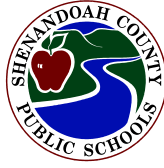




SHENANDOAH COUNTY  
PUBLIC SCHOOLS

FAMILY LIFE EDUCATION  
CURRICULUM

GRADE FIVE



600 North Main Street, Suite 200

Woodstock, VA 22664

540-459-6750

Fax: 540-459-6222

## FAMILY LIFE EDUCATION CURRICULUM NOTICE

Date \_\_\_\_\_

Dear Parent:

The Family Life Education Curriculum that has been adopted by the Shenandoah County School Board is an integral part of the Health classes. It will be taught throughout the school year. The materials that will be used during instruction have been evaluated and recommended by the Family Life Education Community Involvement Team. These materials have been adopted by the Shenandoah County School Board.

The Family Life Education curriculum is available for your preview at several locations. You may preview it on the Shenandoah County Public Schools division website ([www.shenandoah.k12.va.us](http://www.shenandoah.k12.va.us)) or you may go to your child's school and preview it online. It is also available at the Shenandoah County Public Library.

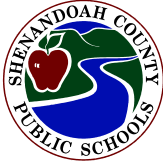
Parents and guardians have the right to review the family life education program offered by their school division, including written and educational materials used in the program. Parents and guardians also have the right to excuse their child from all or part of family life education instruction.

*Ref. - Shenandoah County Public Schools Policy IGAH.*

If, after previewing the curriculum, you decide to opt your child out of specific areas of instruction, you **must** print out the Opt-Out Form for your child's grade level, complete and sign it and return it to your child's school. Copies of the forms are also available at your child's school.

You are welcome to personally preview any of our Family Life Education materials. If you wish to preview any of the materials, please make arrangements with your child's Health teacher or the principal. If you have any questions, please do not hesitate to ask your child's teacher and/or principal for clarification.

Rebecca T. Cooper, BSN RN  
Chairperson  
FLECIT



600 North Main Street, Suite 200

Woodstock, VA 22664

540-459-6750

Fax: 540-459-6222

Please complete this form **ONLY** if you **DO NOT** want your child to participate in the Family Life Education classes.

### FAMILY LIFE EDUCATION OPT-OUT FORM

Student Name \_\_\_\_\_ School \_\_\_\_\_

Grade \_\_\_\_\_ Homeroom Teacher \_\_\_\_\_

Please exempt the above named student from the following Family Life Education lessons:

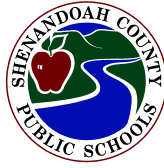
#### Gender Separated Classes

- 5.1 The student will verbalize understanding of the sexual changes and growth patterns associated with the onset of puberty. Girls learn female changes **ONLY**; boys learn male changes, **ONLY**.
- 5.2 The student will demonstrate an understanding of developing social awareness and responsibility one has for one's own behavior and attitudes about self and others.
- 5.3 The student will demonstrate an understanding of the development of a strong sense of self worth.

I understand that my child will be given an alternate assignment(s) in place of the lesson(s) being taught and that I will be responsible for my child's completion of his/her assignments. **I understand if my child does not participate in this program, I am assuming full responsibility for providing the appropriate education.**

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature



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## La Noticia del Plan de la Educación de la Vida doméstica

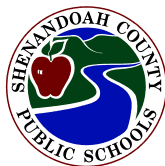
El Plan de la Educación de la Vida doméstica que ha sido adoptado por la Tabla de la Escuela de Condado de Shenandoah es una parte esencial de las clases de la Salud. Será enseñado a través del año escolar. Los materiales audiovisuales que serán utilizados durante instrucción han sido evaluados y han sido recomendados por el Equipo de Participación de Comunidad de Educación de Vida doméstica. Estos materiales han sido adoptados por la Tabla de la Escuela de Condado de Shenandoah.

El plan de la Educación de la Vida doméstica está disponible para su presentación en varios lugares. Usted puede verlo en el sitio de Internet ([www.shenandoah.k12.va.us](http://www.shenandoah.k12.va.us)) o puede ir a la escuela de su niño y verlo en la computadora allí. Está también disponible en la biblioteca pública de Condado de Shenandoah.

“Los padres y los guardianes tienen el derecho de revisar el programa de la educación de la vida doméstica ofrecido por su escuela, incluye: los materiales escritos y audiovisuales que usen en el programa. Los padres también tienen el derecho de dispensar a su niño de toda o parte de la instrucción de educación de vida doméstica.” *Ref. La política de las escuelas de Condado de Shenandoah IGAH.*

Si, después de ver el plan, decidió optar su niño fuera de áreas específicas de instrucción, puede imprimir la Forma Autónoma (Opt-Out Form) para el nivel del grado de su niño, completar y firmar y regresarlo a la escuela de su niño. Las copias de las formas están también disponibles en la escuela de su niño.

Puede ver personalmente cualquiera de nuestros materiales de Educación de Vida doméstica. Si desea ver los materiales audiovisuales, hace por favor una cita con el maestro de Salud de su niño o el director de la escuela. Si tiene preguntas, por favor preguntar el maestro de su niño o el director.



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Por favor, completa este formulario **SÓLO** si usted **NO QUIERE** que su hijo/a participe en las clases de Educación de Vida Familiar.

### EDUCACIÓN PARA LA VIDA FAMILIAR FORMULARIO DE "OPT-OUT" (no quiere)

Nombre de estudiante \_\_\_\_\_

Esucela \_\_\_\_\_

Grado \_\_\_\_\_ Maestra/o \_\_\_\_\_

Por favor, eximir al estudiante antes mencionado de las siguientes clases de Educación de Vida Familiar:

#### Clases Separados de Género

- 5.1 El estudiante verbalizar la comprensión de los cambios sexuales y los patrones de crecimiento asociado a la aparición de la pubertad. Las niñas aprenden los cambios **SÓLO** de mujeres, los niños aprenden los cambios **SÓLO** de hombres.
- 5.2 El estudiante demostrará una comprensión del desarrollo de la conciencia social y una responsabilidad tiene para la propia conducta y actitudes acerca de uno mismo y los demás.
- 5.3 El estudiante demostrará una comprensión del desarrollo de un fuerte sentido de autoestima.

Entiendo que mi hijo/a recibirá una asignación alternativa (s) en lugar de la lección (s) que se enseña y que será responsable de la finalización de mi hijode sus tareas. **Entiendo que si mi hijono participa en este programa, estoy asumiendo la plena responsabilidad de proporcionar la educación apropiada.**

\_\_\_\_\_  
Fecha

\_\_\_\_\_  
Firma del Padre/Guardian

This is a copy of the abstinence definition as developed by FLECIT in October, 1997. It was written to clarify the confusion about what abstinence means and how it is to be defined to students. This definition forms the basis for our program and is the guideline for answering questions. It is a critical piece of our classroom teaching and may be used as a teaching tool within the classroom setting.

Shenandoah County Public Schools use an abstinence-based Family Life Education curriculum. Abstinence is emphasized as the ideal choice when teens are faced with decisions regarding any risky behavior, including decisions involving sexual activity and alcohol and substance use. Shenandoah County Public Schools recognizes that some students have already chosen risky sexual behavior, and, in accordance, teachers present classroom instruction about responsibility for behavior and the use of contraceptives.

### **Definition of ABSTINENCE . . . A Report from FLECIT**

**Abstinence** is voluntarily doing without any act which would place anyone at risk or jeopardize his/her physical, mental, emotional, spiritual, or social well-being and health.

**Abstinence** is voluntarily doing without. . .

... illegal drug/alcohol. or tobacco use or any substance that may hurt the individual.

... behaving in irresponsible ways.

... or not causing, allowing, or accenting mental, physical, or emotional abuse.

#### **As it relates to sexuality, abstinence education will teach:**

.....abstinence from sexual activity as the only certain way to avoid out-of-wedlock pregnancy, sexually transmitted diseases, and other associated health problems.\*(Guttmacher Institute)

.....a mutually faithful monogamous relationship within the context of marriage as the expected standard of human sexual activity.\*(Guttmacher Institute)

.....bearing children out-of-wedlock as likely to have harmful consequences for the child, the child's parents, and society.\*(Guttmacher Institute)

.....young people to reject sexual advances and information on how alcohol and drug use increases vulnerability to sexual advances.\*(Guttmacher Institute)

.....the importance of attaining self-sufficiency before engaging in sexual activity.\*(Guttmacher Institute)

Kaeser, Lisa, JD, Senior Public Policy Associate. The Alan Guttmacher Institute, Washington, DC

\*Abstinence Guidelines, What should you expect? (See enclosed copy)

\*Approved for use by the Shenandoah County Family Life Education Community Involvement Team; October 14, 1997.

# Family Life Education Curriculum

## Grade 5

In fifth grade, all classes will be taught in gender-separated settings. Girls will be instructed about the changes associated with the onset of puberty in females ONLY. Boys will be instructed about the changes associated with the onset of puberty in males ONLY.

### **5.1 The student will verbalize understanding of the sexual changes and growth patterns associated with the onset of puberty.**

#### **The Female**

- A. The student will identify the physical changes associated with the onset of puberty.
  - 1. Puberty is that period of time when a girl goes through physical and emotional changes which lead to sexual maturity and the ability to reproduce
  - 2. The onset of sexual changes and growth patterns varies from individual to individual
  - 3. Emphasis is placed on hormonal changes which impact height, weight, breast development, axillary and pubic hair growth, skin and voice changes, mood swings
  
- B. The student will use correct terminology to identify and explain the organs of the reproductive system.
  - 1. Terms include: uterus, cervix, ovaries, Fallopian tubes, vagina, vulva, and labia
  
- C. The student will define the parts of the menstrual cycle and verbalize understanding of it as a normal human function.
  - 1. Terms include: ovum, ovulation, estrogen, menstruation, endometrium
  - 2. Variability exists with individuals and is normal
  
- D. The student will describe proper hygiene practices associated with the menstrual cycle.
  - 1. Feminine hygiene products - pads, mini pads, tampons
  - 2. Body odor and importance of cleanliness
  - 3. “Accidents” and how to manage/prevent
  - 4. Importance of self-respect and privacy
  
- E. The student will describe the impact of changing emotions on relationships with others during puberty.
  - 1. Emphasis is placed on:
    - a. Self-esteem
    - b. Respect for self and others
    - c. Independence
    - d. Acceptance of reality
    - e. Respect for authority
    - f. Acceptance of responsibility for one’s self in relation to others.
  - 2. Emphasis is placed on the importance of saying “No” to any social behavior or activity that is perceived as being wrong for self or others.

#### Resources

- Student Activity 5.1 Introduction to Female Puberty
- Student Activity 5.1 “How Am I Doing?” Female Puberty

- Student Activity 5.1 Vocabulary-Female
- Teacher Resource 5.1 Reproductive System Definitions and Functions
- Student Activity 5.1 Female Organs and Functions
- Teacher Resource 5.1 Fact Sheet-Female Reproductive System
- Student Activity 5.1 Discussion Activity-Menstruation
- Student Activity 5.1 Menstruation Checkup
- “Always Changing” DVD- puberty section and girl section
- “Always Changing” instructional materials accompanying the DVD
- [www.pgschoolprogram.com](http://www.pgschoolprogram.com).
- Samples of feminine hygiene products for demonstration purposes.
- Female puberty-posters and transparencies

## **The Male**

- A. The student will identify physical changes associated with the onset of puberty.
1. Puberty is that period of time when a boy goes through physical and emotional changes which lead to sexual maturity and the ability to reproduce
  2. The onset of sexual changes and growth patterns varies with individuals
  3. Emphasis is placed on hormonal changes which impact height, weight, axillary, facial, and pubic hair growth, voice changes, skin changes
  4. Emphasis is placed on increased body odor and the importance of cleanliness, including daily showering, use of deodorant, clean clothing
- B. The student will identify and label the organs of the reproductive system and explain their functions.
1. Terms include: penis, testes, epididymis, scrotum, urethra, vas deferens, prostate, seminal vesicles, testosterone, sperm, semen, erection, ejaculation, nocturnal emissions
- C. The student will describe the impact of changing emotions on relationships with others during puberty.
1. Emphasis is placed on:
    - a. Self-esteem
    - b. Respect for self and others
    - c. Independence
    - d. Acceptance of reality
    - e. Respect for authority
    - f. Acceptance of responsibility for one’s self in relation to others

## Resources

- Student Activity 5.1 - Male Puberty Worksheet
- Teacher Resource 5.1 - Male Reproductive System Definitions/Functions
- Student Activity 5.1 - Vocabulary-Male
- Teacher Resource 5.1 - Male Reproductive System Fact Sheet
- Student Activity 5.1 - Male Reproductive System Checkup
- Student Activity 5.1 - Male Puberty Checkup
- “Always Changing” – DVD - puberty section and boys section only
- Male Puberty – posters and transparencies



**5.2 The student will demonstrate an understanding of developing social awareness and responsibility one has for one's own behavior and attitudes about self and others through written or verbal expression.**

- A. The student will explain an understanding of emotions and their impact on self and others.
  - 1. Humans have a wide range of emotions
  - 2. Behavior is an outgrowth of emotions
- B. The student will explain an understanding of peer group relationships.
  - 1. Peer relationships are healthy
  - 2. Behavior can be influenced by peers
  - 3. Peer influence can affect positive choices
  - 4. Consequences of decisions impact our lives
  - 5. Learning assertiveness techniques to help students stand up for their own rights

**5.3 The student will demonstrate an understanding of the development of a strong sense of self worth through written or verbal expression.**

- A. The student will explain an understanding of self esteem.
  - 1. Humans are unique and individual
  - 2. Each person has valuable assets to contribute to a group and society
- B. The student will explain an understanding of appropriate/inappropriate interactions with others.
  - 1. Our bodies are private
  - 2. Media, music, fashion can heavily influence students' choices in behavior
- C. The student will explain how to respond to inappropriate behavior from others.
  - 1. Sexual harassment is inappropriate and illegal
  - 2. Bullying, including cyber-bullying, is inappropriate and illegal
  - 3. Bystander responsibility includes the steps to take if one is a witness to sexual harassment/bullying

### Introductory Exercise - Female Puberty

Circle the best answer to the following statements about female puberty.

- I. Puberty can begin as early as age:
  - a. 5 or 6
  - b. 8 or 9
  - c. 18 or 19
  
2. Girls usually reach puberty \_\_\_\_\_ boys:
  - a. earlier than
  - b. later than
  - c. at the same time as
  
3. During puberty, a girl's body produces a hormone called:
  - a. sugar
  - b. aspirin
  - c. estrogen
  
4. During puberty a person begins to perspire more heavily. Therefore, he or she should:
  - a. bathe every day
  - b. never exercise
  - c. carry a handkerchief or small towel
  
5. Menstruation is a sign that a girl is:
  - a. getting sick
  - b. growing up
  - c. ready to leave home
  
6. During puberty a girl will develop all of the following EXCEPT:
  - a. larger breasts
  - b. rounded hips
  - c. higher blood pressure
  
7. One of the first changes of puberty is the growth spurt when a girl will:
  - a. get taller in a short period of time
  - b. be able to notice growth every day
  - c. feel her legs and arms getting longer
  
8. Because the oil glands are more active during puberty, a girl may develop:
  - a. pimples on her face, chest and back
  - b. greasy hands
  - c. a bad cold or cough

"HOW AM I DOING?"  
**Female Puberty**

Fill in the blanks using the words listed below.

estrogen  
period

pubic hair  
ovaries

uterus  
body fat

1. An increase in \_\_\_\_\_ causes the hips and other parts of the body to become rounder.
2. During puberty \_\_\_\_\_ begins to grow in the genital area.
3. The hormone \_\_\_\_\_ causes changes to begin to take place in a girl's body.
4. The group of days during menstruation is called the \_\_\_\_\_.
5. Every month or so, an egg cell is released by one of the \_\_\_\_\_ found inside a girl's body.
6. The lining of the \_\_\_\_\_ breaks up and leaves the body as menstrual flow.

Circle the answer that best completes the following statements.

7. The four tallest students in Mrs. Smith's 5th-grade class are girls. This may be because:
  - a. only the shortest boys are allowed in the class
  - b. girls usually begin their growth spurt earlier than boys
  - c. Mrs. Smith is the girls' basketball coach
  - d. the girls did stretching exercises to grow faster
8. Once Janet reached puberty, her daily hygiene habits changed. Now she does all of the following EXCEPT:
  - a. bathe every day
  - b. wear deodorant
  - c. get plenty of rest
  - d. eat a lot of sweets
9. Gayle, Lynn, and Sue are best friends. Gayle had her first period when she was 10. Lynn had hers at age 12. Sue, who is almost 14, hasn't had a period yet. Which of these girls is normal?
  - a. Lynn
  - b. Gayle and Lynn
  - c. Sue and Gayle
  - d. all of them
10. Laura has noticed some changes in her body. Her teacher said that these changes happen when girls reach puberty, and they include all of the following EXCEPT:
  - a. a rash on the shoulders and arms
  - b. growth of the breasts
  - c. hair in the pubic area and under the arms
  - d. a rounder shape in the hips and thighs

## STUDENT HANDOUT

### VOCABULARY FEMALE REPRODUCTIVE SYSTEM

- cervix - Lower part of uterus. Opening between the uterus and the vagina
- Fallopian tube - Tube leading from ovary to uterus
- Labia - Two outside folds of skin and tissue that cover and protect the openings of the vagina and the urethra
- ovary - Female organ which holds egg cells
- ovum (ova) - Egg; female sex cell
- uterus - Organ in which the baby (fetus) grows and receives nourishment
- vagina - Passageway that leads from the uterus to the outside of the body at the vulva.
- vulva - Female external genitals; outside part of reproductive system
- womb - Another name for the uterus
- Endometrium - The inner lining of the uterus which is shed each month

**FACT SHEET FOR TEACHERS**  
**FEMALE REPRODUCTIVE SYSTEM**

- A. The female sex cell is called the ovum. (Two cells are ova.)
1. About 400,000 immature egg cells or ova are present at birth.
  2. About 400 ova will mature during a woman's life.
- B. Ova are stored in two sex glands called ovaries. The ovary is about the size and shape of an almond.
1. The ovaries produce estrogen and progesterone which regulate the menstrual cycle.
  2. Each month an ovum in one of the ovaries will mature and be released. It is believed that the ovaries “take turns” – one releasing one month, the other the next, and so on. This varies however.
- C. **The fallopian tubes** are four to six inches long in a mature female. They curve around the ovaries and extend to the uterus. These tubes are the passageway through which the egg travels from the ovary to the uterus. (They are very small tubes – the thickness of a pencil.)
- D. The **uterus** is a hollow, muscular organ, also called the **womb**.
1. The uterus is designed to hold and nourish the baby until birth.
  2. The opening of the uterus into the vagina is a ring of muscle called the **cervix**
- E. The vagina, also called the birth canal, extends from the uterus to the outside of the body.
- F. When she is born, the opening of the female's vagina is partly covered by a very thin membrane called the hymen. However, the hymen usually recedes or becomes more open as young woman grows up, due to vigorous activities such as swimming, gymnastics, horseback riding, etc.
- G. The external genitalia is called the **vulva**
1. Pubic hair covers the two outer folds or **labia**.
  2. The labia cover and protect the vaginal opening and the urethral opening.
  3. Above the vaginal opening is the **urethral** opening, a very small opening that releases urine.
- H. Beyond these openings, and not covered by the labia, is the **anus** an opening from the digestive system through which passes the body's waste materials.

## Worksheet/Discussion Activity Situation Worksheet

Many girls wonder about menstruation and how it will affect them. In the following examples, answer the questions and write down what you might do or how you might feel.

1. Sara was on an overnight camping trip with her Girl Scout troop. She had just finished cleaning up from dinner and had gone back to her tent to get her guitar to play for the campfire sing when she noticed that her panties felt damp. When she checked, she discovered that her period had started and she hadn't brought any menstrual protection products with her. What should Sara do? What would you do?

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2. Jenny's older sister told her that she was upset when she got her period for the first time. Jenny wonders if she will act the same way, or if she might start laughing as her friend Kim did. What can Jenny do to think positively about growing up? How do you think you will feel when you get your first period? If you have already begun to menstruate, how did you feel the first time?

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3. Imagine that you are at the store buying menstrual protection products. Working at the check-out is a high school boy who lives in your neighborhood. How do you think you will feel? What should you do?

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## FEMALE REPRODUCTIVE SYSTEM

**PART I DIRECTIONS:** Match the definition on the right to the correct word on the left.

### Female Reproductive Organs

\_\_\_\_1. Cervix

\_\_\_\_2. Vagina

\_\_\_\_3. Uterus

\_\_\_\_4. Fallopian tube

\_\_\_\_5. Ovary

\_\_\_\_6. Vulva

### Definitions

- A. A pear-shaped organ in which a baby grows and develops until birth.
- B. The neck-like, narrow end of the uterus. It opens into the vagina-, it stretches open to allow a baby to be born.
- C. The tube through which an egg travels from an ovary to the uterus each month.
- D. All the parts of the female reproductive system that are outside of the body
- E. The passageway that leads from the uterus to the outside of the female's body.
- F. The female organ that produces egg cells and sex hormones.

**CHECK-UP - Menstruation**

Part I. Match the letters of these words with their definitions below.

- |                |                   |
|----------------|-------------------|
| A. Ovary       | D. Fallopian Tube |
| B. Uterus      | E. Vagina         |
| C. Endometrium | F. Cervix         |

1. \_\_\_\_\_ Two narrow passageways connected to each side of the uterus.
2. \_\_\_\_\_ The narrow end of the uterus which has a small opening that connects the uterus with the vagina.
3. \_\_\_\_\_ The inside layer of the uterus.
4. \_\_\_\_\_ One of two small organs where egg cells are stored.
5. \_\_\_\_\_ A muscular organ about the size and shape of an upside-down pear, located inside the body between the hips.
6. \_\_\_\_\_ The tube-shaped passageway that leads from the uterus to the outside of the body.

Part II. Circle the answer that best completes the following statements.

1. When a girl is menstruating, she should NOT:
  - a. change her pad at least every few hours
  - b. stop swimming or exercising
  - c. shampoo her hair
2. A period lasts:
  - a. exactly 5 days
  - b. over a week
  - c. between 2-8 days, depending on the individual
3. One way to keep fresh during your period is to:
  - a. shower or bathe every day
  - b. sleep with the windows open
  - c. avoid exercising
4. Using a calendar may help a girl to:
  - a. know what day to take a shower
  - b. know approximately when her next period will begin
  - c. decide whether to use a pad or a mini pad



## MALE REPRODUCTIVE SYSTEM

- PURPOSE:** The student will learn (or review) the names and functions of the male reproductive systems.
- MATERIALS:** Transparencies of internal and external male reproductive system  
Overhead projector  
Copy for each student of male reproductive system  
Vocabulary list
- TIME:** 45 minutes
- PROCEDURE:**
- A. Let's look at the parts of the male reproductive system now.
  - B. Label the transparency as you and the students give information. (It is recommended that the teacher go through the entire system before passing out the student copies so that students may give their undivided attention to the presentation.)
    1. "The main male reproductive organs, the penis, testicles, and scrotum, are located outside of the body."
    2. The penis varies in size from person to person. The end of the penis is covered by a sheath of skin called the foreskin. Many parents arrange for the foreskin to be removed a few days after their baby boy is born. This is known as circumcision.
    3. Both urine and sperm are released through the urethra from an opening in the penis. The urethra is a tube that leads from the bladder, through the prostate gland and on out of the body through the center of the penis. Both urine and semen move through this urethra but they are never there at the same time. When there is semen in the urethra, no urine can enter.
  - C. Ask if there are any questions. Then give each student a copy of **the male reproductive system**. Go through the information so that students can label their diagrams. Also give each a vocabulary sheet. It would be a good idea to pronounce each term and have students practice pronouncing them. Repeat the procedure, giving names and functions, allowing time for pronouncing and writing. The completed diagrams will be kept in the notebook.

## STUDENT HANDOUT

### VOCABULARY

#### MALE REPRODUCTIVE SYSTEM

- circumcision - Surgical procedure which removes the foreskin from the penis
- ejaculation - Process by which sperm is released from the body through the urethra in the penis
- foreskin - Sheath of skin covering the front of the penis
- male external genitals - The penis, scrotum and testes
- penis - Male sex organ. It is also the male urinary organ
- prostate gland - Gland which produces a whitish fluid that mixes with the sperm and becomes semen
- scrotum - Small sac of skin and muscle that holds the testes
- semen - Mixture of fluid and sperm
- seminal vesicles - Organs which add fluid to the semen
- sperm - Male reproductive cell
- testes (testicle) - Place where the male reproductive cells, the sperm, are made
- urethra - Tube in the penis through which both urine and semen leave the male body, although never at the same time
- vas deferens - Tubes which lead from each testicle to the urethra. Sperm cells travel through this tube

### CHECK-UP - MALE REPRODUCTIVE SYSTEM

PART I. DIRECTIONS: Match the definition on the right to the correct word on the

#### Male Reproductive Organs

#### Definitions

- |         |                                     |    |   |
|---------|-------------------------------------|----|---|
| _____1. | Penis                               | A. | Organ in males that produces sperm.   |
| _____2. | Semen                               | B. | Tube in the penis through which either urine or semen can be released.      |
| _____3. | Testes (Testicle)                   | C. | A mixture of fluid and sperm.   |
| _____4. | Ejaculation                         | D. | Release of sperm from the body.   |
| _____5. | Prostate gland and Seminal vesicles | E. | Organs which produce fluids to help sperm move and stay alive.              |
| _____6. | Vas deferens                        | F. | The male sex organ; also the organ through which males urinate.             |
| _____7. | Scrotum                             | G. | The wrinkly sac that holds the testicles: it is outside the body.           |
| _____8. | Urethra                             | H. | Tubes which carry the sperm from the testicles up and around to the urethra |

## FACT SHEET FOR TEACHERS

### MALE REPRODUCTIVE SYSTEM

A. The male reproductive cell is the sperm, which is produced in the testicles testes.

B. The testes are two sex glands located in a sac called the scrotum.

1. The testicles are formed inside the body during fetal development and descend into the scrotum before birth. Sometimes one or both testicles may not descend and a boy will need medical treatment to correct the condition.
2. The scrotum covers and protects the testes by helping to maintain an even temperature needed for sperm production.
3. In cold air or water, the muscles of the scrotum will contract and pull the testes closer to the body for warmth. When the body is warm, the muscles of the scrotum relax and hang loosely to move the testes away from the body.
4. The testicles correspond to the ovaries in women because both ovaries and testicles produce sex cells and sex hormones. Both are glands.

C. Production of sperm cells starts in early puberty.

1. Messages from the pituitary gland signal the testes to develop testosterone, the male sex hormone which prompts the production of sperm.
2. Sperm may not be present in a young boy's semen for as much as a year after his first ejaculation.
3. Although a boy is physically capable of impregnating a woman at this time, the task of being a father in our complex society requires a greater level of emotional and mental maturity.
4. Sperm cells are so small they can be seen only with a microscope.

D. Sperm are stored in small tubes in the testicles.

1. Sperm move from the testicles through the vas deferens. They are not yet mobile but are "squeezed" along by movement of the vas deferens.

**MALE REPRODUCTIVE SYSTEM (continued)**

2. The fluid called semen which sustains the sperm before they are released from the body (ejaculation), joins the sperm as they pass through the prostate gland. Once in the semen, the sperm, become mobile and "swim" by lashing their tail-like structure.
  3. The vas ends where it joins the urethra.
- E. Both urine and semen are released from the body through the urethra. Before semen can enter the urethra, a valve closes off the flow of urine
- F. When a man has strong sexual feelings, the flow of blood into the penis continues but the flow out of the penis is slowed down. The spongy tissue of the penis fills with blood, causing the penis to enlarge and to become firm. This is called an erection.
1. This happens before sexual intercourse but also may be caused by dreams or sexually exciting pictures or circumstances. Erections may occur when the male is simply looking at or being near someone with whom he is attracted.
  2. Boys may have a release of semen at night which is called nocturnal emission or wet dreams.
    - a. This is to release excess sperm.
    - b. This may or may not be caused by sexual dreams.
    - c. These are common occurrences for boys, it is also quite common not to experience them.
  3. Interest in sex varies greatly in young people of the same age and may depend on their level of sexual maturity.
- G. Beyond the genitalia, at the lower area of the buttocks, is the anus, an opening from the digestive system for eliminating wastes.

### CHECK UP - Male Puberty

Fill in the blanks using the words listed below:

testosterone  
ejaculation  
puberty

erection  
nocturnal emission  
vocal chords

1. The physical changes from being a child to becoming an adult is called \_\_\_\_\_.
2. Sometimes a boy's penis gets stiff and hard. This is called an \_\_\_\_\_.
3. Semen, a sticky white fluid, is released from the penis during \_\_\_\_\_.
4. The hormone \_\_\_\_\_ causes changes to begin to take place in a boy's body.
5. A boy's voice gets lower when his \_\_\_\_\_ grow.
6. When a boy ejaculates while he is sleeping it is called a \_\_\_\_\_.

Circle the answer that best completes the following statements.

7. The four tallest students in Mrs. Smith's 5th-grade class are girls. This may be because:
  - a. only the shortest boys are allowed in this class
  - b. boys usually begin their growth spurt later than girls
  - c. Mrs. Smith is the girls' basketball coach
  - d. the girls did stretching exercises to grow faster
8. David's daily hygiene habits have changed since he reached puberty. Now he does all of the following EXCEPT:
  - a. wear deodorant
  - b. wash with antibacterial soap
  - c. get plenty of rest
  - d. eat a lot of sweets
9. In health class, Joe learned about erections. His teacher told him that:
  - a. an erection can happen at almost any place or time
  - b. most boys get erections - it is perfectly normal
  - c. erections are not as noticeable to others as he might think
  - d. all of the above
10. Pete has noticed changes in the way he looks. Physical changes that happen during puberty include all of the following EXCEPT:
  - a. large red dots along the arms and back where muscles are developing
  - b. growth of the testicles and penis
  - c. hair in the pubic area, under the arms, and on the upper lip and chin
  - d. shoulders becoming broader