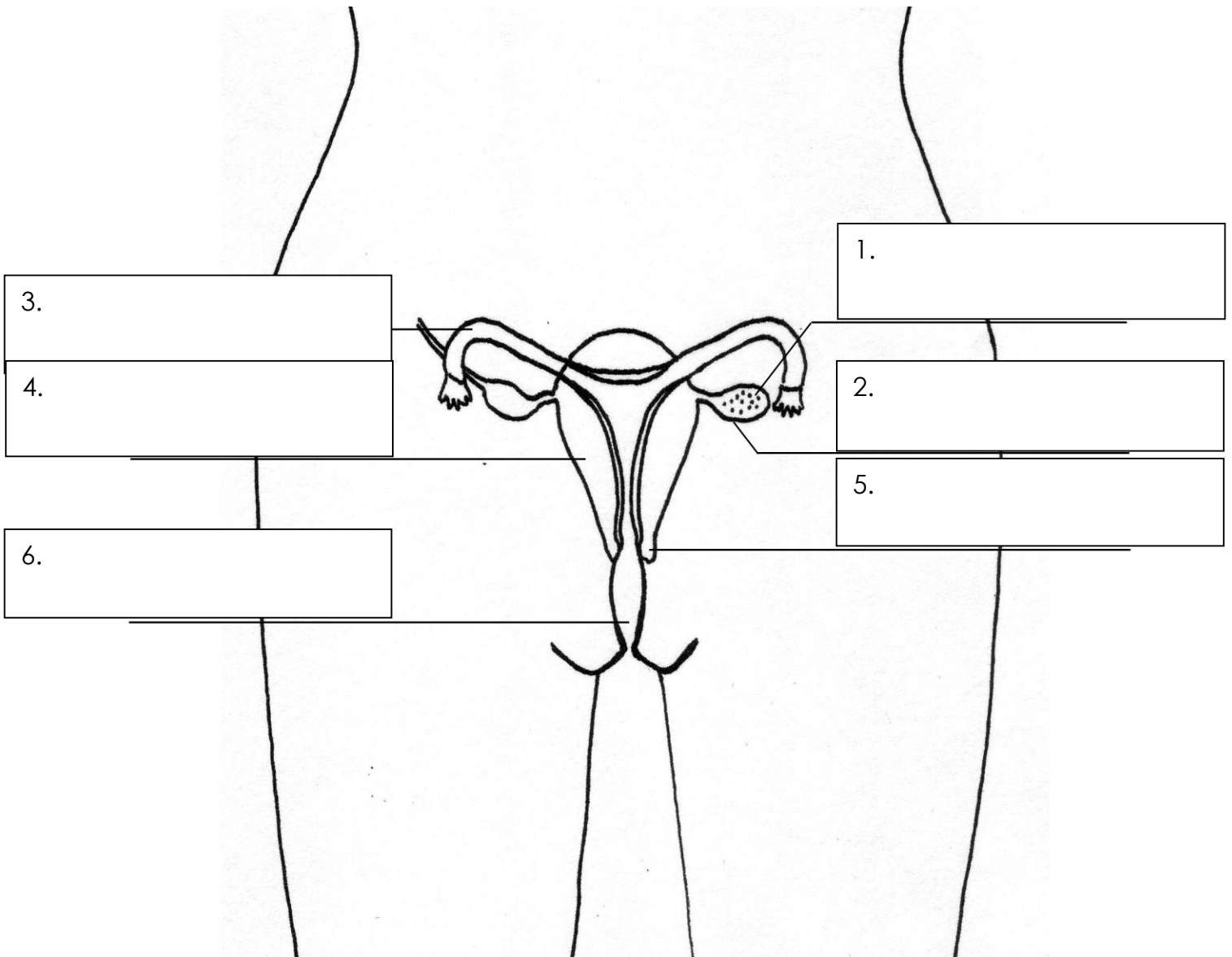


Female Internal Anatomy

Everyone's body is different. Don't judge yours by the drawing!

Cervix	Uterus	Fallopian Tube
Vagina	Ova (eggs)	Ovary



Female Body Anatomy Match-Up

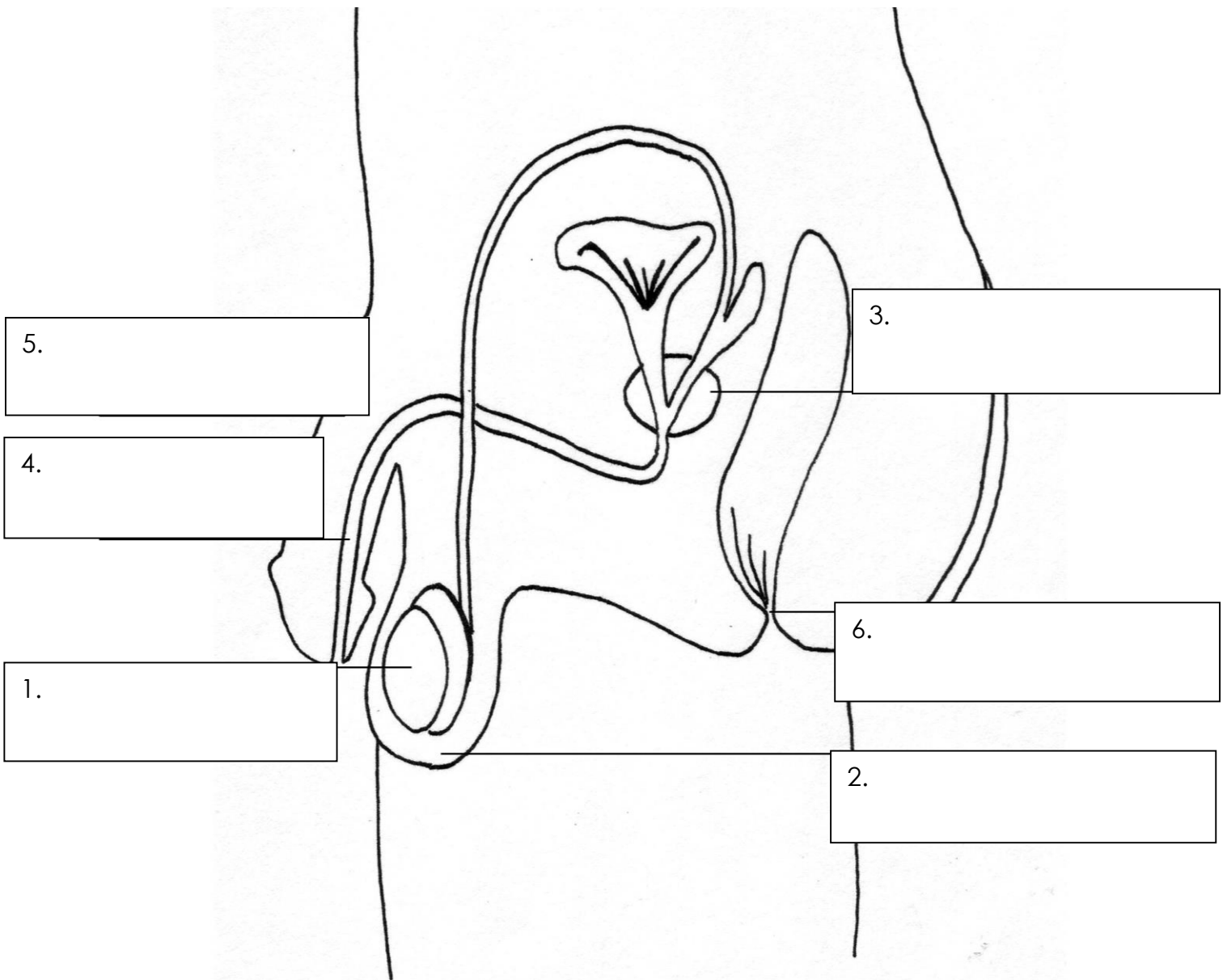
Directions: Draw a line between the term on the left and its definition on the right.

- | | |
|--------------------|---|
| A. Ova (eggs) | 1. The two organs that hold a female's eggs . |
| B. Fallopian tubes | 2. The part also known as the " birth canal " because a baby can come out here during birth. |
| C. Uterus | 3. The part with an opening that can open to 10 cm if a female is giving birth. |
| D. Vagina | 4. The part where a baby grows . |
| E. Cervix | 5. The female sex cell that can meet with a sperm cell to make a baby. |
| F. Ovaries | 6. The tubes that connect the ovaries to the uterus and carry the eggs. |

Male Internal Anatomy

Everyone's body is different. Don't judge yours by the drawing!

Prostate Gland	Scrotum	Anus
Testicle(s)	Penis	Urethra

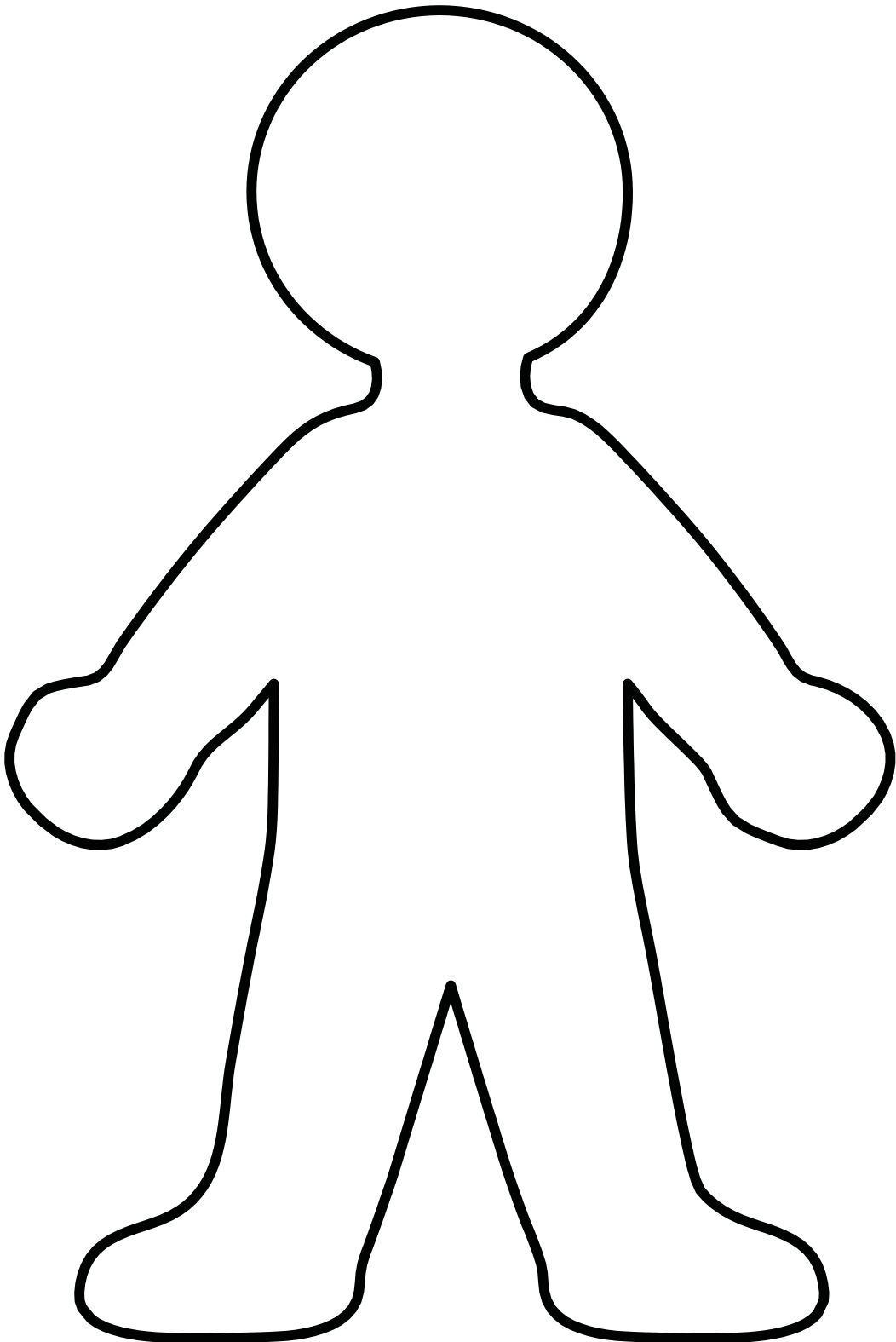


Male Body Anatomy Match-Up

Directions: Draw a line between the term on the left and its definition on the right.

- | | |
|-------------------|---|
| A. Prostate gland | 1. The tube can carry semen or urine . |
| B. Scrotum | 2. The male sex cells that are made in the testicles. (Hint: they look like tadpoles!) |
| C. Anus | 3. The skin that holds and protects the testicles. |
| D. Testicles | 4. The gland that makes fluids that combine with sperm to make semen. |
| E. Penis | 5. The organ that hangs outside a male's body that can fill up with blood to cause an erection . |
| F. Urethra | 6. The opening that lets solid waste out of the body. |
| G. Sperm | 7. The two organs that produce sperm . |

Taking Care of Me



Female Bodies

**Male
Bodies**

**All
Bodies**

Hips get wider and waist gets narrower



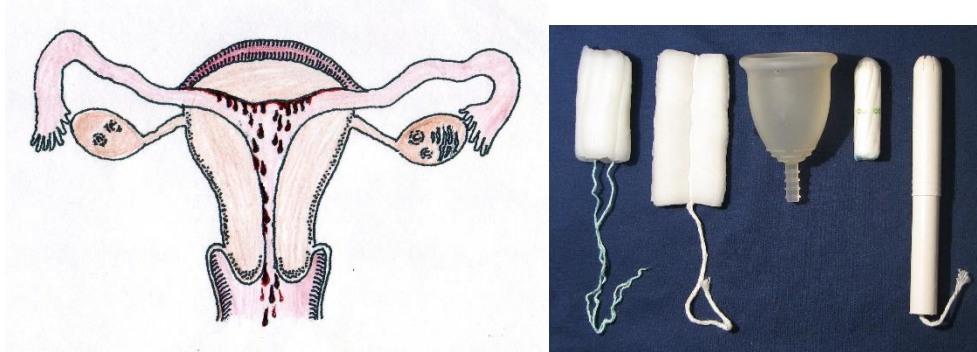
Vagina gets moist and underwear can be sticky



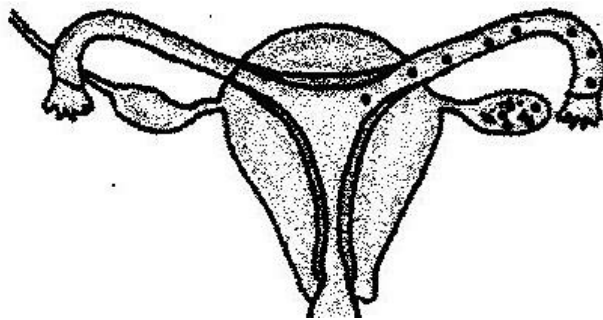
Hair grows around the vulva



Periods start (called menstruation)



Ovaries start to release an egg
each month (called ovulation)



Feelings get more intense



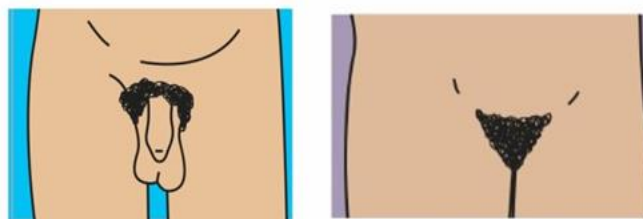
The whole body grows taller and bigger



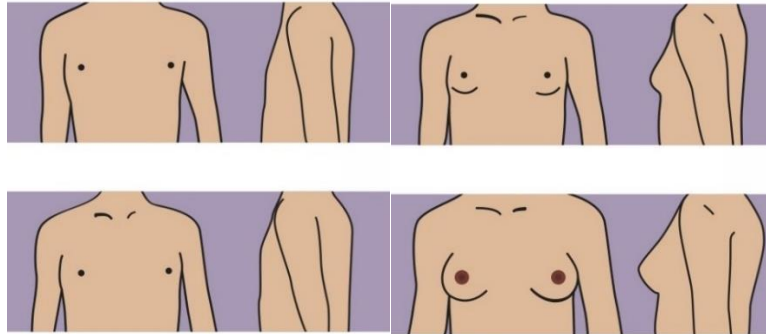
Mood swings – feelings can change quickly



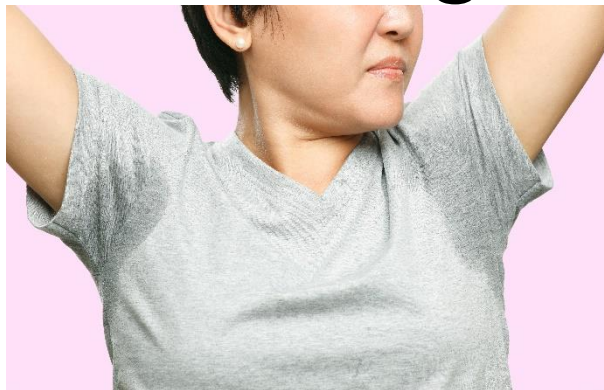
Pubic hair grows between the legs



**Breasts grow larger
and stay larger**



Start sweating more



**May start masturbating
(touching one's own private
body parts)**



Hair grows in the armpits



Have sexual thoughts or dreams



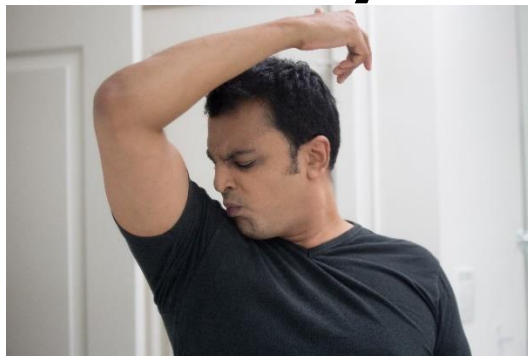
**Feel uncomfortable about
body changes**



**Feel proud and excited about
body changes**



Have body odor



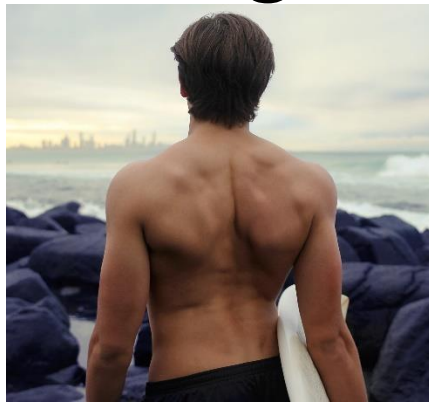
**Skin gets oily – sometimes
get pimples**



**Muscles and joints ache
(called “growing pains”)**



Shoulders get wider



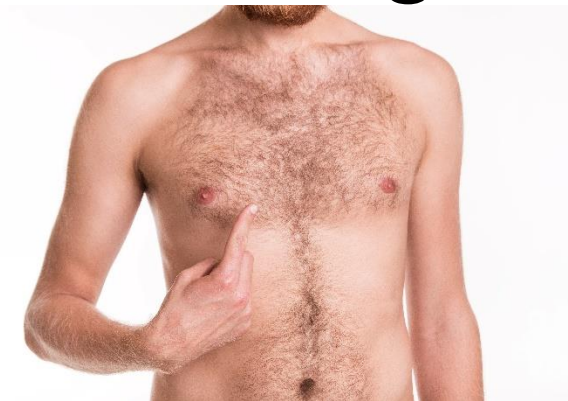
Muscles get bigger



Facial hair may start to grow



Chest hair grows



Voice gets much deeper



Penis and testicles get bigger



Hair grows around the penis and on the scrotum



Breast tissue gets swollen and tender but returns to normal after a few months or a year



Testicles produce sperm



**May release semen during
“wet dreams”**

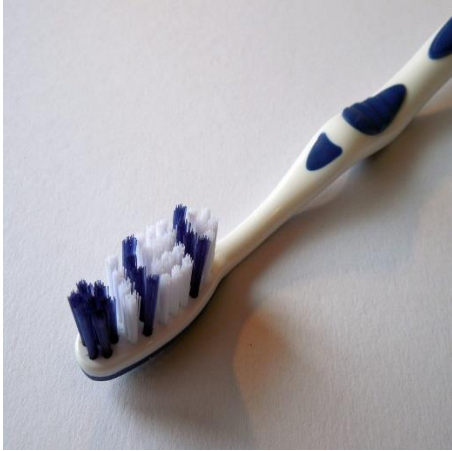


**May have “cramps” during
menstruation.**



Appendix G.4: Hygiene Cards

TOOTHBRUSH



TOOTHPASTE



MOUTHWASH



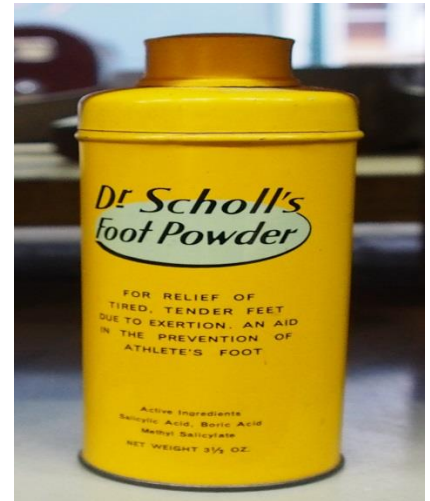
WASH HANDS



LOTION



FOOT POWDER



SOAP



SHAMPOO



CONDITIONER



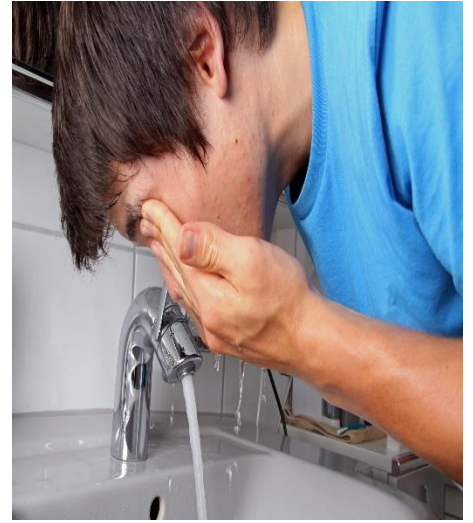
WASH HAIR



FACE WASH



FACE WASH



DEODORANT



HAIR BRUSH



CLEAN SOCKS



CLEAN UNDERWEAR



CLEAN UNDERWEAR



BRA



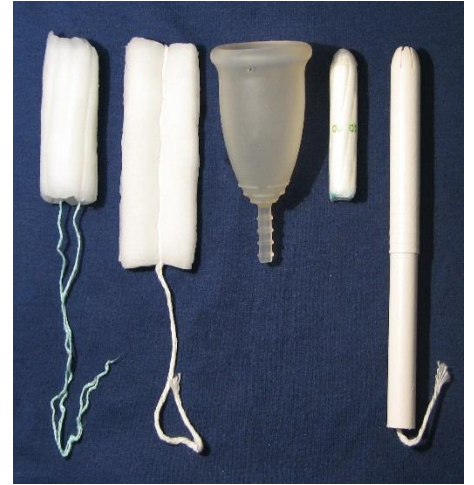
JOCKSTRAP



PADS



TAMPONS



Session 3 Assessment: Puberty Changes and Sexual and Reproductive Anatomy

Category 1: True/False and Open Ended

Puberty Change Questions:

1. What is puberty?

Answer: E.g. is the natural growth process most humans go through, during which a person changes from their child body into their adult body. Our bodies change so that we will have adult bodies and be able to reproduce, or have children, someday, if we want to. There are also emotional changes that happen during puberty.

2. List 3 changes that happen during puberty.

Answers: Reference Changes Class Brainstorm List

Anatomy Questions:

1. When do male bodies start producing or making sperm?

Answer: Puberty

2. True/False: Females have all their eggs when they are born.

Answer: True

Category 2: Tally

Educator or Data Recorder: Begin by reading a question and the three possible answer choices so students can hear all options. Read the question again and as you go through the possible answer choices, have students raise their hand when they hear the option they think is correct and put tally marks in the appropriate boxes.

<p>Topic: Puberty Changes</p> <p>Question 1: True/False: Puberty is when a child's body changes into an adult body.</p> <p>Answer: True</p>	<p style="text-align: center;">True</p> <p><u>Pre-Assessment:</u></p> <p><u>Post- Assessment:</u></p>	<p style="text-align: center;">False</p> <p><u>Pre-Assessment:</u></p> <p><u>Post- Assessment:</u></p>	<p style="text-align: center;">Not Sure</p> <p><u>Pre-Assessment:</u></p> <p><u>Post- Assessment:</u></p>
<p>Topic: Puberty Changes</p> <p>Question 2: During puberty, we can get...</p> <p>Answer: Taller</p>	<p style="text-align: center;">Taller</p> <p><u>Pre-Assessment:</u></p> <p><u>Post- Assessment:</u></p>	<p style="text-align: center;">Shorter</p> <p><u>Pre-Assessment:</u></p> <p><u>Post- Assessment:</u></p>	<p style="text-align: center;">Not Sure</p> <p><u>Pre-Assessment:</u></p> <p><u>Post- Assessment:</u></p>
<p>Topic: Anatomy</p> <p>Question 1: True/False: Male bodies start to produce sperm when they are born.</p> <p>Answer: False</p>	<p style="text-align: center;">True</p> <p><u>Pre-Assessment:</u></p> <p><u>Post-Assessment:</u></p>	<p style="text-align: center;">False</p> <p><u>Pre- Assessment:</u></p> <p><u>Post-Assessment:</u></p>	<p style="text-align: center;">Not Sure</p> <p><u>Pre-Assessment:</u></p> <p><u>Post-Assessment:</u></p>
<p>Topic: Anatomy</p> <p>Question 2: True/False: Female bodies have all their eggs when they are born.</p> <p>Answer: True</p>	<p style="text-align: center;">True</p> <p><u>Pre-Assessment:</u></p> <p><u>Post- Assessment:</u></p>	<p style="text-align: center;">False</p> <p><u>Pre-Assessment:</u></p> <p><u>Post-Assessment:</u></p>	<p style="text-align: center;">Not Sure</p> <p><u>Pre-Assessment:</u></p> <p><u>Post-Assessment:</u></p>

Category 3: Icon Selection





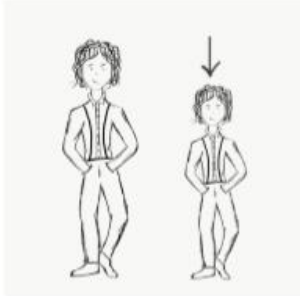
- **Option 1:** Place the options on the board and label them 1-3. Have the students hold up 1, 2, or 3 fingers to represent the answer they chose.
- **Option 2:** Print out answer cards before assessment. Place the cards in front of the students and have them point to the correct answer.

Puberty Changes Questions:

1. True/False: Puberty is when a child's body changes into an adult body.
Answer: True
2. During puberty, we can get...
Answer: Taller

Anatomy Questions:

1. True/False: Male bodies start to produce sperm when they are born.
Answer: False
2. True/False: Female bodies have all their eggs when they are born.
Answer: True

<p>Row 1</p> <p>1</p>	<p>True</p> 	<p>False</p> 	<p>Not sure</p> 
<p>Row 2</p> <p>2</p>	<p>Taller</p> 	<p>Shorter</p> 	<p>Not sure</p> 