

PARENTS IN THE KNOW

GROWING UP

Lesson Facts:

- Changes are normal in a teen during puberty.
- During puberty, physical changes that take place in a young man or woman, prepare them to eventually participate in creating a new life.
- Practicing hygiene habits are essential during puberty.
- It is important to recognize safety problems and know personal safety tips.

Within the Lesson:

- Students go through life changes, from birth to adulthood.
- Between childhood and adulthood we go through adolescence. Puberty is the beginning of adolescence and is the time our reproductive organs mature and start to function.
- The organ that starts puberty is in the brain. At the base of the brain is a small area called the hypothalamus. The hypothalamus sends a signal to the pituitary gland to start puberty. The pituitary is the control center of many glands in the body. It then sends hormones into the bloodstream that are carried to the sex glands or gonads in both males and females. Female sex glands are called ovaries. Male sex glands are called testes or testicles.

Lesson Vocabulary:

These reproductive vocabulary words were introduced and used in this lesson.

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|-----------------------|-------------|-------------------|
| • nocturnal emissions | • estrogen | • puberty |
| • ejaculation | • ovaries | • hypothalamus |
| • testosterone | • testicles | • pituitary gland |
| • seminal fluid | • hormones | |
| • abstinence | • gonads | |

Discussion Topics for Parents:

- What are some important choices you may have to make during adolescence? Do any of these choices have an effect on your future?
- Discuss with your student the importance of good hygiene and what they need to do to improve.
- Talk with your student about any safety concerns you may have; abductions, lures, authority figures, family passwords, safety tips and prevention.
- Discuss the right to privacy concerning your mind and body.
- Discuss Internet safety, sex texting, and pornography.

I have read and discussed this information with my child.

Student Name: _____

Parent/Guardian Signature: _____

Information compiled by Jordan School District, 7387 S. Campus View Drive, West Jordan, Utah 84084

References:

Glencoe Teen Health Course 2 (2009) Glencoe/McGraw Hill, Woodland Hills, California

Me, My World, My Future (1998) Teen-Aid, Spokane, Washington

PARENTS IN THE KNOW

HIV/AIDS

Lesson Facts:

- The relationship between HIV/AIDS is that HIV is the virus that causes AIDS.
- T-cells coordinate the body's response to infections.
- HIV kills the T-cell making it impossible for the immune system to fight HIV or other diseases.

Within the Lesson:

- HIV is the acronym for Human Immunodeficiency Virus. AIDS stands for Acquired Immune Deficiency Syndrome.
- Once the virus enters the body it goes to work on the body's immune system and attacks and kills the T-cells. T-cells are responsible for fighting viruses in the immune system. Over time, more and more T-cells are infected and destroyed. Because of this, the body loses its ability to fight diseases and infections. HIV can eventually develop into AIDS.
- There are various ways HIV can be transmitted. HIV can be transmitted through sexual intercourse with an infected person. HIV circulates in the bloodstream and other bodily fluids, such as semen and vaginal fluid. Using contaminated needles can transmit HIV. Illegal drug use, tattooing and body piercing can also transmit the virus. A pregnant mother can also transmit HIV to her child during delivery and through breast milk.
- HIV is NOT transmitted through hugging or shaking hands with an infected person. HIV is not transmitted by swimming in the same pool, or breathing the same air as an infected person. Donating blood at a medical facility or being bit by a mosquito does not transmit the HIV virus.
- Although HIV is still very dangerous, today it is considered a chronic and manageable disease.

Lesson Vocabulary:

These reproductive vocabulary words were introduced and used in this lesson.

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|-----------|-----------------|-----------------|
| • HIV | • infected | • abstinence |
| • AIDS | • vaginal fluid | • transmitted |
| • T-cells | • contaminated | • immune system |

Discussion Topics for Parents:

- Share with your student the information you first received about HIV and AIDS. Compare the information they have learned. What are some differences from then to now?
- Discuss with your student this quote... “When you have sex with somebody, it’s the same as having sex with everyone that he or she had sex with up to then...”

– C. Everett Coop

- Talk with your student about what you feel would be the best way to prevent her or him from contracting HIV.

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PREGNANCY, LABOR & BIRTH

Lesson Facts:

- Relive your own beginning by learning what happens during the 9 months of pregnancy from conception to delivery.
- A life begins when the sperm fertilizes the egg.
- Learn the stages of development during pregnancy.
- At the end of the 5th month the fetus is fully formed.
- Normally a baby is born through the process of labor and delivery.

Within the Lesson:

- The three stages of pregnancy are called trimesters.
- During each trimester, the baby develops specific characteristics that are part of the child's growth.
- During the first trimester, the embryo implants to the uterine lining. The placenta forms, and the heart starts to beat. By the end of the first trimester, all body parts are present, and all organs are functioning.
- During the second trimester, the baby weighs almost one pound and is approximately eleven inches long. The baby's sex is identifiable, and the heart can be heard. By the end of this trimester, it is common for the mother to feel movement and hiccups by the baby.
- The third trimester is when the baby is referred to as a fetus. Hearing is fully developed and the fetus can recognize its mother and father's voice. By the end of this trimester, the baby's lungs are fully functioning and ready for its first breath of air.
- During normal labor, the uterus contracts and expands, pushing the baby down into the birth canal.
- Delivery is complete when the fetus and placenta emerge from the mother's body.

Lesson Vocabulary:

These reproductive vocabulary words were introduced and used in this lesson.

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|----------------|--------------------|------------------|
| • uterus | • morning sickness | • placenta |
| • amniotic sac | • embryo | • umbilical cord |
| • trimester | • fetus | |
| • abstinence | • zygote | |

Discussion Topics for Parents:

- Share with your student how your pregnancy progressed with them.
- What did your mother crave during her pregnancy?
- What happened during the labor and delivery of your child?
- What role does the media play in portraying teen pregnancy?
- Discuss cesarean section births.
- Discuss the process of adoption.

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REPRODUCTIVE SYSTEMS

Lesson Facts:

- Adolescence is an opportune time for young men and women to become more knowledgeable about reproductive anatomy.
- There is personal responsibility that comes with a functioning reproductive system.
- Genetics contribute to an individual's inherited traits.

Within the Lesson:

- Learning the function and purpose of the reproductive systems in males and females.
- Discussion of menstrual cycle and ovulation in females.
- Explanation of sexual intercourse being a way for a married couple to show deep love and commitment to each other.
- Scientific terminology is required during this unit. Knowing and using these words will make it easier for students to participate.
- The responsibility that comes with reproductive maturity is discussed. With sexual maturity comes the ability to have children.
- The process of meiosis will be discussed along with genetics.

Lesson Vocabulary:

These reproductive vocabulary words were introduced and used in this lesson.

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|------------------|------------|--------------|----------------------|
| • responsibility | • ovary | • ovum | • hypothalamus |
| • progesterone | • estrogen | • gestation | • pituitary gland |
| • endometrium | • penis | • conception | • fallopian tube |
| • fertilization | • scrotum | • testicles | • menstruation |
| • sperm | • birth | • genes | • prostate gland |
| • chromosomes | • DNA | • ovulation | • sexual intercourse |
| • vagina | • cervix | • uterus | • vas deferens |
| • semen | • urethra | • gonads | • fimbriae |

Discussion Topics for Parents:

- Discuss any vocabulary words that make you feel uncomfortable.
- How do you feel about having the power to create a new life?
- What are some responsibilities that you will have to be concerned with as you go through puberty?
- Talk about hygiene needed during a girl's menstrual cycle.
- Share with your son or daughter your feelings about the importance of abstinence.

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PARENTS IN THE KNOW

SEXUALLY TRANSMITTED DISEASES

Lesson Facts:

- Sexual abstinence is the only 100% way to avoid STD's.
- The consequences of being sexually active before marriage: pregnancy, STD's and/or emotional trauma are discussed.
- STD's can have short and long term consequences on your mental and physical health.
- The more sexual contacts a person has, the more likely he or she is to contract an STD.

Within the Lesson:

- Having information about STD's enables one to make the right choices about being sexually active.
- An STD can cause personal discomfort, embarrassment and pain.
- STD's can prevent individuals from having children or can lead to children being born with various problems.
- What consequences will affect the future if the decision is made to be sexually active?
- Sexual intercourse is a way of communicating genuine love and commitment.
- A commitment is a promise or pledge to give of oneself to another.
- Choosing to save yourself for marriage, and being faithful to your partner in marriage, is a choice.
- In marriage, a sexual relationship binds two people together. It is a special way couples can express their commitment to each other.
- Prevention begins with education about the disease. Having skills and knowledge to avoid contact with the agents that carry the disease is important.
- Tracking STD's through the state health departments by contact tracing, reporting all partners, and receiving appropriate treatment is a state law.

Lesson Vocabulary:

These reproductive vocabulary words were introduced and used in this lesson.

- | | | |
|----------------|--------------|-------------------------|
| • transmission | • gonorrhea | • herpes simplex |
| • prevention | • monogamous | • human papilloma virus |
| • intervention | • chlamydia | • genital warts |
| • symptoms | • syphilis | • pubic lice |

Discussion Topics for Parents:

- What other negative consequences, besides contracting STD's, can come with being sexually active before marriage.
- Have your student explain some consequences of sexually transmitted diseases.
- Discuss personal goals, short term and long term. How would these goals be affected by contracting an STD?
- What effect does the media have on the perception of abstinence?

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