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Unit 6

Health

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## 6.1.1 Study: Reproductive Systems

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
sex	
hormone	
pituitary gland	
gonad	
sperm	
egg	
endocrine system	
ovary	
testicle	
genitals	
vulva	
breast	

lactate	
sexual intercourse	
scrotum	
puberty	
fertilization	
menstrual cycle	
menarche	
menopause	
ovulation	
endometrium	
period	
Pap test	
TSE (testicular self-exam)	

# review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

## Hormones and the Endocrine System

Identify three endocrine glands outside the brain, and describe their functions.

Identify three pituitary hormones. Describe their effects on the body.

## Male and Female Reproductive Anatomy

List the basic parts of the female anatomy.

List the basic parts of the male reproductive system.

How do human reproductive systems change during puberty?

Describe the different stages of the menstrual cycle.

## Reproductive Issues in Males and Females

Describe the following female reproductive issues.

Reproductive Issue	Description
Candidiasis	
TSS	
PMS	
Dysmenorrhea	
Ovarian cysts	
Infertility	

Name three tests that women 18 and older should practice to maintain their reproductive health.

Describe how males should prevent these reproductive issues.

Reproductive issue	Prevention
Testicular cancer	
Balanitis	
Inguinal hernias	
Injury to testes	



## 6.1.3 Study: Gender Identity and Sexual Orientation

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
biological sex	
intersex	
sexuality	
gender	
gender identity	
gender role	
sexual orientation	
homosexuality	
heterosexuality	
bisexuality	
bisexual	
stereotype	
transgender	

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homophobia	
transphobia	
biphobia	
sexism	
sexual objectification	
androgyny	

## **review** ↻

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### Biological Sex and Gender


Identify three types of biological sex.

- 1.
- 2.
- 3.

Describe how a person's gender identity might be different from their biological sex.


What are gender roles?





## Sexual Orientation and Sexuality Stereotypes

Identify and describe different sexual orientations.



Identify four negative stereotypes about human sexuality.

## Gender Stereotypes, Phobias, and Sexism

What is a gender stereotype?



Describe six areas where you might question traditional notions of gender identity.

- 1.
- 2.
- 3.
- 4.
- 5.

List one of the gender stereotypes discussed in the study. What is your attitude about that stereotype?



List an example of a sexual stereotype that is often shown in the media. Why is it a stereotype?

Name and describe three phobias about sexuality and gender.

- 1.
- 2.
- 3.

Describe an example of sexism.



## Communication and Relationships

What does it mean to *come out*?

What are some reasons that it is important to form healthy, committed relationships, regardless of one's sexuality?



## 6.1.5 Study: Safe and Healthy Relationships

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
relationship	
family	
casual relationship	
romantic relationship	
friendship	
discipline	
culture	
norms	
boundary	
dating	
courtship	

# review

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## Family Relationships

Name three common family relationships. Who is included in each relationship?

Identify five practices of healthy families. Explain each one.

## Peer Relationships

Explain how you should deal with a violation of your boundaries.

## Romantic Relationships

What is dating?

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Name three aspects of healthy dating relationships.

What is courtship?

Compare and contrast dating cultures.

What should you do if a date violates your boundaries?

Identify four aspects of healthy relationships. Explain each one.

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## 6.1.7 Practice: Reproductive Health and Relationships

Practice Assignment

Health

Name: \_\_\_\_\_

Points possible: 40

Date: \_\_\_\_\_

### Question 1

One way to take responsibility for your health is to formulate a wellness plan. Write four wellness goals for maintaining good reproductive health. Categorize each goal as short-term or long-term, and explain why the goal fits the category. (12 points)

### Question 2

Do research to complete the table. Locate a state- or county-level governmental organization that provides information on reproductive health. Use the table to describe how others could access its information. Then locate a urologist and obstetrician-gynecologist and provide contact information and a description of at least one service provided by each.

Describe how you accessed this information (for example, an Internet search, phone call, in-person meeting, or other). Give at least one detail about your research process that might help others who are trying to find similar information. (8 points)

Resource	Name and description of reproductive	How to access (URL, phone number, or

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	health service(s) provided	address
State or county health department		
A local urologist		
A local obstetrician-gynecologist		

### Question 3

Describe how the resources in your completed table can help you meet one or more of your wellness goals. Identify one additional resource you could add to the table, and explain why you would add it. (8 points)

### Question 4

Use government, university, or other reliable sources to identify four specific practices that will help you achieve your wellness goals. Explain how each practice will help you achieve a specific goal. (12 points)





## 6.2.1 Study: Practicing Abstinence

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
abstinence	
platonic	
intimacy	
passion	
age of consent	
statutory rape	
unplanned pregnancy	
STD (sexually transmitted disease)	
asymptomatic	

# review

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## Abstinence and Emotional and Social Health

Identify four ways in which abstinence contributes to emotional health.

Describe three social benefits of abstinence.

## Skills and Strategies for Abstinence

How can you practice skills and strategies for abstinence? List six general principles.

## Influences on Sexuality and Intimacy

Describe the main influences on your decisions about abstinence. Explain how they help you make healthful choices.

	Description	Explanation
Peers		
Family and culture		

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The media		

How does passion differ from intimacy?

List three appropriate ways of being intimate while still maintaining abstinence.

### Influences on Sexuality and Intimacy

What are age-of-consent laws, and why have they been established?

### Consequences of Becoming Sexually Active

How can you prevent all STDs (sexually transmitted diseases)?

What is the most common STD?



What are two of the deadliest STDs?

List five negative effects that an unplanned pregnancy can have on the pregnant person, her family, and society.



## 6.2.3 Study: Online Safety

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
age of majority	
personally identifiable information (PII)	
spam	
trolling	
online predator	
netiquette	
sexting	
hacker	
phishing	

# review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

## Risks of Releasing Personal Information

Identify four types of personal information that you should protect.

- 
- 
- 
- 

Define *PII*. Describe the difference between direct and indirect PII.

## Consequences of Sharing Information

Describe a negative, unintended consequence of sharing personal information.

## Consequences of Inappropriate Behavior Online

Describe these four consequences of inappropriate online behavior. Explain how to prevent them.

Consequence	Description	Prevention
Security breach		
Inappropriate material		
Harassment and bullying		
Sexting		



Identify three areas of your life that can be affected by long-term consequences of inappropriate online behavior.

- 
- 
- 

### Managing Electronic Devices

Describe four tips for healthy management of technology in your life.

- 
- 
- 
- 





## 6.2.5 Checkup: Abstinence and Online Safety

Checkup

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Question 1

Suppose you want to discuss your questions about abstinence. Think about the communication strategies you have learned in this course and other places. What strategies would you use with each of the following people to ensure that the conversation has a positive outcome?

- a. Parent
- b. Other adult family member
- c. Friend
- d. Primary care doctor
- e. Local law enforcement officer

a.

b.

c.

d.

e.

### Question 2

Suppose that someone is attempting to convince you to engage in sexual activity before you are ready. Write three statements that use refusal skills to maintain abstinence.

1.

2.





3.

### Question 3

Steve posts information about himself online that he thinks is safe, including the name of his school, his teachers' names, and his last name. How does this pose a risk to Steve's health or safety? How could he reduce this risk?

### Question 4

Suppose that you were being sexually harassed online. What would you do to protect your health and safety?



### Question 5

Describe ways to interact with people on the Internet that promote health and safety.



## 6.3.1 Journal: Personal Values and Beliefs

Journal

Health

Name: \_\_\_\_\_

Points possible: 10

Date: \_\_\_\_\_

1. How do your personal values, attitudes, and beliefs influence your views about dating and sexual behavior? (2 points)

2. How do the following issues influence your current dating behaviors?

- a. Social conformity (2 points)
- b. Self-discipline (2 points)
- c. Impulse versus delayed gratification (2 points)

a.

b.

c.

3. How might your current dating behaviors affect your short-term health? Long-term health? (2 points)



## 6.3.2 Study: Abusive Relationships and Sexual Assault

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
violence	
abusive relationship	
domestic violence	
sexual assault	
sexual abuse	
rape	
date rape	
shelter	
child abuse	

# review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

## Unhealthy Relationships

Briefly summarize how power and control can lead to aggression and violence.

## Characteristics of Abusive Relationships

Use this table to list the behaviors associated with these topics.

Topic	Behaviors
Abusive relationships	
Becoming an abuser	
Becoming a victim of abuse	

## Strategies for Avoiding Dating Violence

List strategies for avoiding dating violence.

## Sexual Assault

Use this table to describe forms of dating violence.

Form of dating violence	Description
Sexual harassment	
Stalking	
Sexual assault	
Sexual abuse	
Rape	
Date rape	
Sexual coercion	

## Strategies for Avoiding Sexual Coercion and Assault

List strategies for avoiding sexual coercion and assault.

## Impacts of Relationship Violence

Use this table to describe the impacts of dating violence.

Group	Impact of dating violence
Individual	
School	
Community	

### Laws about Dating Violence

List crimes that are related to teen dating violence.

### Leaving Abusive Relationships and Professional Help for Victims

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Describe when someone needs to leave a relationship and the kind of help he or she can receive.







## 6.3.4 Project: Preventing and Addressing Abuse

Project

Health

Name: \_\_\_\_\_

Points possible: 75

Date: \_\_\_\_\_

### Your Assignment, Part I: Research Community Resources

Do research to identify resources available in your community to help someone who is in an unhealthy or abusive family or dating relationship. Identify four sources that support healthy dating and family relationships, including at least one that could help a person recover from sexual violence or abuse.

You can begin by talking to a school nurse or counselor or by looking online. In order to research the topic online, try typing in "[your city or county and state] help for abuse," "physical abuse [your city or county and state]" or other similar searches. You can also research national organizations and find out about providers in your area.

1. Describe in a few sentences what you did to find your sources. How did you conduct your search?
  
  
  
  
  
  
  
  
  
  
2. List the four resources that you found. For each, identify the name of the resource, its contact information, and a brief summary of the services it offers. Save this information for use later in the project.

### Your Assignment, Part II: Formulate a Plan

Think about your own health practices and behaviors. Will any of them reduce the risk of being in an unhealthy relationship or becoming a victim of sexual abuse? What new practices or behaviors could you engage in to reduce these risks?

1. Evaluate your current health practices and behaviors in light of the questions above. Identify risky behaviors and ways to reduce the risks that they cause.

2. Use your evaluations and research from Part I to formulate a personal safety plan for addressing any abusive family and dating relationships that may arise. The plan should also help you reduce the risk of sexual assault and abuse. Use the following three sections, with at least two bullet points for each section, to write your plan.

#### My Personal Safety Plan

In order to show respect for myself and maintain my health:

I will not...

[Insert risky behaviors that you will not engage in]

I will...

[Insert positive behaviors and skills that you will engage in]

If I need help, I will...

[Insert people and resources you can look to for help]

## Your Assignment, Part III: Know How to Support Your Friends

Now that you have researched resources and created a plan for yourself, think about how you would support a friend who is in an unhealthy relationship.

Think about your research from Part I and your personal goals from Part II of this project.

1. How would you help a friend who is dating someone physically abuse? Explain your worries, and list resources that could be helpful.

2. How would you help a friend who tells you that he was sexually assaulted while on a date? List the resources that could be helpful.

3. How would you help a friend who is unhappy that the person she is dating does not want to be sexually active with her? Describe how you would use your goals to help her understand how to have healthy behaviors.

### Self-Assessment Checklist

Read each question and evaluate your work. If the answer to the question is yes, check the box to the left. If the answer is no, go back and revise your work. Your teacher will use these same guiding questions to score your assignment.

#### Quality of Ideas (40 points)

<input type="checkbox"/>	Did I demonstrate an understanding of the assignment by:
<input type="checkbox"/>	Writing all the appropriate responses (10 points)
<input type="checkbox"/>	Organizing the information in a logical order (10 points)
<input type="checkbox"/>	Including enough information to allow the audience to fully understand the information (10 points)
<input type="checkbox"/>	Typing the information correctly (10 points)

#### Use of Study Material (35 points)

<input type="checkbox"/>	Did I
--------------------------	-------

	Use the appropriate content from the unit studies (10 points)
	Display knowledge of information systems and networking (10 points)
	Provide thoughtful and thorough answers to the questions asked (15 points)



## 6.4.1 Study: STDs/STIs and Contraceptive Methods

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
sexually transmitted disease (STD)	
abstinence	
human immunodeficiency virus (HIV)	
acquired immunodeficiency syndrome (AIDS)	
contraception	
anti-retroviral therapy (ART)	
CDC	

# review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

## STDs (including HIV/AIDS)

Use this table to summarize the symptoms and treatments of these STDs.

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STD	Symptoms	Treatment
Human papillomavirus (HPV)		
Trichomoniasis (Trich)		
Chlamydia		
Herpes		
Syphilis		
Gonorrhea		
Pubic lice/scabies		
HIV/AIDS		

### STD Prevention

Describe ways to prevent STDs (including HIV/AIDS).

### Impacts of STDs (including HIV/AIDS)

Use this table to describe the impacts of STDs.

Personal	
----------	--

Family	
Society	

## HIV/AIDS

Explain the connection between HIV and AIDS, and describe the progression of the disease.

## Contraceptive Methods

Use this table to describe methods of contraception.

Contraceptive	Method	Examples and effectiveness
Abstinence		
Hormonal methods		
Physical barriers		
Spermicidal		



methods		
Intrauterine devices (IUDs)		
Emergency contraception		
Methods of sterilization		
Withdrawal		
Douching		
Natural family planning		



## 6.4.3 Study: Contraceptive Methods

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
abstinence	
contraception	

# review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

### Contraceptive Methods

According to CDC statistics, how many births were reported by teens aged 15 to 19 in the United States in 2013? How does this compare with other countries?

Use this table to describe methods of contraception.

Contraceptive	Method	Examples and effectiveness
Abstinence		

Hormonal		
Physical barriers		
Spermicides		
Intrauterine devices (IUDs)		
Emergency contraception		
Sterilization		

Withdrawal		
Douching		
Natural family planning		



## 6.4.5 Study: Pregnancy and Parenting

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
pregnancy	
fertilization	
zygote	
placenta	
fetus	
labor	
prenatal	
perinatal	
adoption	
conception	

# review

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## Fertilization, Pregnancy, Fetal Development, and Childbirth

Summarize the process that begins with ovulation and ends with childbirth. Be sure to include fertilization, pregnancy, fetal development, and childbirth.

## Prenatal and Perinatal Care

Use this table to describe the important features of each type of care.

Prenatal	
Perinatal	

○

---

## Adoption

Explain the need for and benefits of adoption, both for the parents who give up a child and for people who want to adopt a child.

## Parenting

Summarize the struggles of being a teenage parent.

○

List factors that can influence a person's views on parenting.

Use this table to describe healthy and unhealthy parenting styles.

Healthy	Unhealthy

--	--

## Child Care

Use this table to summarize the options available for child care, including the pros and cons of each.

Option	Summary
Stay-at-home parent	
Family member or friend	
Private child care	
Day care	





## 6.4.7 Practice: Safe Sexuality and Pregnancy

Practice Assignment

Health

Name: \_\_\_\_\_

Points possible: 40

Date: \_\_\_\_\_

### Question 1

Use the table to explain methods of preventing and treating each of these STIs/STDs. (6 points)

	Prevention	Treatment
Human papilloma virus		
Chlamydia		
Trichomoniasis		
Gonorrhea		
Syphilis		
HIV/AIDS		

### Question 2

Find information online or through your school or community about resources that are available to you, and use the information to answer the following questions.

- a. Identify at least two resources for the testing and treatment of STDs in your own community.
- b. Where are the resources located?
- c. What are their hours?
- d.

What costs, if any, are involved?

a.

b.

c.

d.

### Question 3

Summarize four pregnancy-prevention methods. Discuss the benefits, effectiveness, and risks of each. (4 points)

### Question 4

Which method of pregnancy prevention do you think is the best? Why? List at least two reasons someone would decide to use this method. (4 points)

### Question 5

- a. Describe the process of fertilization. (2 points)
- b. Use the table that shows the timeline of pregnancy by trimesters. Write an explanation of what happens to the woman and fetal development at each point. (6 points)
- c. Describe the process of childbirth, including what happens at each stage. (2 points)

a.

b.

First trimester	Second trimester	Third trimester

--	--	--

c.

### Question 6

Describe healthful nutrition for a woman who is pregnant or has recently had a baby. Describe a healthful meal for a pregnant woman. (4 points)

### Question 7

Describe at least two benefits of adoption in each of these situations.

- a. A mother is thinking about giving up her newborn baby. (2 points)
- b. A parent is wanting to adopt a child. (2 points)

a.

b.