

**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: R.N.**

Revised: 2022



# NURSE LESSONS PERFORMANCE OBJECTIVES

## 6th Grade 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

### **Changes: Becoming a Man**

The student should be able to:

1. explain the relationship between hormones and the beginnings of puberty
2. recognize the terminology associated with the male reproductive and excretory systems
3. describe the formation and release of semen

### **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

## Reproductive System Vocabulary – General

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

**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.

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

**pituitary gland** – (master gland) the gland that produces the growth hormone and also produces a hormone that stimulates the reproductive organs to begin functioning.

**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.

## Reproductive System Vocabulary – Female

**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.

**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.

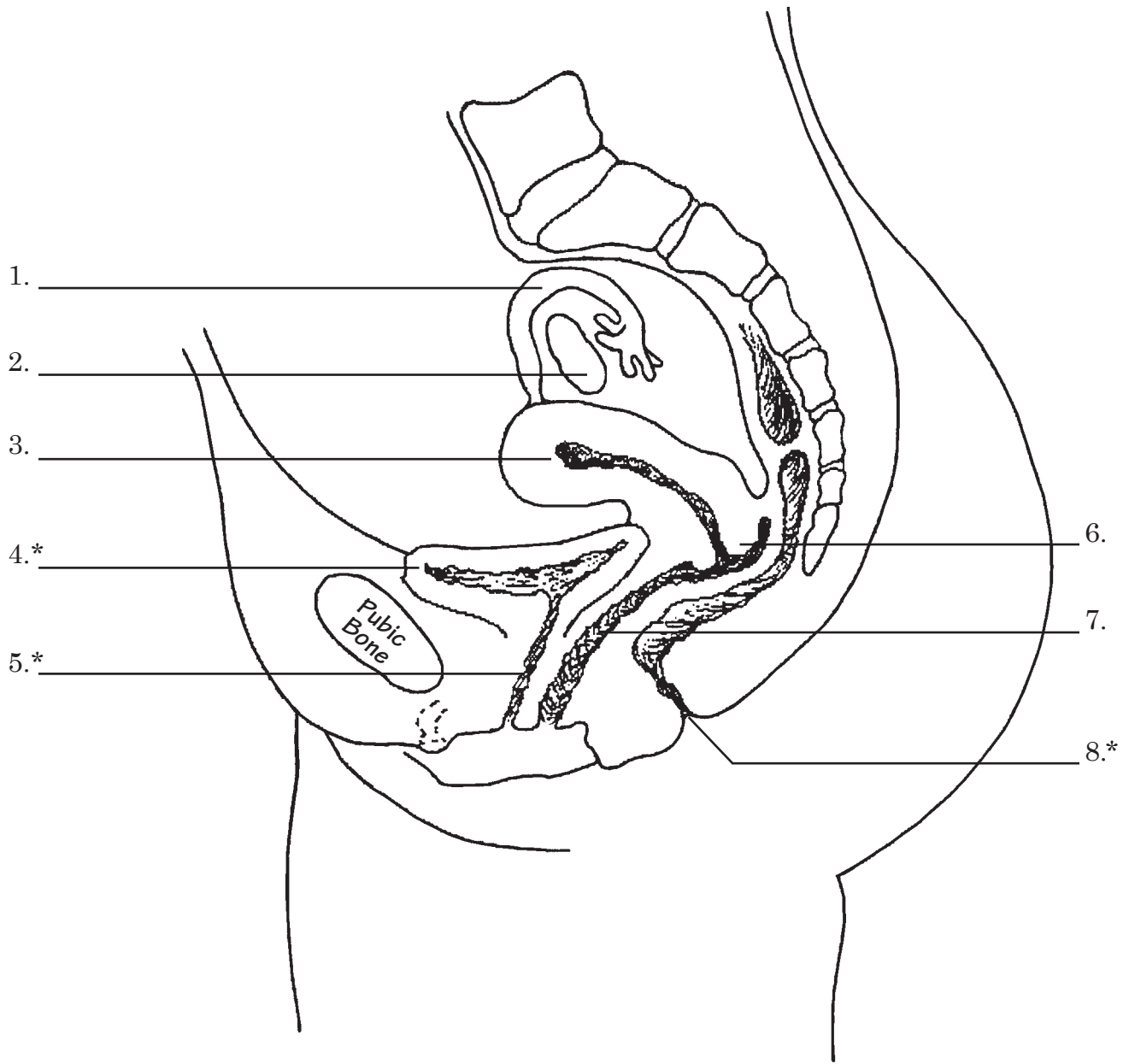
**ovum** – the female sex cell (egg cell); (plural: ova).

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

**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



\*not part of the reproductive system

anus

bladder

cervix

fallopian tube

ovary

urethra

uterus

vagina

## Reproductive System Vocabulary – Male

**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.

**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.

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

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

**prostate gland** – a gland located near the bladder which secretes prostate fluid.

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

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

**spermatozoa (sperm)** – the male sex cell.

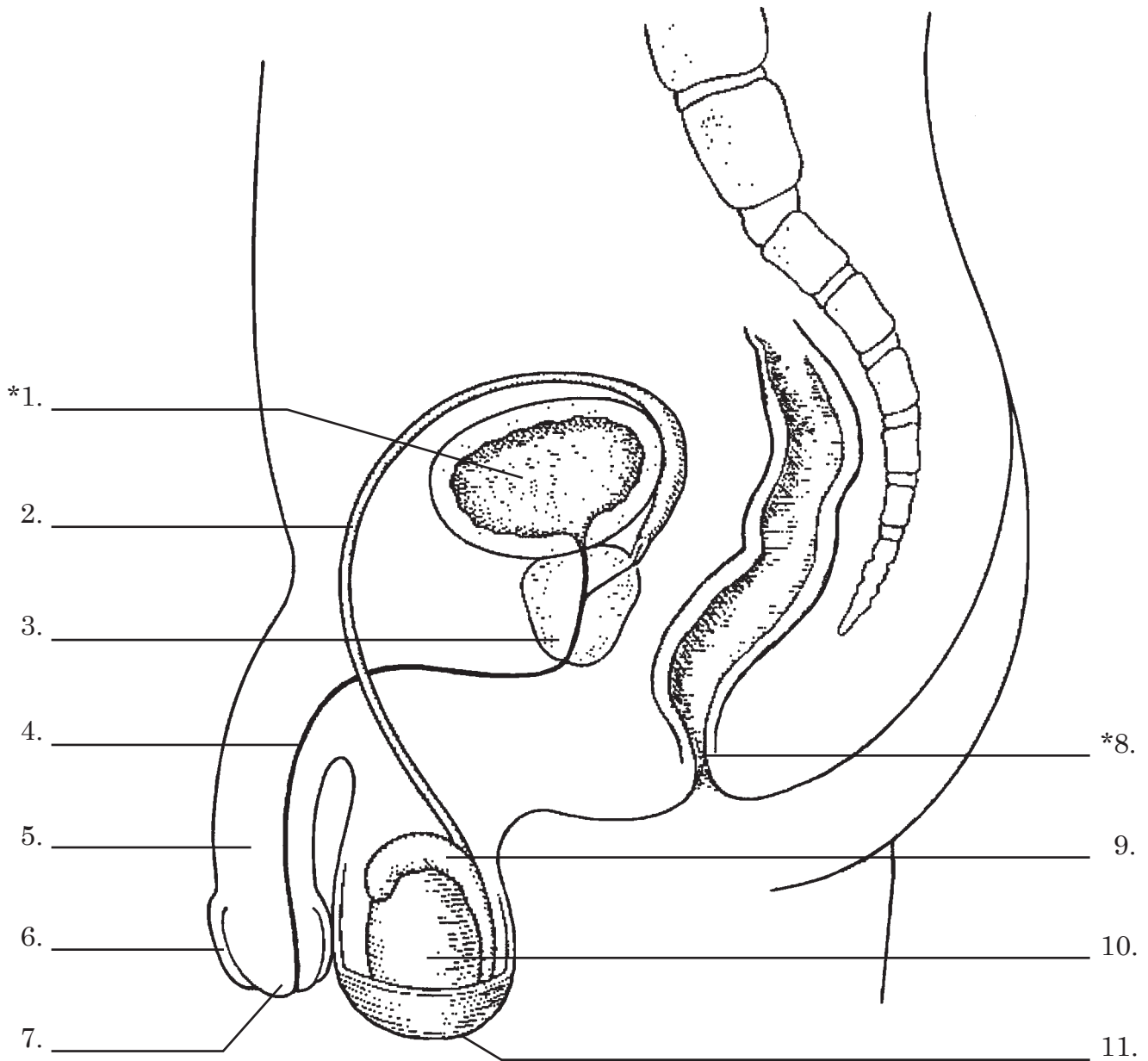
**testicles or testes** – the male sex glands which produce sperm cells and the hormone testosterone.

**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.

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

# Male Reproductive System



\*not part of the reproductive system

anus  
bladder  
epididymis  
foreskin

glans  
penis  
prostate gland  
scrotum

testicle  
urethra  
vas deferens

## General Puberty 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. Not taking part in any high-risk behaviors such as sexual activity or drug use, including alcohol, tobacco, or vaping:  
\_\_\_\_\_

## Female Reproductive System Review

1. The female sex cell: \_\_\_\_\_
2. The glands that release egg cells (ova) and produce the female hormones (estrogen and progesterone):  
\_\_\_\_\_
3. The release of a mature egg cell from an ovary: \_\_\_\_\_
4. The normal periodic shedding of the lining of the uterus: \_\_\_\_\_
5. The egg cell travels through the fallopian tube to the: \_\_\_\_\_
6. The hollow pear-shaped organ in which a baby grows and develops during pregnancy:  
\_\_\_\_\_
7. The passageway that leads from the uterus to the outside of the body: \_\_\_\_\_

## Male Reproductive System Review

1. The male sex cell: \_\_\_\_\_
2. The whitish fluid made in the male reproductive system that contains sperm:  
\_\_\_\_\_
3. Glands that produce sperm and the male hormone (testosterone):  
\_\_\_\_\_
4. The sac of skin that holds the testicles: \_\_\_\_\_
5. The hardening or stiffening of the penis: \_\_\_\_\_
6. The forceful release of semen from the penis: \_\_\_\_\_



## Fetal Growth and Development Vocabulary

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

**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.

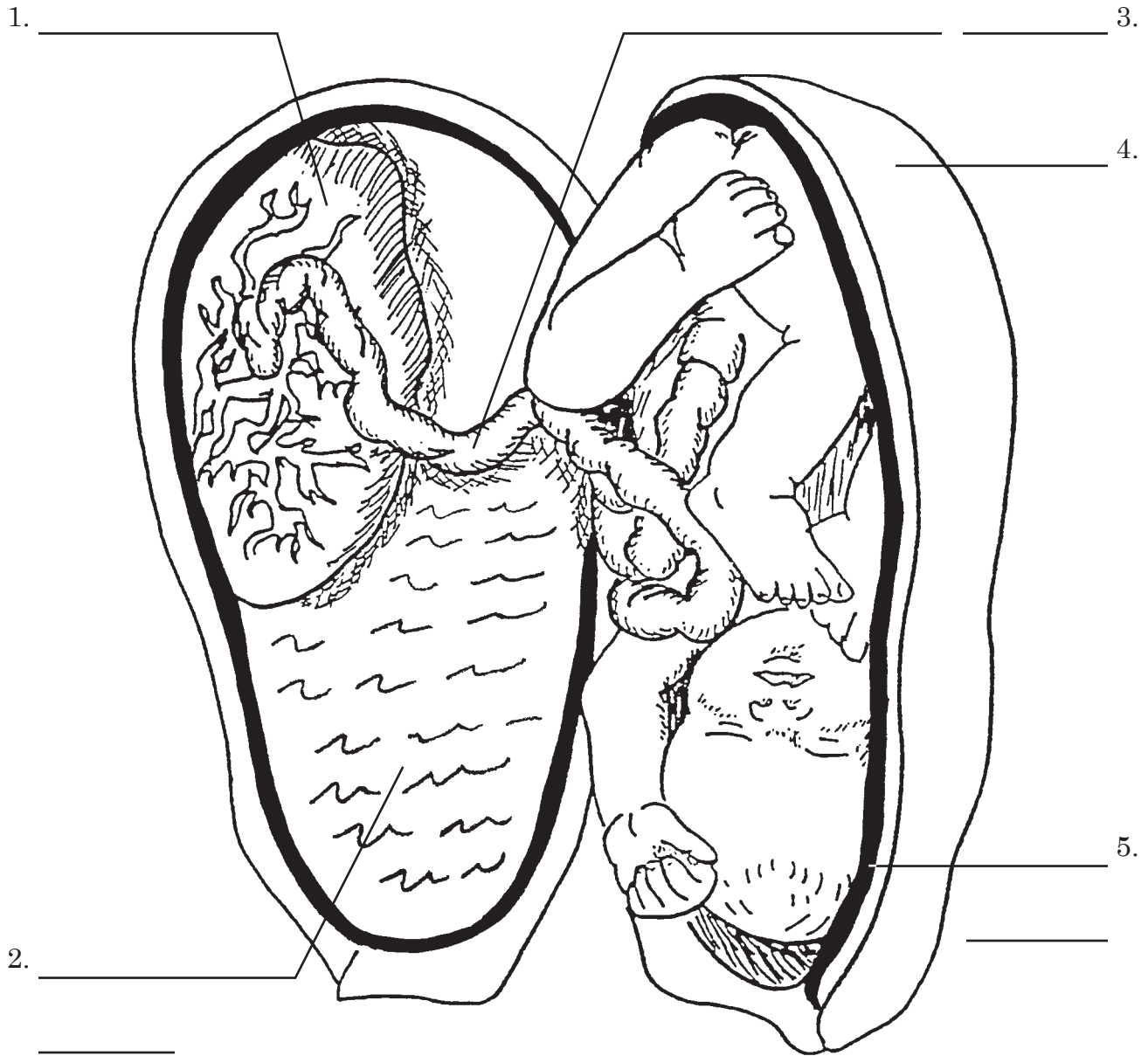
**spermatozoa (sperm)** – male reproductive cell.

**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.

## Fetus with Umbilical Cord and Placenta



amniotic fluid  
uterus

umbilical cord  
placenta

amniotic sac

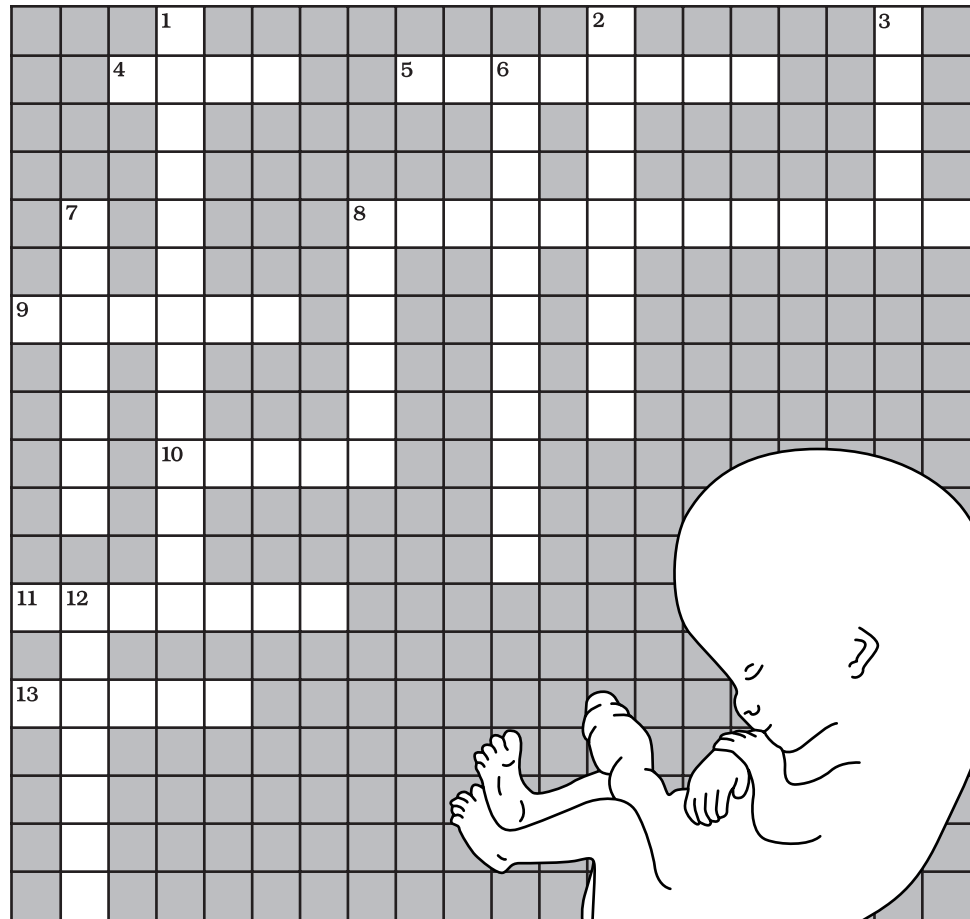
### Questions:

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. \_\_\_\_\_

# 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.

## **IMMUNE SYSTEM and HIV/AIDS VOCABULARY**

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

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

**AIDS** – **Acquired Immune Deficiency Syndrome** – 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.

**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.

**HBV** – Hepatitis B virus: the virus that causes the disease Hepatitis B.

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

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

**Non-communicable** – disease caused by lifestyle or heredity.

**Risk Behaviors** – certain actions which may lead to infection with HIV or HBV.

**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 uninfected person.

**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. a pregnant female infected with HIV can pass the disease to her baby.
  - b. a person infected with HIV can give it to another through sexual contact.
  - c. a person infected with HIV can give it to another through sharing needles.
  - d. all of the above
- \_\_\_ 11. Which of the following statements is true about HIV?
- a. HIV weakens the body's ability to fight germs.
  - b. HIV is passed from one person to another through the air.
  - c. a person can be infected with HIV but not show signs of the disease.
  - d. 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    |

# NOTES





**POLK COUNTY**  
**PUBLIC SCHOOLS**  
STUDENTS FIRST