called ovaries .
2. True or false: Females make millions of eggs every day.
3. Fertilization occurs in the:
 - a) uterus
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6. True or false: The female sex hormone is called testosterone.
7. How long is an average menstrual cycle?
 - a) 1 week
 - b) 2 weeks
 - c) 28 days
 - d) 45 days
8. The cervix is the lower portion of the uterus that opens into the vagina.
9. An egg that has been fertilized by a sperm is called a zygote .
10. True or false: A girl's first period is called menarche.