

**Grading:**

**Lesson 1** \_\_\_\_\_

**Lesson 2** \_\_\_\_\_

**Lesson 3** \_\_\_\_\_

**Lesson 4** \_\_\_\_\_

**Lesson 5** \_\_\_\_\_

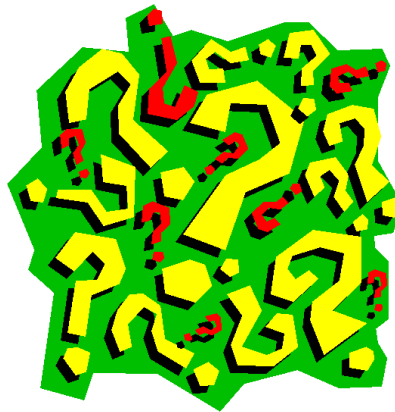
**Total** \_\_\_\_\_

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Period \_\_\_\_\_

# Adolescence and Puberty Workbook



## Classroom Procedures

1. Come to class prepared to learn.
2. One person speaks at a time. Raise your hand if you want to speak.
3. Respect others and their opinions; no put-downs.
4. Learn and use correct terminology.
5. Share lesson information with your parents each day.

**Prevention/Comprehensive Health  
7th Grade: R.N.**

Revised: 2019

## Female Reproductive System Vocabulary

**abstinence** – not taking part in any high-risk behavior such as sexual activity or drug use, including alcohol and tobacco.

**adolescence** – the stage of development between childhood and adulthood which includes physical, emotional, and social changes.

**anus** – opening through which solid waste leaves the body.

**bladder** – a stretchy sac that stores urine or liquid waste.

**cervix** – the lower part of the uterus which opens into the vagina.

**clitoris** – a small, sensitive organ supplied with nerve endings and blood vessels.

**estrogen** – a hormone produced by the ovaries that controls female development.

**fallopian tubes** – the tubes through which the ovum (egg cell) passes on the way to the uterus.

**fertilization** – joining of a sperm with an ovum (egg cell).

**genitals** – reproductive organs located on the outside of the body: labia, clitoris, and vaginal opening.

**hormone** – a chemical that produces physical and emotional changes in the body.

**labia** – folds of skin on each side of the vaginal opening.

**menopause** – the permanent ending of menstruation.

**menstrual cycle** – the time span between the beginning of one menstrual period and the beginning of the next.

**menstruation (period)** – the normal periodic shedding of the lining of the uterus.

**ovaries** – the female sex glands which release ova (female sex cells) and produce the hormones estrogen and progesterone.

**ovulation** - the release of a mature ovum (egg cell) from an ovary.

**ovum** – the female sex cell (egg cell); (plural: ova).

**pituitary gland** – (master gland) the gland that causes growth and produces a hormone that stimulates the ovaries to begin functioning.

**progesterone** – one of the two female hormones produced by the ovaries.

**puberty** – the period of life during adolescence when one becomes capable of reproduction.

**reproduction** – the ability to physically produce a baby.

**rectum** – lower part of the large intestine where solid waste is stored.

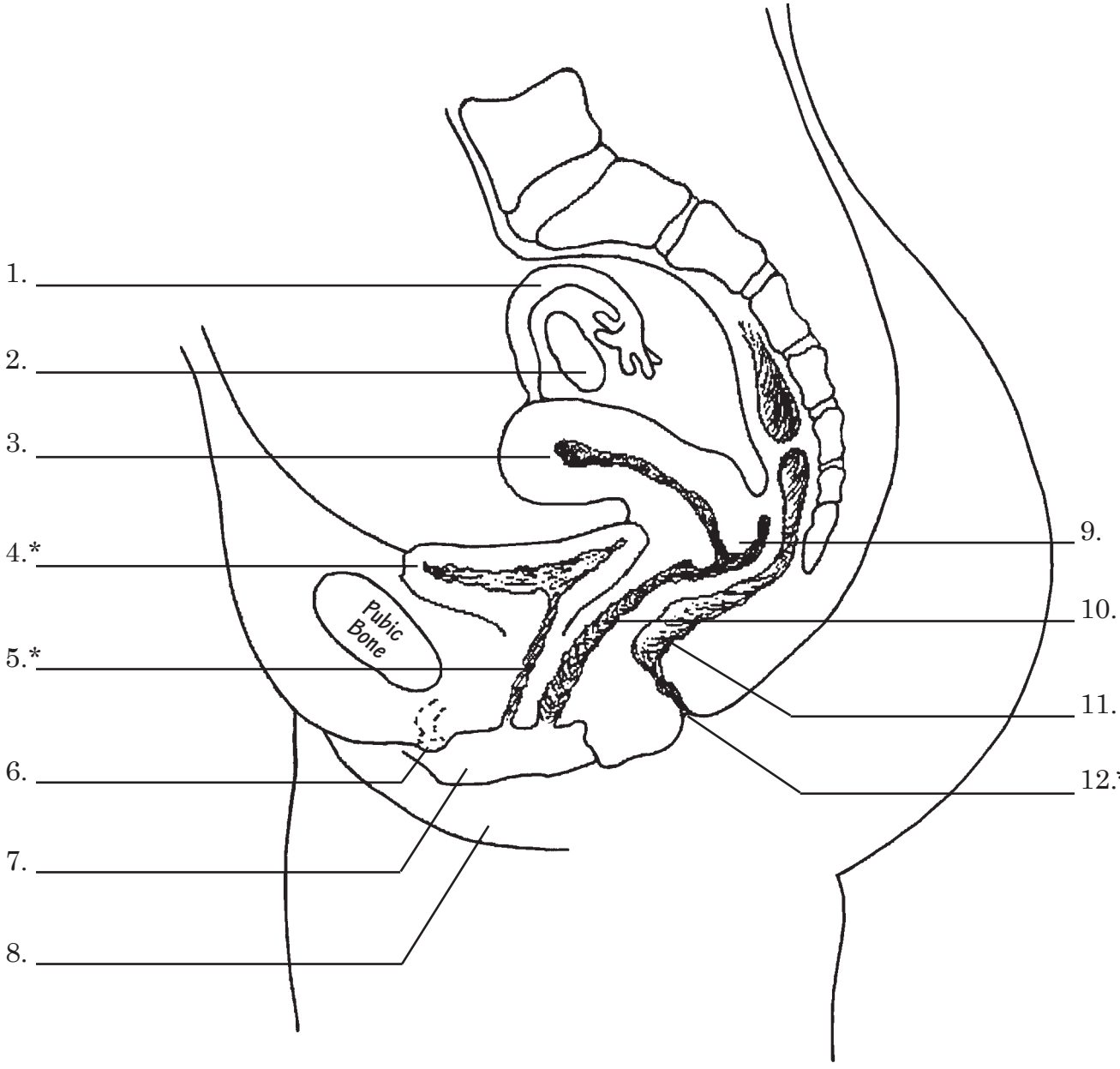
**urethra** – tube through which urine leaves the body.

**urine** – liquid waste stored in bladder.

**uterus (womb)** – the muscular hollow pear-shaped organ in which a baby grows and develops during pregnancy.

**vagina** – the passageway leading from the uterus to the outside of the body.

# Female Reproductive System (Side View)



- |          |                |               |
|----------|----------------|---------------|
| anus     | fallopian tube | rectum        |
| bladder  | inner labia    | urethra       |
| cervix   | outer labia    | uterus (womb) |
| clitoris | ovary          | vagina        |

**\*not part of the reproductive system**

## Male Reproductive System Vocabulary

**abstinence** – not taking part in any high-risk behavior such as sexual activity or drug use, including alcohol and tobacco.

**adolescence** – the stage of development between childhood and adulthood which includes physical, emotional, and social changes.

**anus** – opening through which solid waste leaves the body.

**bladder** – a stretchy sac that stores urine or liquid waste.

**circumcision** – surgical operation to remove the foreskin from the penis.

**ejaculation** – the forceful release of semen from the penis.

**epididymis** – the small body of tubules behind each testicle where immature sperm are stored.

**erection** – the stiffening of the penis.

**fertilization** – the joining of a sperm with an ovum (egg cell).

**foreskin** – fold of skin that covers most of the glans.

**genitals** – reproductive organs located on the outside of the body (penis, scrotum, and testicles).

**glans** – tip of the penis.

**hormone** – a chemical that produces physical and emotional changes in the body.

**nocturnal emission** – the release of semen during sleep (also called a wet dream).

**penis** – male sex organ located outside the body.

**pituitary gland** – the gland that produces a hormone that causes growth and stimulates the testicles to begin functioning.

**prostate gland** – a gland located near the bladder which secretes prostate fluid which accounts for 1/3 of the fluid volume of semen.

**puberty** – the period of life during adolescence when one becomes capable of reproduction.

**rectum** – lower part of the large intestine where solid waste is stored.

**scrotum** – the sac of skin that contains the testes.

**semen** – fluid made in the male reproductive organs that contains sperm.

**seminal vesicles** – two small glands that produce a fluid that nourishes and carries sperm.

**sperm** – the male sex cell.

**testicles or testes** – the male sex glands which produce sperm cells and the hormone testosterone.

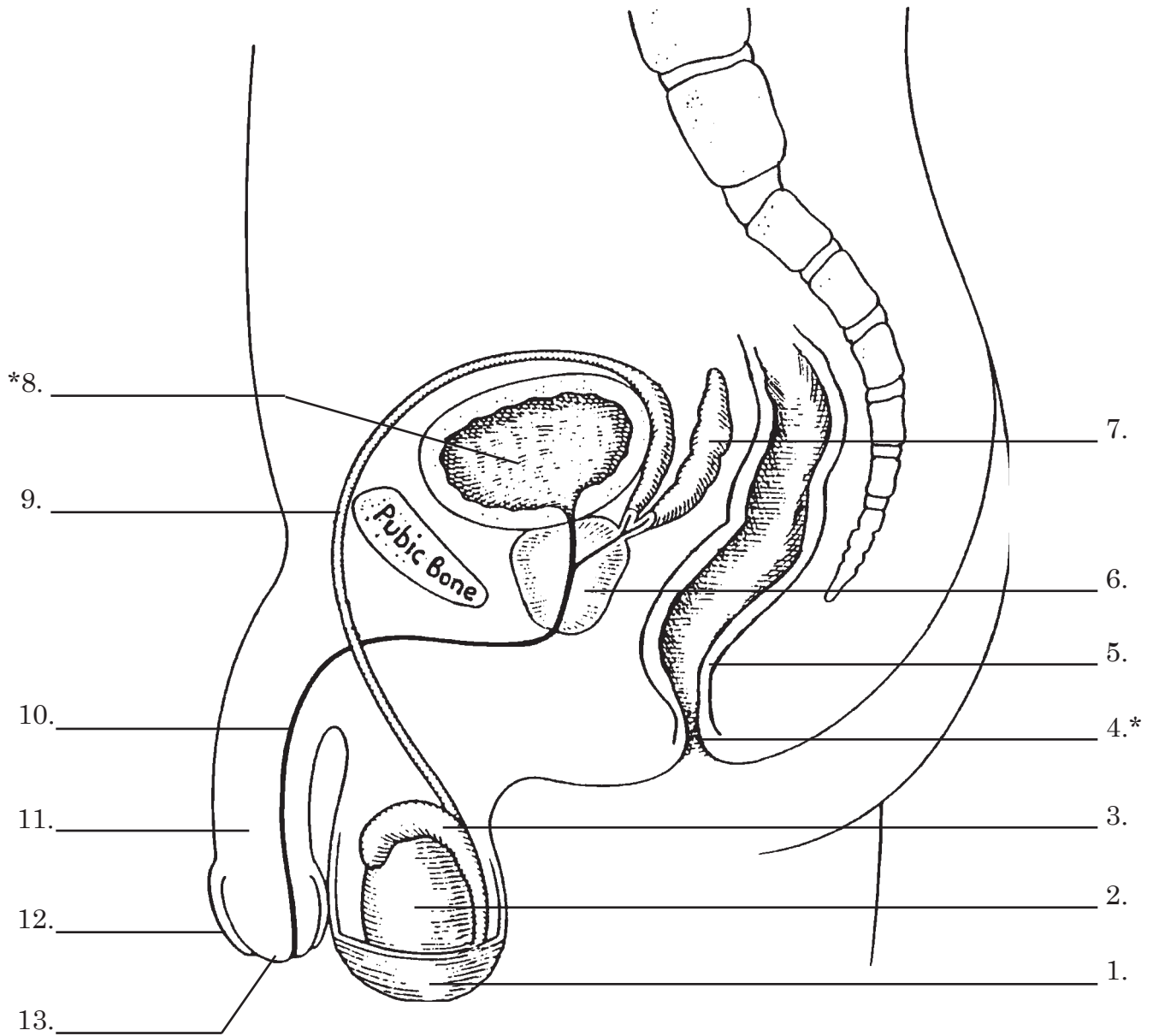
**testosterone** – the hormone secreted by the testicles that is responsible for the primary and secondary sex characteristics.

**urethra** – tube through which urine and semen leave the body.

**urine** – liquid waste that is stored in the bladder.

**vas deferens** – the tube which passes from each testicle to the urethra.

# Male Reproductive System



anus  
bladder  
epididymis  
foreskin

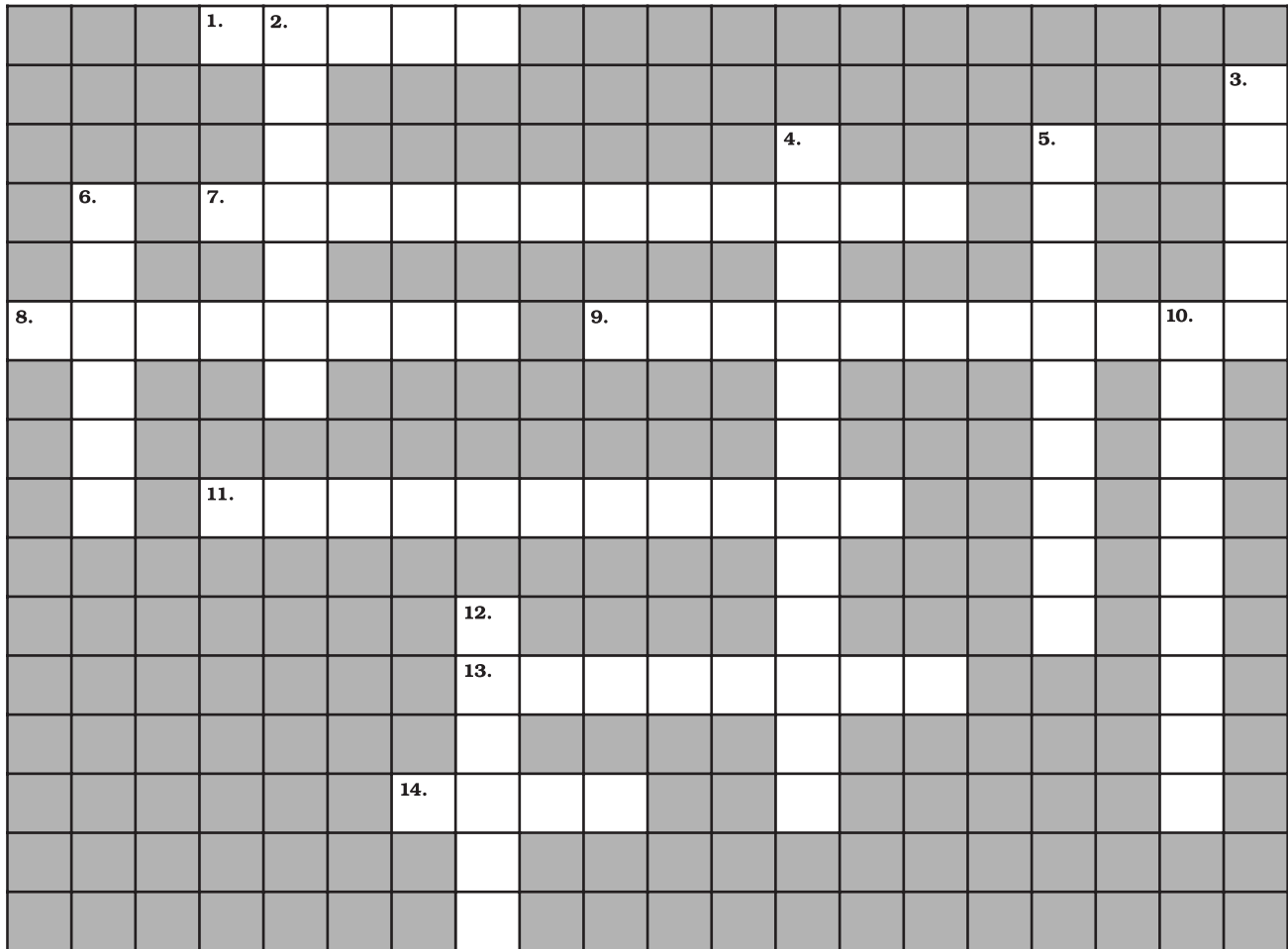
glans  
penis  
prostate gland

rectum  
scrotum  
seminal vesicle

testicle  
urethra  
vas deferens

\*not part of the reproductive system

# Puberty Crossword Puzzle



## Word List: Puberty Crossword

Adolescence  
Cervix  
Circumcision

Ejaculation  
Erection  
Genitals

Menstruation  
Ovulation  
Ovum

Puberty  
Semen  
Sperm

Testicles  
Uterus

### Across Clues

1. Male sex cell
7. Normal monthly shedding of the lining the uterus
8. Reproductive organs located on the outside of the body
9. Forceful release of semen from the penis
11. Period of time between childhood and adulthood
13. Swelling and hardening of the penis causing it to enlarge and move to an upright position
14. Female sex cell

### Down Clues

2. Period of life during which the reproductive organs begin to function
3. A combination of prostate and seminal fluid which contains sperm
4. surgical removal of the foreskin from the penis
5. Male sex glands that produce sperm cells and the hormone testosterone
6. Hollow, muscular, pear-shaped organ in which a baby grows and develops
10. Release of a mature ovum (egg cell) from an ovary
12. Lower part of the uterus which opens into the vagina

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

# NOTES

## STD Vocabulary

**abstinence** – not taking part in any high-risk behavior such as sexual activity or drug use, including alcohol and tobacco.

**antibiotics** – medication used to destroy bacteria. Penicillin is an antibiotic.

**bacteria** – a group of one-celled microorganisms, some of which cause disease.

**carrier** – a person who is infected with a pathogen but has no symptoms of disease.

**chancre** – hard, painless sore that is one of the first signs of syphilis.

**chlamydia** – (the most common STD) caused by bacteria that infects the lining of the male urethra or the female vagina; left untreated, it can damage the reproductive system.

**communicable** – able to be passed from one person to another.

**confidential** – private, secret

**contacts** – in reference to STDs: Those with whom one has had sex.

**copper spots** – copper-colored spots found all over the body or on the palms of the hands and soles of the feet. A distinctive symptom of secondary syphilis.

**discharge** – the flowing out of fluid from a body opening.

**epidemic** – the spread of a communicable disease to a large number of people.

**genital herpes** – a sexually transmitted disease, caused by a virus, the main symptom of which is the formation of painful blisters on the sexual organs.

**genital warts** – painless, flat, white patches to clusters of tissue usually seen on the genitals or near the anus.

**gonorrhea** – an infectious disease of the mucous membrane spread by sexual contact; left untreated, it can damage the reproductive system.

**Herpes Simplex II** – the virus that causes genital herpes

**HPV** – Human Papilloma Virus, the virus that causes genital warts.

**immune** – protected against a disease.

**infectious** – capable of spreading a disease to others.

**lymph nodes** – glands located throughout the body which produce white blood cells.

**mucous membrane** – the soft moist tissue that lines the openings of the human body.

**noncommunicable** – not able to be passed from one person to another.

**parasite** – an organism that lives within or on another organism.

**pathogen** – another word for germ.

**P.I.D.** – pelvic inflammatory disease—an infectious process that involves one or more pelvic structures and can cause sterility; primarily caused by sexually transmitted disease of the female reproductive system.

**pubic lice** – a type of parasite which infests the pubic area.

**Sexually Transmitted Disease** – (STD) a disease which is spread through sexual contact.

**sterile** – infertile, unable to have children.

**symptoms** – changes in the body or its functions which indicate the presence of a disease.

**syphilis** – a sexually transmitted disease that if untreated may result in crippling, heart disease, blindness, insanity, and death.

**virus** – an infectious agent that reproduces only in living cells; the smallest of all pathogens.

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### **Help Is Available**

*If you think you have an **STD/STI or HIV/AIDS**.....*

**Florida Department of Health in Polk County: 863-519-8233**

**Walk in testing and treatment is available; however, an appointment is recommended. To get an appointment, call 863-519-7910.**

**National Hotline Numbers for STDs and HIV**

**STDs/STIs: 1-800-227-8922**

**HIV/AIDS: 1-800-232-4636**

*If you need help and information about **Teen Dating Violence and Abuse**.....*

**24 hour Crisis Line for Domestic Violence (863) 413-2700**

**National Teen Dating Abuse Helpline**

**1-866-331-9474 or www.thehotline.org**

**Florida Domestic Violence Hotline**

**1-800-500-1119**

**National Youth Crisis Line**

**1-800-233-4357**

## Sexually Transmitted Disease Chart

**B = Bacteria   V = Viruses   P = Parasite   A = Antibiotics   NC = No Cure**

Disease	Agent	Symptoms	Treatment
<b>Chlamydia</b>  (most common)		<b>Males –</b> Penile discharge Burning on urination <b>Female –</b> Slight vaginal discharge Burning on urination P.I.D. – fever, abdominal pain	
<b>Gonorrhea</b> “G.C.” “clap” “drip”		<b>Males –</b> Penile discharge Burning on urination <b>Female –</b> Slight vaginal discharge Burning on urination P.I.D. – fever, abdominal pain	
<b>Syphilis</b> “syph” “bad blood” “the pox”  <b>Primary</b> (1st stage)		Chancre – (Painless sore) Enlarged lymph nodes	
<b>Secondary</b> (2nd stage)		Copper spots Hair loss Joint pain Sore throat	
<b>Tertiary</b> (3rd stage)		Heart damage Seizure disorder Symptoms of mental illness	
<b>Genital Herpes</b> Type II		Blister formation Muscle aches Enlarged lymph nodes Fever Headaches	

<b>B = Bacteria   V = Viruses   P = Parasite   A = Antibiotics   NC = No Cure</b>			
<b>Disease</b>	<b>Agent</b>	<b>Symptoms</b>	<b>Treatment</b>
<b>Genital Warts</b>		Painless flat white patches to clusters of tissue	Chemical Laser Freezing Surgery
<b>Pubic Lice</b> “crabs”		Itching	Special lotion or shampoo

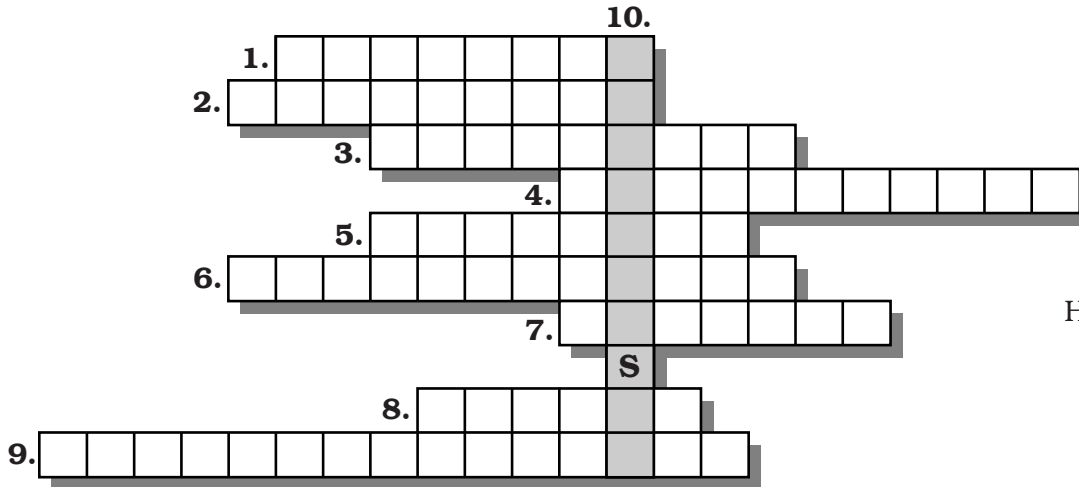
### **Common Warning Signs of STDs**

1. Pus-like fluid coming from penis or vagina.
2. Itching, burning, rash, or pain around penis or vagina.
3. Blisters, sores, or growths in the genital area.
4. Need to urinate frequently.
5. Pain with urination.
6. Bad smelling odor from genitals.
7. Swollen glands and fever.

**Seek medical attention if any of these problems occur.**

# STD/Abstinence Worksheet

Fill in the words in the puzzle by using the clues below. When you have completed the puzzle, the shaded column will spell a secret phrase.



- Words**
- antibiotics
  - cancer
  - chlamydia
  - contact
  - discharge
  - gonorrhea
  - Herpes Simplex II
  - inflammatory
  - pathogen
  - symptoms
  - syphilis

1. \_\_\_\_\_ is a sexually transmitted disease (STD) that has three stages.
  2. An STD that is sometimes called GC, Clap, or the drip \_\_\_\_\_.
  3. The most common STD is \_\_\_\_\_.
  4. \_\_\_\_\_ are medicines used to treat STDs caused by bacteria.
  5. Painful urination, unusual fluids coming from the reproductive organs, and sores on the reproductive organs are \_\_\_\_\_ of STDs.
  6. A painful infection of the female reproductive organs is pelvic \_\_\_\_\_ disease.
  7. Pubic lice can be spread by direct or indirect \_\_\_\_\_.
  8. Human Papilloma Virus (HPV) that causes genital warts can lead to \_\_\_\_\_ of the cervix or penis.
  9. The virus that causes genital herpes is \_\_\_\_\_.
- 10. The secret phrase tells how teens can avoid getting STDs:**

**Answer the following question in the space provided.**

Jim and Carolyn are freshmen in high school. After dating each other for several months, they are beginning to experience strong feelings when they are together. Describe three ways these young people can resist the pressure to have sex?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# AIDS Vocabulary

**abstinence** – not taking part in any high-risk behavior such as sexual activity or drug use, including alcohol and tobacco.

**AIDS** – **A**cquired **I**mmune **D**eficiency **S**ndrome – a deadly disease that attacks and decreases the ability of the immune system to protect the body against invading pathogens.

**antibodies** – substances that attach themselves to pathogens and kill them.

**carrier** – a person who is infected with a pathogen but has no symptoms of disease.

**HIV** – **H**uman **I**mmunodeficiency **V**irus – the virus that attacks and weakens the immune system, causing AIDS.

**intravenous needles** – instrument used to inject drugs into veins.

**opportunistic diseases** – diseases that take advantage of a weakened immune system.

**pathogens** – microorganisms or substances capable of producing diseases.

**T-cells** – white blood cells that have matured in the thymus gland. In AIDS the number of T-cells is dramatically decreased.

**transmitted** – to be passed from one person to another.

## Stages of HIV

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Knowing Health Terms and Concepts

**A. Using the AIDS vocabulary match each definition in the left column with the correct term from the right column. Write the letter of the term in the space provided.**

- |       |    |  |  |
|-------|----|--|--|
| _____ | 1. | a person who is infected with a pathogen but has no symptoms of disease.   | a. antibodies                          |
| _____ | 2. | a deadly disease that attacks and interferes with the immune system's ability to protect the body against pathogens. | b. Acquired Immune Deficiency Syndrome |
| _____ | 3. | diseases that take advantage of a weakened immune system.  | c. carrier                             |
| _____ | 4. | virus that causes AIDS.  | d. HIV                                 |
| _____ | 5. | instrument used to inject drugs into veins.  | e. Immune                              |
|       |    |  | f. opportunistic diseases              |
|       |    |  | g. intravenous needle                  |

**B. In the space at the left, write the letter of the choice that best completes the statement or answers the question.**

- |       |     |  |  |
|-------|-----|--|--|
| _____ | 6.  | The best way to prevent the spread of HIV is to avoid    |  |
|       |     | a. giving blood.   | c. sexual contact.                     |
|       |     | b. shaking hands with someone who has AIDS.              | d. none of the above.                  |
| _____ | 7.  | HIV spreads by means of                                  |  |
|       |     | a. sexual contact.                                       | c. contact with insects.               |
|       |     | b. contact with bacteria.                                | d. contaminated food.                  |
| _____ | 8.  | The goal of health officials who are fighting AIDS is to |  |
|       |     | a. educate the public.                                   | c. find a vaccine.                     |
|       |     | b. find a cure.  | d. all of the above.                   |
| _____ | 9.  | HIV is deadly because it attacks the                     |  |
|       |     | a. circulatory system.                                   | c. nervous system                      |
|       |     | b. immune system.  | d. none of the above.                  |
| _____ | 10. | Someone can get HIV from an infected person by           |  |
|       |     | a. swimming in the same pool.                            | c. using the person's cups and plates. |
|       |     | b. having casual contact with the person.                | d. none of the above.                  |

## — WAYS HIV IS SPREAD —

- ~ **Blood**
- ~ **Sexual Contact**
- ~ **Contaminated Needles/Sharps**
- ~ **Transfusion with HIV Infected Blood**
- ~ **HIV Infected Mother to Baby**

## — Some Ways HIV is NOT Spread —

- ~ **Casual Contact—hugging/sitting together**
- ~ **Objects—drinking fountains/silverware**
- ~ **Air—coughing/sneezing**
- ~ **Animals/Insects—pets/mosquitoes/flies**

## — RISKY BEHAVIORS —

- ~ **having sex with an HIV infected person**
- ~ **having multiple sexual partners**
- ~ **sharing needles**



**POLK COUNTY**  
**PUBLIC SCHOOLS**

STUDENTS FIRST