

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
6th Grade Girls: R.N.**

Revised: 2019

NURSE LESSONS PERFORMANCE OBJECTIVES

6th Grade Girl Lessons

Changes: Becoming a Woman

The student should be able to:

1. explain the relationship between hormones and the beginnings of puberty
2. recognize the terminology associated with the female reproductive and excretory systems
3. summarize the process of menstruation

Opposite Sex: Boys Lesson to Girls

The student should be able to:

1. list three physical changes boys go through during puberty
2. name the male sex glands
3. name the male sex cell

Fetal Growth and Development

The student should be able to:

1. name the two cells needed for fertilization and development to occur
2. describe the function of the placenta during fetal development
3. recognize the importance of a healthy lifestyle and its relationship to the positive outcome of pregnancy

The Body Fights Disease: AIDS and the Immune System

The student should be able to:

1. identify the immune system as the body's defense against pathogens
2. explain how HIV/AIDS impacts the immune system
3. describe ways HIV is transmitted and ways it is not transmitted

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.

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

fallopian tubes – the tubes through which the ova (egg cells) travel on the way to the uterus.

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

lining of the uterus – (endometrium) a soft spongy layer of blood cells inside the uterus which is shed during menstruation.

menstrual cycle – the time from the beginning of one menstrual period to the beginning of the next.

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

ovaries – the female sex glands which contain the 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 produces the growth hormone and also 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.

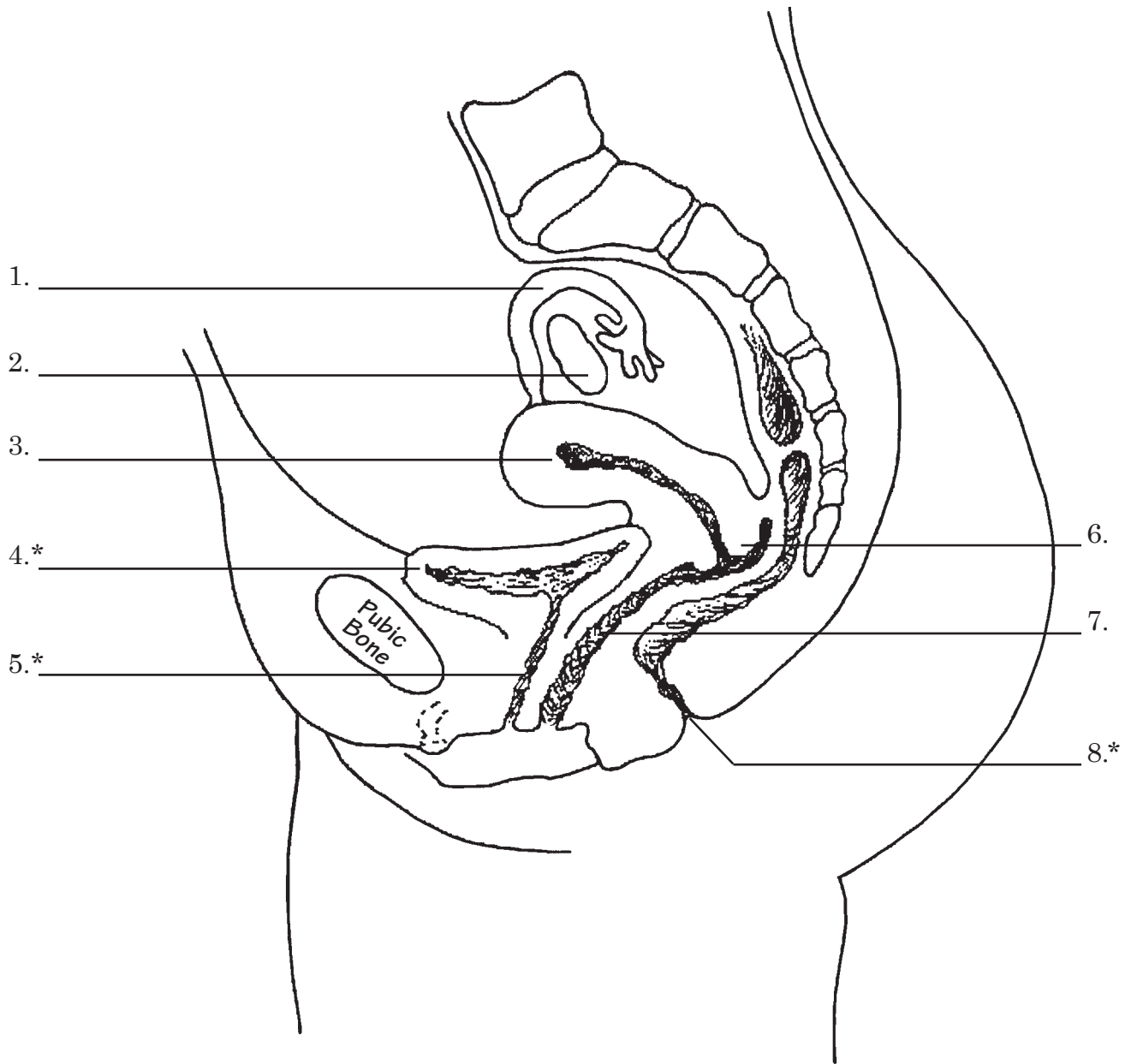
reproduction – the ability to physically produce a baby.

urine – liquid waste that is stored in the 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



anus
bladder
cervix

fallopian tube
ovary

urethra
uterus
vagina

***not part of the reproductive system**

Female Reproductive System Review

1. The stage of development between childhood and adulthood which includes physical, emotional, and social changes:

2. The period of life during adolescence when one becomes capable of reproduction:

3. The female sex cell: _____
4. The glands that release egg cells (ova) and produce the female hormones (estrogen and progesterone):

5. Female egg cells begin to mature during this time of life: _____
6. The release of a mature egg cell from an ovary: _____
7. The female sex glands: _____
8. The normal periodic shedding of the lining of the uterus: _____
9. The egg cell travels through the fallopian tube to the: _____
10. The hollow pear-shaped organ in which a baby grows and develops during pregnancy:

11. The passageway that leads from the uterus to the outside of the body: _____
12. Not taking part in any high-risk behaviors such as sexual activity or drug use, including alcohol and tobacco:

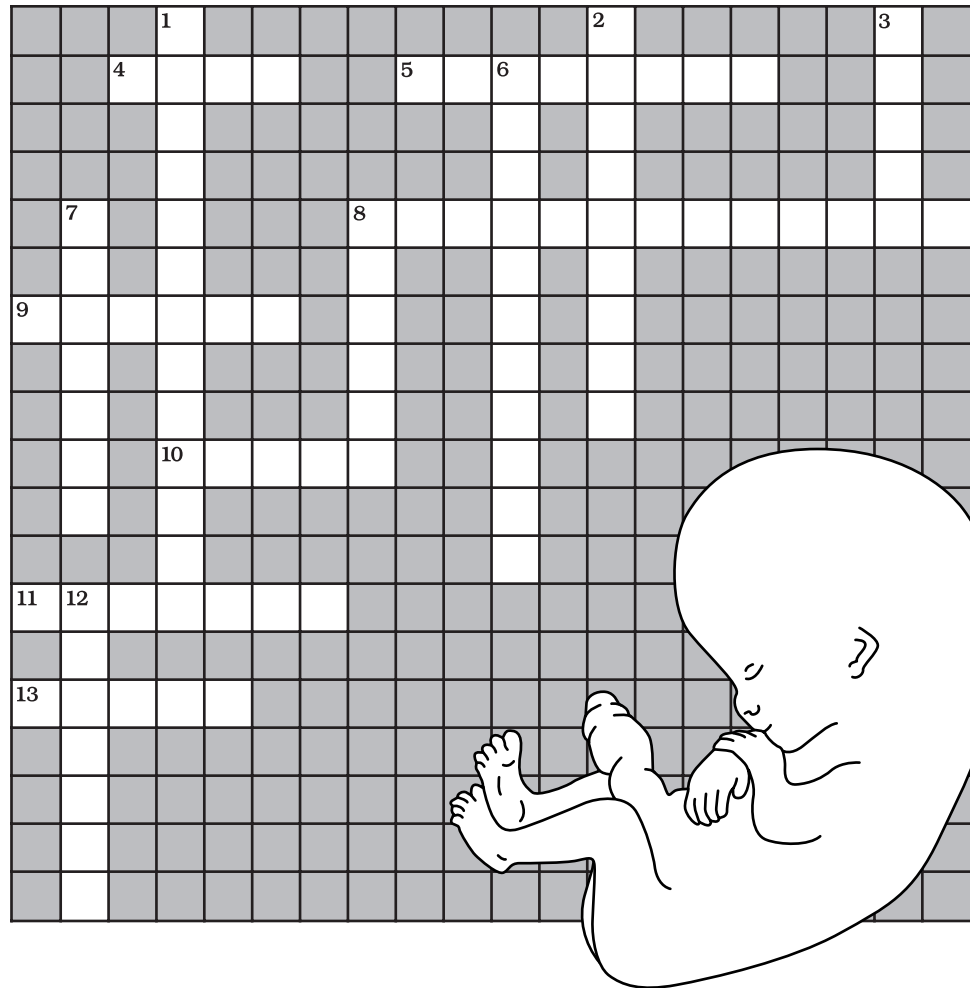
Some of these terms may be used more than once:

abstinence	ovaries	puberty
adolescence	ovulation	uterus
menstruation	ovum (egg cell)	vagina

Reproduction Puzzle

WORD LIST

amniotic sac
fallopian tube
labor
male
ovaries
penis
placenta
puberty
testicles
twins
umbilical cord
urethra
uterus
vagina



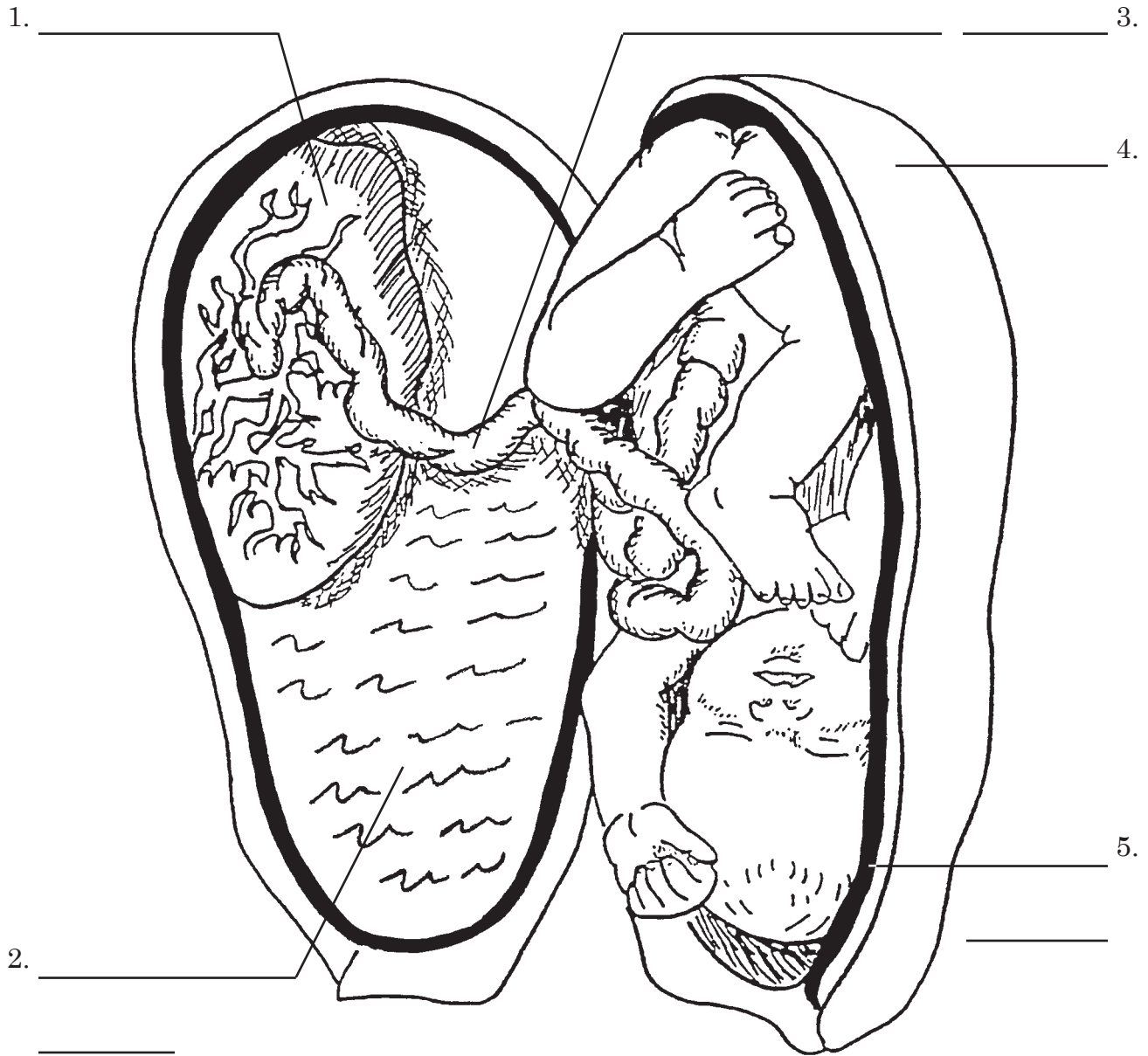
Across:

4. opposite of female.
5. organ through which materials are exchanged between mother and baby.
8. connection between the developing baby and the placenta.
9. passageway leading from the uterus to the outside of a girl's body.
10. two babies carried in the uterus at the same time.
11. period of life during which one becomes capable of reproduction.
13. male sex organ located outside the body.

Down:

1. tube through which the egg cell travels from the ovary to the uterus.
2. male sex glands which produce sperm cells and the hormone testosterone.
3. contractions of the uterus that bring about the birth of a baby.
6. thin membrane surrounding the developing baby.
7. female sex glands that release egg cells.
8. pear-shaped female organ in which a baby grows and develops.
12. tube through which urine leaves the bladder.

Fetus with Umbilical Cord and Placenta



amniotic fluid
uterus

umbilical cord
placenta

amniotic sac

Questions:

1. The 2 cells needed for fertilization are the _____ and the _____.
2. Materials are exchanged between the mother and the baby through which organ? _____
3. Name at least 3 healthy choices a pregnant woman can make: a. _____, b. _____, c. _____

Fetal Growth and Development Vocabulary

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

amniotic fluid – liquid surrounding the fetus as it develops inside the uterus.

amniotic sac – thin membrane surrounding the fetus throughout its development.

chromosomes – threadlike structures in the nucleus of a cell that carry genes (the codes for inherited traits).

contractions – tightening of the muscles of the uterus during labor.

C-section – operation in which the doctor cuts through the mother's abdomen and uterus to deliver the baby.

embryo – name given to a developing baby from the second week through the eighth week of growth.

fallopian tubes – the tubes through which the ovum (egg cell) passes on the way to the uterus; fertilization of the ovum (egg cell) occurs in one of these tubes.

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

fetus – name given to a developing baby from the 9th week through birth.

genes – basic units of heredity found in the chromosomes of all cells which carry the codes for individual traits.

implantation – attachment of the fertilized egg cell to the lining of the uterus.

labor – contractions of the uterus which bring about the birth of a baby.

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

placenta – organ through which materials are exchanged between the mother and the baby.

pregnancy – condition of having a developing embryo or fetus in the body.

sperm – male reproductive cell.

umbilical cord – connection between the fetus and the placenta.

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

vagina – the passageway leading from the uterus to the outside of the body through which a baby passes during birth.

IMMUNE SYSTEM and HIV/AIDS VOCABULARY

abstinence – refraining from any high-risk behavior such as tobacco, alcohol, drugs, and sexual activity.

acquired – passed from person to person. Not gotten genetically as are height and hair color.

AIDS – **A**cquired **I**mmune **D**eficiency **S**ndrome – a group of signs or symptoms that develop because the immune system can no longer provide protection from disease. Presently there is NO CURE for this disease.

antibiotics – medicines given to kill bacteria.

antibodies – substances made by the immune system which attach to pathogens and kill them; different antibodies are created for each pathogen that enters the body.

bacteria – one-celled living things that are the most common form of life on earth.

communicable/contagious – capable of being spread from one person to another.

deficiency – a lack of.

HIV – Human Immunodeficiency Virus: the virus that causes AIDS.

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

infection – invasion of the body by pathogens which may cause illness.

noncommunicable – disease caused by lifestyle or heredity.

opportunistic diseases – normally harmless diseases which take advantage of a weakened immune system, often causing death.

pathogens – viruses and bacteria that invade the body and may cause disease.

risk behaviors – certain actions which may lead to infection with HIV or HBV.

symptom – a change in the appearance or function of the body which may indicate presence of a disease.

syndrome – a group of signs or symptoms which, when they occur together, mean a person has a particular disease or condition.

T-Cells – white blood cells that recognize pathogens and team up with B-Cells to make antibodies.

transmitted – passed from an infected person to an un-infected person.

vaccination/immunization – the giving of medicine which activates the immune system to produce antibodies which fight viruses inside the body to prevent illness.

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

STAGES OF HIV

- 1. Acute HIV Infection**
- 2. Chronic HIV Infection**
- 3. AIDS**

IMMUNE SYSTEM and HIV/AIDS REVIEW

Knowing Health Terms and Concepts

- A. 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. the most common communicable disease | a. bacteria |
| ___ 2. one-celled pathogens found everywhere | b. cold |
| ___ 3. diseases caused by lifestyle or heredity | c. communicable |
| ___ 4. diseases spread from person to person | d. noncommunicable |
| ___ 5. smallest disease-causing pathogens | e. viruses |
| ___ 6. body changes that show disease is present | f. symptoms |

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

- ___ 7. HIV is deadly because it attacks the:
- | | |
|-----------------------|------------------------|
| a. circulatory system | c. nervous system |
| b. immune system | d. reproductive system |
- ___ 8. Human Immunodeficiency Virus (HIV) can be spread by:
- | | |
|--|--------------------|
| a. kissing | c. through the air |
| b. sexual contact (reproductive system fluids) | d. animals |
- ___ 9. HIV can be cured.
- | | |
|---------|----------|
| a. true | b. false |
|---------|----------|
- ___ 10. HIV can be spread by:
- a pregnant female infected with HIV can pass the disease to her baby.
 - a person infected with HIV can give it to another through sexual contact.
 - a person infected with HIV can give it to another through sharing needles.
 - all of the above
- ___ 11. Which of the following statements is true about HIV?
- HIV weakens the body's ability to fight germs.
 - HIV is passed from one person to another through the air.
 - a person can be infected with HIV but not show signs of the disease.
 - both a and c
- ___ 12. Diseases can be spread by:
- | | |
|-------------------------|------------------------------------|
| a. contact with animals | c. contact with an infected person |
| b. contact with a germ | d. all of the above |
- ___ 13. To protect yourself and others from colds and flu, you should:
- | | |
|-----------------------------------|------------------------|
| a. wash your hands | c. stay home when sick |
| b. cover your mouth when coughing | d. all of the above |



POLK COUNTY
PUBLIC SCHOOLS

STUDENTS FIRST