

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
8th Grade: R.N.

Revised: 2019

Reproductive Systems 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.

circumcision – surgical removal of the foreskin from the penis.

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

Cowper's glands – two small glands which produce a fluid to lubricate and neutralize the urethra before ejaculation.

ejaculation – the forceful release of semen from the penis.

epididymis – tightly coiled tube behind each testicle through which sperm travel as they mature.

erection – the swelling and hardening of the penis, causing it to enlarge and move to an upright position.

estrogen – a hormone produced by the ovaries that is responsible for the development of the secondary sex characteristics.

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

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

genitals – reproductive organs located on the outside of the body: penis, scrotum, and testicles in males; labia, clitoris, and the opening of the vagina in females.

glans – the tip of the penis.

gynecologist – a doctor who specializes in the care of the female reproductive system.

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

hymen – the thin fold of tissue at the entrance to the vagina.

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

menopause – the permanent end of menstruation.

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

menstruation – the normal periodic shedding of the lining of the uterus.

nocturnal emission – the release of semen during sleep.

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).

Pap smear – a procedure to detect pre-cancerous or cancerous cells of the cervix.

penis – the male sex organ through which the male urinates and through which semen is released.

pituitary gland (master gland) – the gland that produces the growth hormone and also produces hormones that stimulates the reproductive glands (ovaries and testicles) to begin functioning.

PMS (pre-menstrual syndrome) – a group of signs and symptoms a female may develop before menstruation (i.e., headaches, backaches, cramping, irritability, mood swings).

progesterone – one of the two female hormones produced by the ovaries which with estrogen influence the menstrual cycle.

prostate gland – a gland which surrounds part of the male urethra and produces a fluid to carry sperm and neutralize the female vagina during sexual intercourse.

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 testicles and maintains their temperature at 96 to 97 degrees F.

semen – a combination of prostate and seminal fluid which contains sperm.

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

sperm – the male sex cell.

testicles/testes – the male reproductive glands which produce sperm cells and the hormone testosterone.

testosterone – the hormone produced by the testicles that is responsible for the development of male secondary sex characteristics.

urethra – the tube through which urine leaves the body; in the male, it also carries semen.

urine – liquid waste stored in the bladder.

urinary tract infection – an infection of the urethra which may extend into the bladder.

uterus – the muscular hollow pear-shaped organ in which a baby grows and develops.

vagina – the passageway leading from the uterus to the outside of the body (birth canal).

vas deferens – the tube in males which passes from each epididymis to the urethra for storage of sperm.

virgin – a person who has never had sexual intercourse.

yeast infection – an infection of the vagina caused by fungi.

Arrange these terms in the correct order to trace the pathway of a sperm and ovum from each one's origin to its exit from the body.

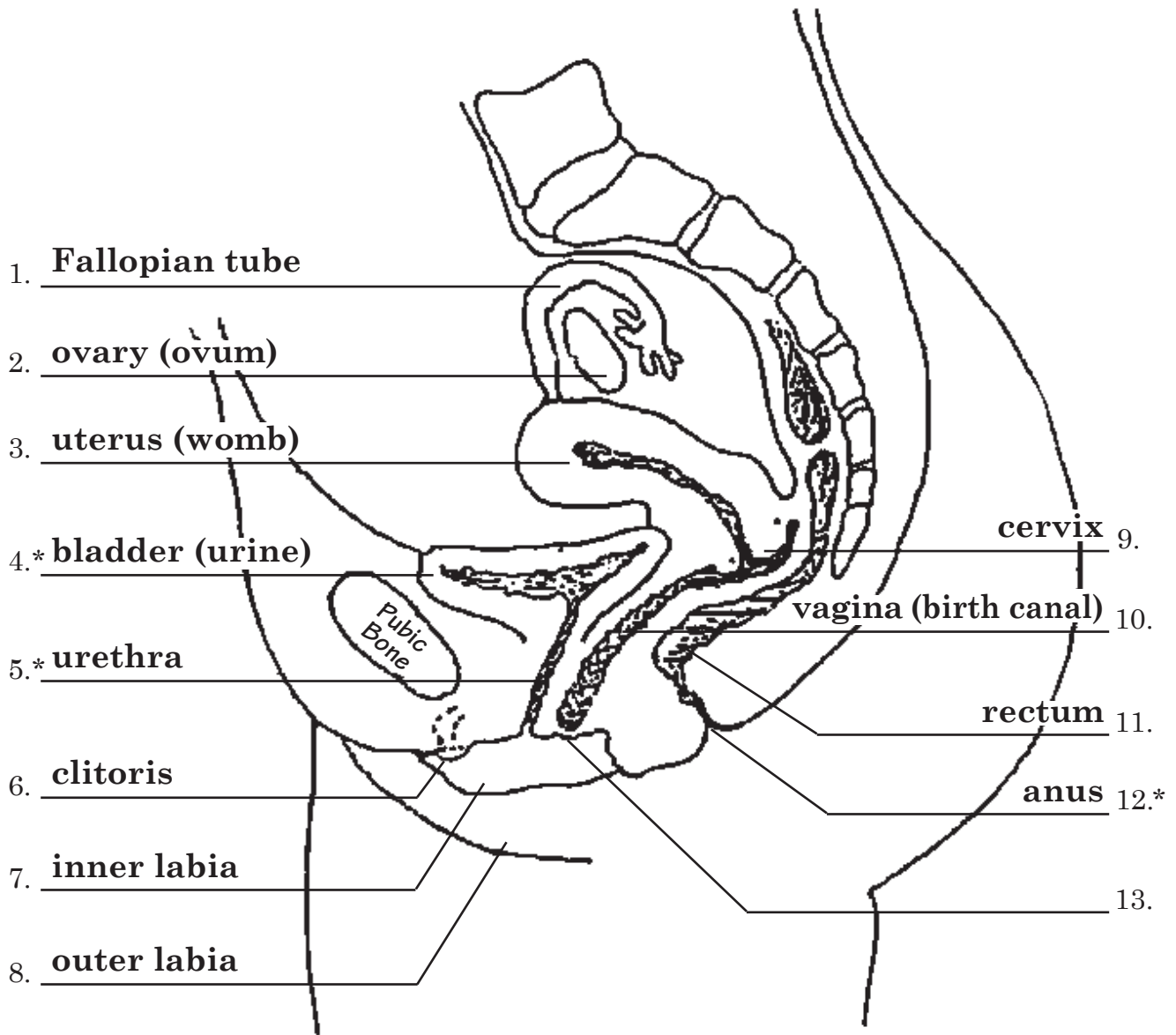
Terms:	Pathway of Sperm	Pathway of Ovum	Terms:
epididymis	1. _____	1. _____	cervix
penis	2. _____	2. _____	fallopian tube
prostate gland	3. _____	3. _____	ovary
seminal vesicle	4. _____	4. _____	uterus
testicle	5. _____	5. _____	vagina
urethra	6. _____		
vas deferens	7. _____		

“Fetal Development: A Nine Month Journey”

While watching the video “Fetal Development: A Nine Month Journey” write three facts that you are shown about the development of an embryo/fetus.

- 1.
- 2.
- 3.

Female Reproductive System (Side View)



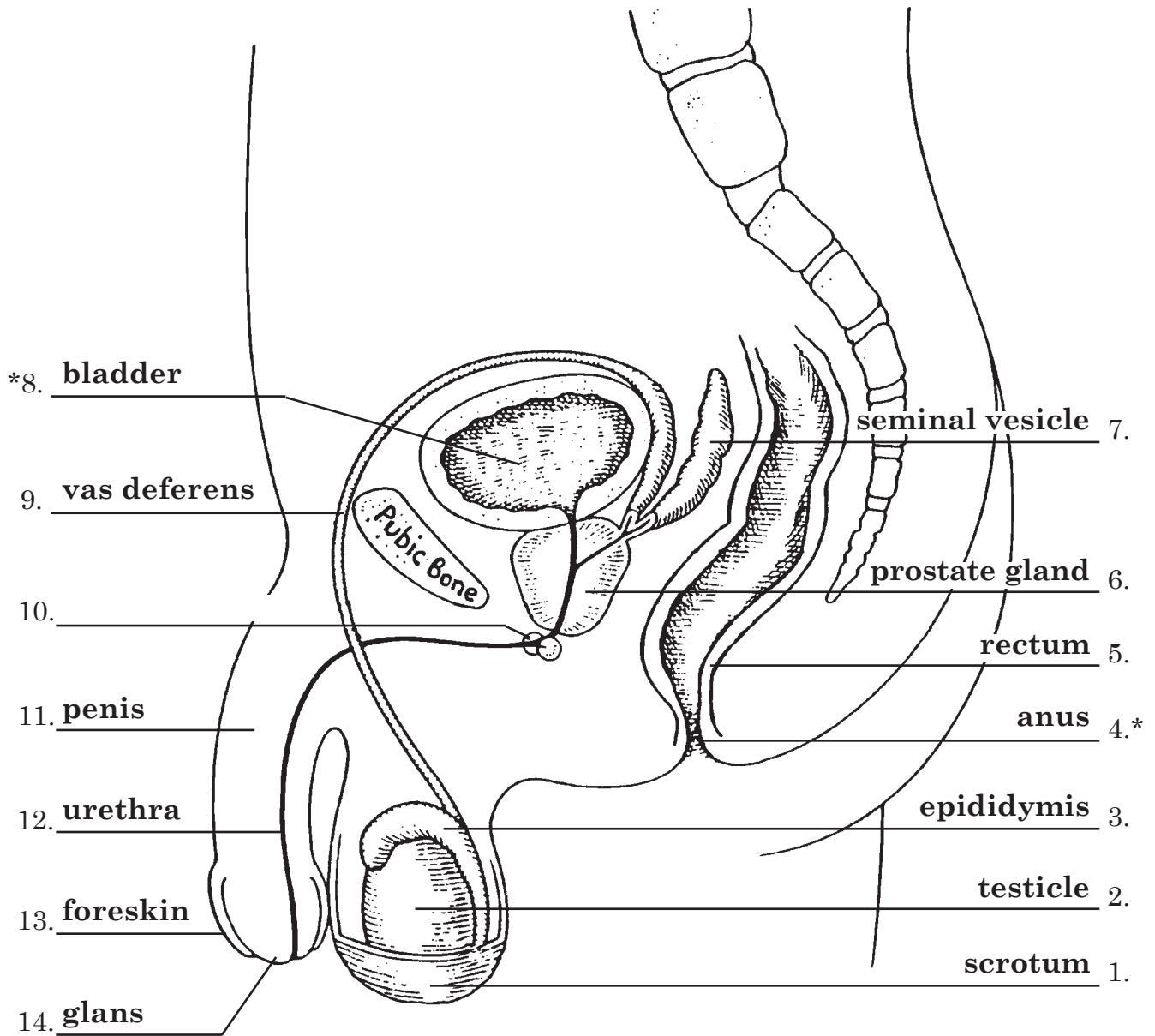
anus
bladder
cervix
clitoris

fallopian tube
inner labia
outer labia
hymen
ovary

rectum
urethra
uterus (womb)
vagina

*not part of the reproductive system

Male Reproductive System



anus
 bladder
 Cowper's glands
 epididymis

foreskin
 glans
 penis
 prostate gland

rectum
 scrotum
 seminal vesicle
 testicle

urethra
 vas deferens

*not part of the reproductive system

Reproductive Systems and Health Issues Review

Matching:

Choose the term listed in Column B that fits each description in Column A. Write the letter next to the correct number.

Column A

- ___ 1. male sex glands that produce sperm and the hormone testosterone
- ___ 2. group of organs involved in reproduction
- ___ 3. male organ through which the male urinates and semen is released
- ___ 4. joining of a sperm and an ovum
- ___ 5. the time from one menstrual period to the next
- ___ 6. male sex cell
- ___ 7. passing on of traits from parents to their children
- ___ 8. chemicals that produce physical and emotional changes in the body
- ___ 9. choosing not to have sex until you are married
- ___ 10. reproductive organs located on the outside of the body

Column B

- a. abstinence
- b. fertilization
- c. genitals
- d. heredity
- e. hormones
- f. menstrual cycle
- g. penis
- h. reproductive system
- i. sperm
- j. testicles

Multiple Choice:

- ___ 11. Which of the following is not one of the physical changes of puberty?
 - a. interest in the opposite sex begins
 - b. underarm and pubic hair appear
 - c. boys' voices become lower
 - d. girls develop breasts
- ___ 12. Proper care of the male reproductive system includes:
 - a. a daily shower
 - b. protection during sports
 - c. comfortable clothing
 - d. all of the above
- ___ 13. Which of the following is a normal function of the female reproductive system?
 - a. vaginal infections
 - b. menstruation
 - c. cancer of the cervix
 - d. premenstrual syndrome
- ___ 14. Which of the following is not a developmental task of adolescence?
 - a. becoming more independent
 - b. beginning a family
 - c. learning how to solve problems
 - d. developing a set of values
- ___ 15. Reasons teens become sexually active include:
 - a. low self-esteem
 - b. can't make up own mind, so others decide for you (peer pressure)
 - c. lack of self-control
 - d. all of the above
- ___ 16. If you limit your exposure to the sun, you
 - a. increase your risk of skin cancer.
 - b. damage your skin.
 - c. age your skin rapidly.
 - d. protect your skin from harm.
- ___ 17. Which of the following should be watched regularly for signs of cancer?
 - a. cervix and breast
 - b. testicles
 - c. skin
 - d. all of the above

Consequences of Teen Pregnancy

Life Goal: Part A

Write a goal you have set for yourself for five years from now.

Life Goal: Part B

Would your life goal change if you became a teen parent? How would it change?

Life Goal: Part C

List some of the added challenges that you might face while trying to reach your goal.

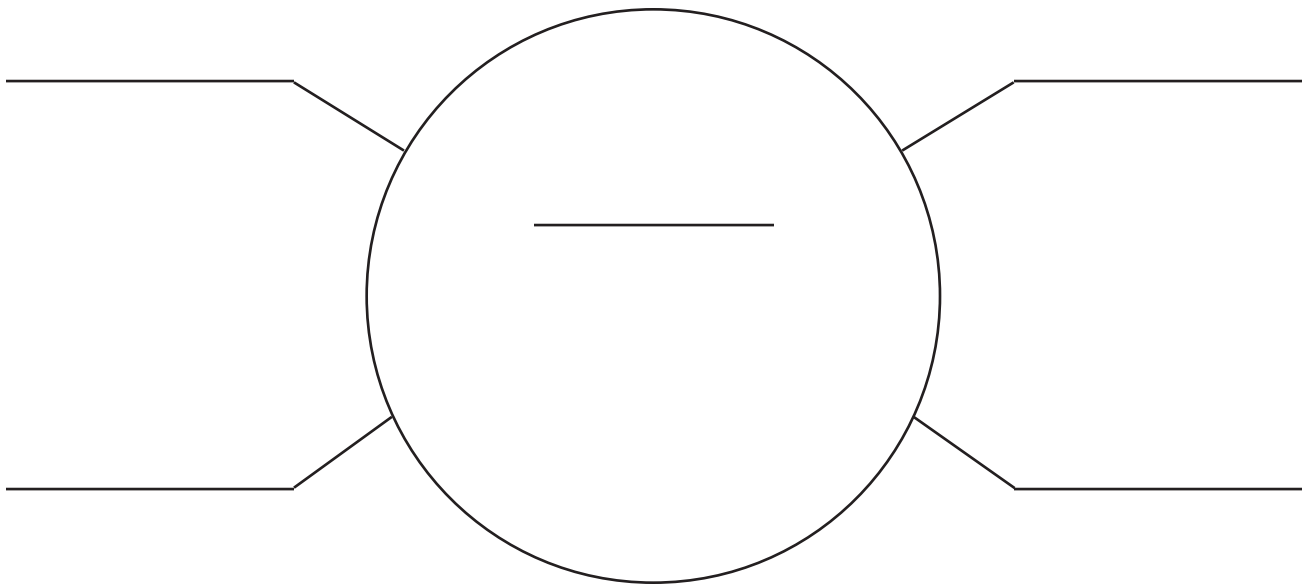
NOTES

DISCUSSION QUESTIONS

1. What are the consequences of having sex before marriage?

2. What is the only 100% certain way to prevent pregnancy?

Consequences of Teen Pregnancy



Parent Signature _____

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 – someone who is infected with a pathogen but has no symptoms of disease.

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

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

communicable – able to be spread 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 – fluid flowing out of a body opening.

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

genital herpes – an STD 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 cluster of tissue usually seen on the genitals or near the anus.

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

Hepatitis B – a viral infection which can result in long-term damage to the liver and can cause death. There is no cure for this disease, but it can be prevented through immunization.

Herpes Simplex II – the virus that causes genital herpes.

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

immune – protected from the disease by the body's defense system.

infectious – capable of spreading a disease to others.

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

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 infection that involves the female reproductive system and can cause sterility.

pubic lice – a type of parasite white infects the pubic area.

scar tissue – thick, inflexible tissue that the body forms to replace damaged tissue.

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

sterile – infertile, unable to have children.

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

syphilis – a bacterial infection with three stages that if untreated may result in heart disease, insanity, and death.

trichomoniasis – an infection caused by a parasite (protozoa); spread by direct or indirect sexual contact.

Veneral Disease (VD) – a disease spread through sexual contact.

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

virgin – a person who has never had sexual intercourse.

Testing Your Knowledge of STDs

Do you know the facts about STDs? Indicate whether each statement is true or false.

- _____ 1. A person can be infected with more than one STD at a time.
 - _____ 2. Once cured of an STD a person cannot be infected again.
 - _____ 3. If the symptoms of an STD disappear, it means the disease is cured.
 - _____ 4. Some STDs can be successfully treated or cured.
 - _____ 5. Certain STDs can be passed on to newborn babies if the mother is infected.
 - _____ 6. Symptoms or signs of certain STDs are less noticeable sometimes even nonexistent especially in females.
 - _____ 7. A woman should have a Pap smear to test for cervical cancer.
 - _____ 8. The best way to prevent contracting an STD is to abstain from sexual contact.
 - _____ 9. Treatment for STDs is available at public health clinics and is confidential.
 - _____ 10. Genital herpes can only be spread to another person when the blisters are present.
 - _____ 11. There are treatments available to remove genital warts.
 - _____ 12. Herpes Type I, the cold sore, can be transmitted to the genital area even though it is not an STD.
 - _____ 13. Herpes Type II, genital herpes, can be transmitted to the mouth by direct contact.
 - _____ 14. Pain and discomfort are always present with a sexually transmitted disease.
 - _____ 15. Many STDs inflict permanent, lifelong physical damages, whether they are curable or not.
-

Common Warning Signs of STDs

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

Seek medical attention if any of these problems occur.

Sexually Transmitted Disease Chart

B = Bacteria A = Antibiotics P = Parasite V = Virus NC = No Cure

Disease	Agent Incubation Period	Symptoms	Diagnosis	Consequences
Chlamydia most common	bacteria 7-50 days	may have no symptoms	culture	sterility in both males and females
		Males Penile discharge Burning on urination Female slight vaginal discharge P.I.D.-fever, abdominal pain		
Gonorrhea “G.C.” “clap” “drip”	bacteria 2-8 days	may have no symptoms	culture	arthritis, heart disease, eye infections, blindness, sterility in males and females, blindness in newborns
		Males Penile discharge Burning on urination Female slight vaginal discharge P.I.D.-fever, abdominal pain		
Syphilis “syph,” “bad blood,” “the pox” Primary (1st stage)	bacteria 2-4 weeks	chancere (painless sore) enlarged lymph nodes	blood test	sterility in males and females
		6 weeks after the 1st stage		
Secondary (2nd stage)	3-20 years after 2nd stage	copper spots, hair loss, joint pain, sore throat	antibiotics	sterility in males and females
Tertiary (3rd stage)		heart damage, seizure disorder, symptoms of mental illness		If untreated, death will occur. fetus: rashes, damage to bones, liver, blood vessels, lungs, death

Sexually Transmitted Disease Chart

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

Disease	Agent Incubation Period	Symptoms	Diagnosis	Consequences
Genital Herpes Type II	virus	blister formation, muscle aches, enlarged lymph nodes, fever, headaches	culture	not life threatening premature labor fetus: death, brain damage
	weeks to years		Treatment	
Genital Warts	direct or indirect contact	painless flat white patches to clusters of tissues	NO CURE	recurrence of warts cancer of penis in males cancer of cervix in females baby: growth on vocal cords
	virus (H.P.V.)		Diagnosis	
	1-3 months to years		by symptoms visual inspection biopsy	
Hepatitis B	virus (H.B.V.) 3 weeks to 6 months	fever, dark urine, fatigue, jaundice, nausea/vomiting, weight loss	Treatment	can be a carrier liver damage or cirrhosis cancer of liver death baby: carrier/cancer of liver
			chemical laser freezing surgery	
			Diagnosis	
			Treatment	
			NO CURE treat symptoms	

Sexually Transmitted Disease Chart

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

Disease	Agent Incubation Period	Symptoms	Diagnosis	Consequences
Pubic Lice "crabs"	parasite (insect) direct or indirect contact	itching	visual inspection <hr/> Treatment special lotion or shampoo treat environment	none
Trichomoniasis "trich"	parasite (protozoa) direct or indirect contact weeks to months	burning on urination, vaginal itching or burning, bad odor from genitals, discharge (frothy, green), painful intercourse	Diagnosis smear <hr/> Treatment flagyl for both partners	can be a carrier

AIDS Vocabulary

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

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

antibody – a protein that is produced by white blood cells. Antibodies help the immune system neutralize or destroy the invading pathogens.

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

HIV-Infected – the stage at which a person is infected with the AIDS virus. Symptoms are not visible, but the virus is in the body. A person will test positive three to six months after being infected.

immune – protected from or resistant to disease.

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

T-Cells – white blood cells that identify and attach to invading pathogens. In AIDS the number of T-cells is dramatically decreased.

transmitted – to be passed from one person to another.

Stages of HIV

Left untreated, HIV progresses in **3 STAGES**:

1. _____

2. _____

3. _____

AIDS Facts and Myths

Identify each fact by circling fact and each myth by circling myth in the column at the left.

- | | | |
|------|------|---|
| fact | myth | 1. HIV weakens the body's immune system. |
| fact | myth | 2. Injecting drugs with infected needles can spread HIV. |
| fact | myth | 3. Unborn babies can get HIV from their mothers. |
| fact | myth | 4. There is nothing people can do to avoid getting HIV. |
| fact | myth | 5. There is no cure for AIDS. |
| fact | myth | 6. People can catch HIV from infected mosquitoes. |
| fact | myth | 7. One way to get HIV is by donating blood. |
| fact | myth | 8. Carriers can spread HIV even though they show no signs of the disease themselves. |
| fact | myth | 9. There is no way to determine if a person has HIV by looking at them. |
| fact | myth | 10. Being infected with HIV makes it possible for other pathogens to attack the body. |
| fact | myth | 11. Shaking hands with an AIDS patient can spread the disease. |
| fact | myth | 12. One way to get AIDS is to touch something an AIDS patient has touched. |
| fact | myth | 13. Saying "no" to sexual relations is a good way to avoid getting infected with HIV. |
| fact | myth | 14. The blood used for transfusions during operations today has been tested and probably doesn't contain HIV. |
| fact | myth | 15. HIV can be transmitted to another individual through minute cuts or openings in the skin. |

Adapted from Teen Health, Activity 52 and Sexuality and STDs.

Thinking About AIDS

Answer the following questions in the spaces provided.

1. How does HIV differ from the disease AIDS?

2. If an AIDS virus carrier does not show the symptoms of the disease, how would he or she know the virus was present?

3. Why is a person who takes illegal drugs by IV needle at risk of getting the AIDS virus, while a person who gives blood through an IV needle is not at risk?

4. Why is it important for people who think they might be infected with HIV to have a second blood test even if the first test was negative?

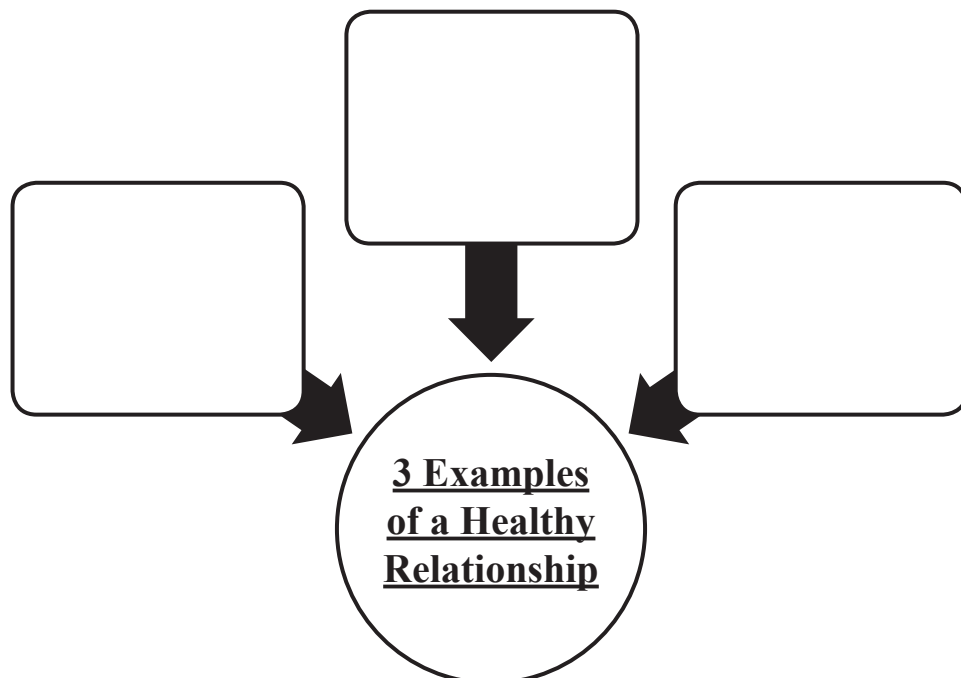
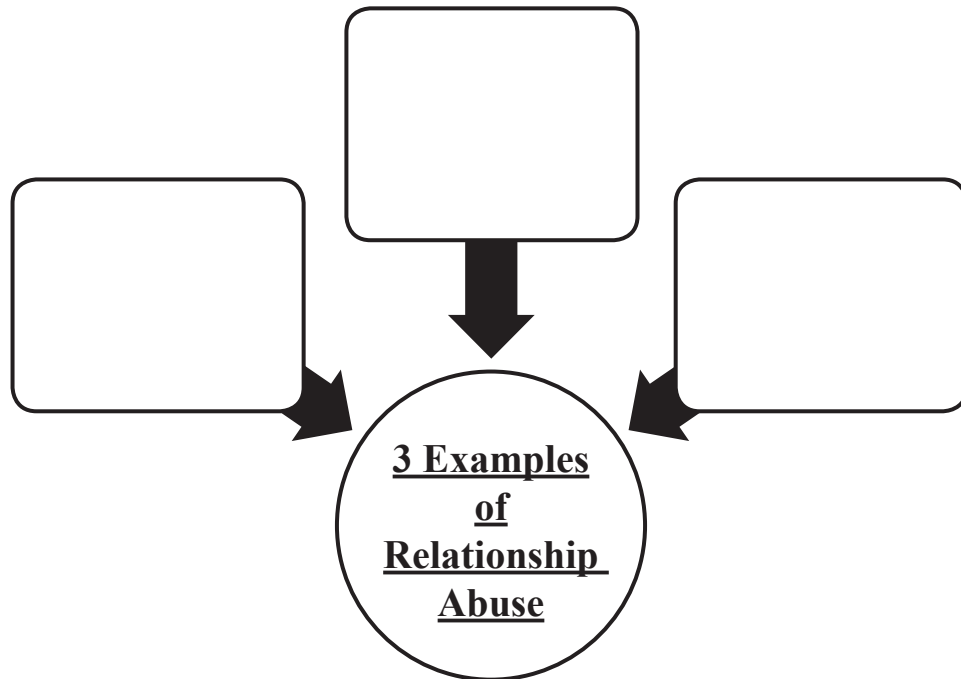
5. Explain why an opportunistic infection attacks the body of a person with AIDS.

6. How do you think that teaching the public about AIDS will help prevent its spread?

Source: Teen Health

Dating Abuse ↔ Relationship Abuse

Dating violence is a pattern of emotional, verbal, sexual or physical abuse used by one person in a current or past intimate relationship to exert power and control over another when one or both of the partners is a student.



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

Help Is Available

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

Walk in testing and treatment is available, however we recommend you call for an appointment. To get an appointment call 863-519-7910.

- Auburndale Health Clinic
- Bartow Specialty Care Clinic
- Haines City Health Clinic
- Lakeland Health Clinic
- Lake Wales Health Clinic

National Hotline Numbers for STDs and HIV

STDs/STIs: 1-800-227-8922

HIV/AIDS: 1-800-232-4636

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If you need help and information about Teen Dating Violence and Abuse:

Hotlines for 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**

**Other numbers:
Safe Haven for Newborns: 1-877-767-2229**



POLK COUNTY
PUBLIC SCHOOLS

STUDENTS FIRST