

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Period \_\_\_\_\_

# Prevention Education Workbook High School



## **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.



# HIGH SCHOOL LESSON TOPICS

## **Lesson Title: The Reproductive System**

Lesson Objectives: Upon completing the lesson the student should be able to:

1. Identify the basic structures of the male and female reproductive systems.
2. Identify the relationship between knowledge of normal reproductive system and maintaining reproductive health.

## **Lesson Title: Understanding Pregnancy/Teen Pregnancy**

Lesson Objectives: Upon completing the lesson the student should be able to:

1. Associate how teen pregnancy could affect a person's life goals and cause problems for the baby and families involved.
2. Discuss the consequences of becoming a teenage parent and the roles the teenagers must assume.
3. List 3 physical changes and 3 common discomforts of pregnancy.
4. List three risks involved in pregnancy and birth for women under the age of 18.

## **Lesson Title: Family Planning**

Lesson Objectives: Upon completing the lesson the student should be able to:

1. Classify contraceptive methods under one of the following categories: mechanical, surgical, chemical, or natural.
2. Identify the factors that influence failure rates for various contraceptive methods.

## **Lesson Title: STDs/STIs**

Lesson Objectives: Upon completing the lesson the student should be able to:

1. Name at least 5 STDs/STIs.
2. Name at least three symptoms of STDs/STIs and if curable or not curable.
3. Identify two actions people should take if they think they have an STD/STI.
4. List ways to prevent the spread of STDs/STIs.

## **Lesson Title: HIV/AIDS**

Lesson Objectives: Upon completing the lesson the student should be able to:

1. Identify HIV as a virus that attacks the body's immune system.
2. Describe in simplified terms how HIV affects the immune system.
3. Identify the various stages of HIV infection (no symptoms to diagnosis of AIDS).
4. Identify physical, emotional, social and financial implications of HIV/AIDS.
5. Identify risk factors for acquiring HIV and ways for prevention.

## **Lesson Title: Teen Dating Violence and Abuse:**

Lesson Objectives: Upon completing the lesson the student should be able to:

1. Define dating violence and abuse.
2. identify common warning signs of dating violence and abusive behavior.
3. Discuss and identify characteristics of healthy relationships.
4. Discuss measures to prevent abuse and provide resources for assistance.

## REPRODUCTIVE SYSTEM: TEST YOUR KNOWLEDGE

### I. Sort the Following Terms: Male? Female?

CERVIX	HYMEN	TESTICLES
COWPER'S GLANDS	OVARIES	UTERUS
EPIDIDYMIS	PROSTATE GLAND	VAGINA
FALLOPIAN TUBES	SEMINAL VESICLES	VAS DEFERENS

MALE	FEMALE
1.	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

### II. Fill In the Blanks

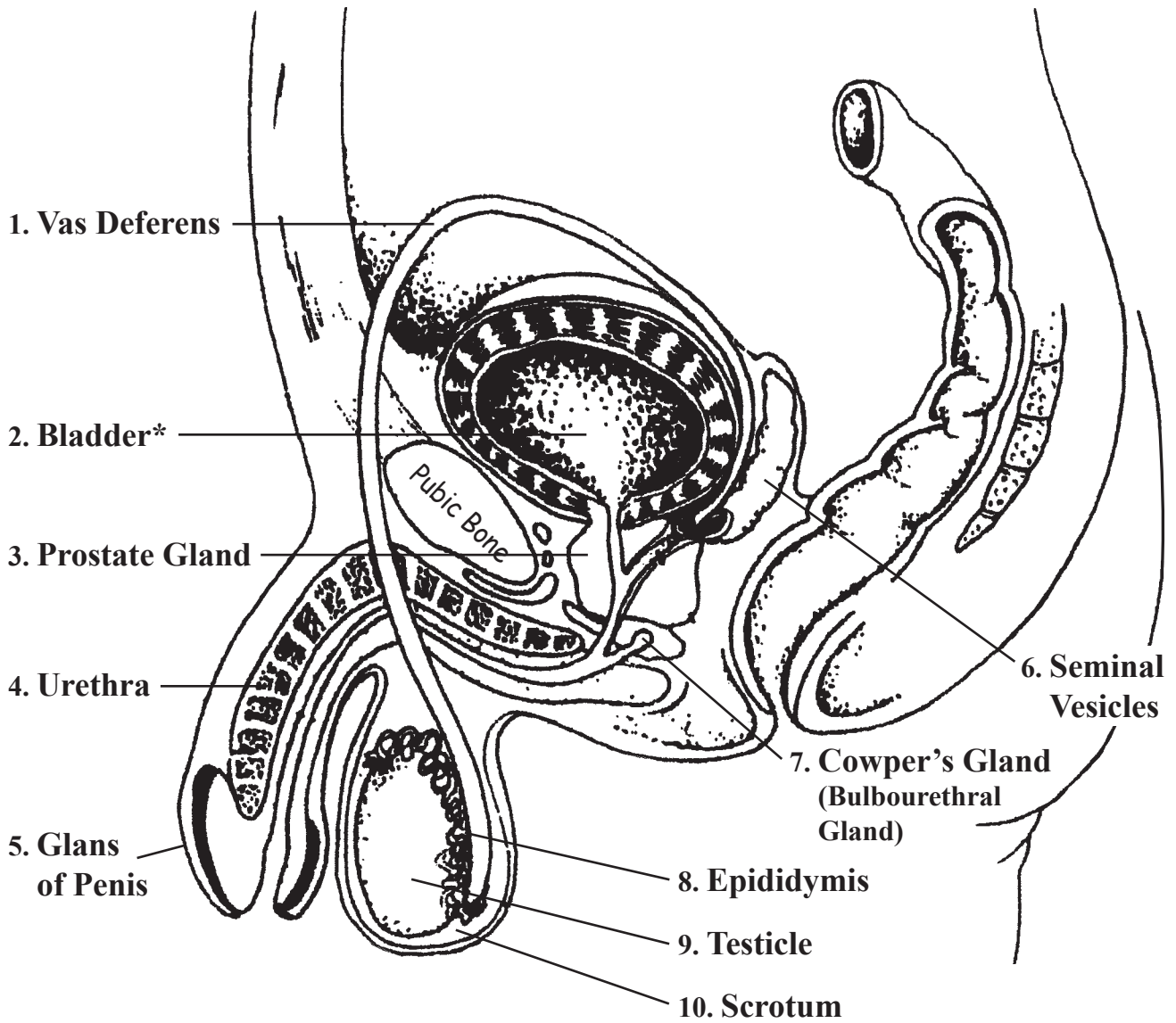
### WORD LIST

- |   |              |
|---|--------------|
| 13. The lower part of the uterus is called the _____. | Cervix       |
| 14. The ovaries and testicles are _____.              | Glands       |
| 15. The testicles produce _____ and _____.            | Sperm        |
| 16. The scrotum contains _____.                       | Testes       |
| 17. In men and women the _____ carries urine.         | Testicles    |
| 18. Another name for the testicles is _____.          | Testosterone |
|   | Urethra      |

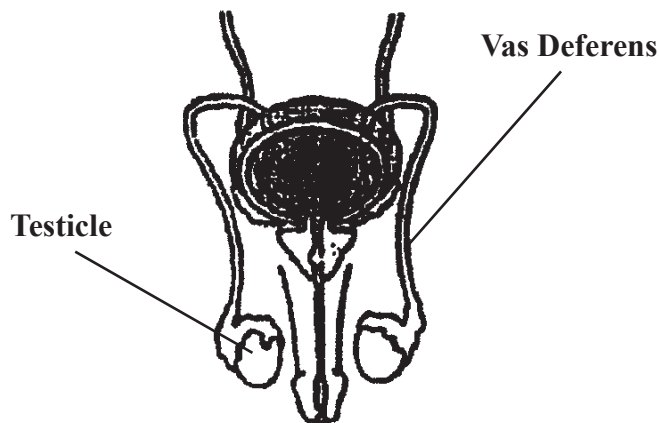
### III. Mark Each One True (T) or False (F)

19. \_\_\_\_ The ovaries release eggs and secrete hormones.
20. \_\_\_\_ The fallopian tubes carry eggs from the ovary to the vagina.
21. \_\_\_\_ The epididymis stores sperm.
22. \_\_\_\_ The scrotum helps to regulate the temperature of sperm because they are best produced at 1-2 degrees above body temperature.

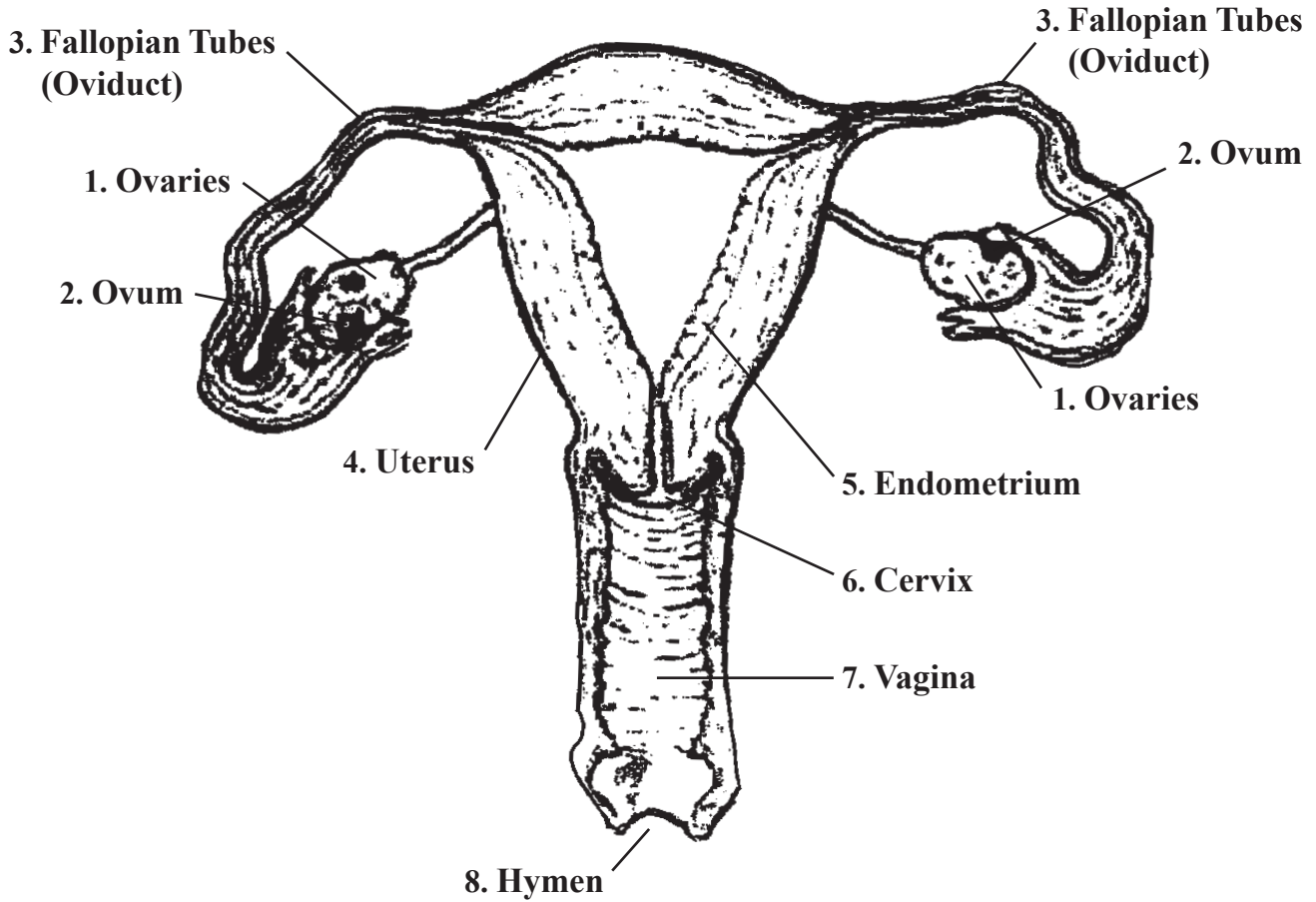
# MALE REPRODUCTIVE SYSTEM



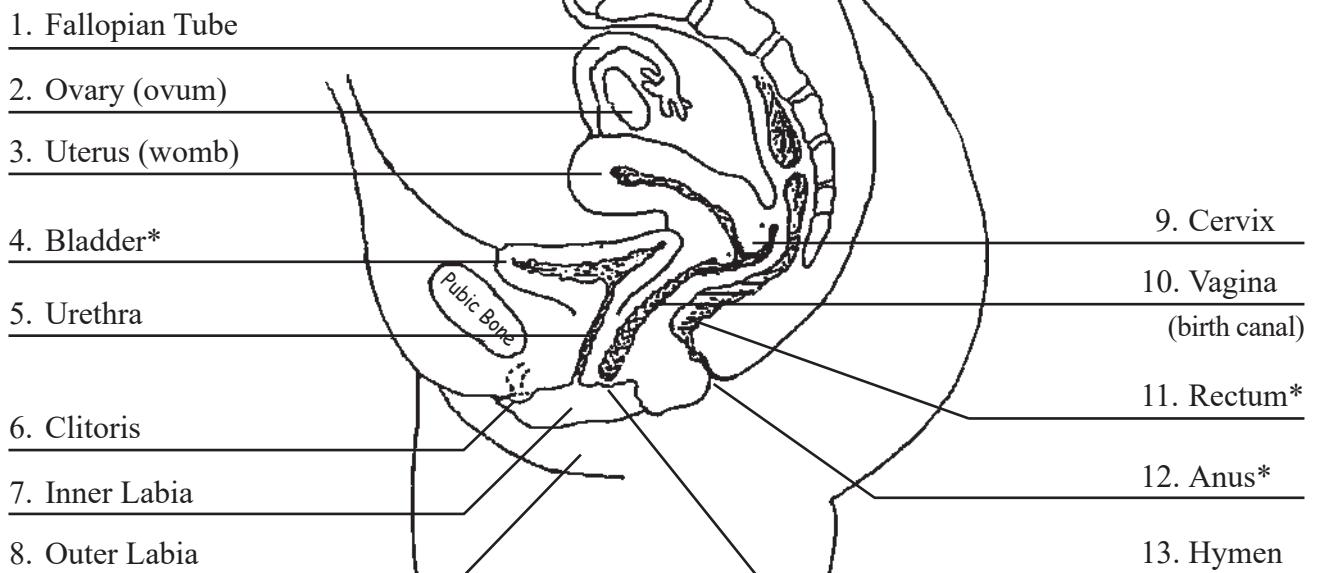
\*not part of the reproductive system



# FEMALE REPRODUCTIVE SYSTEM



## Side View of Female Reproductive System



\*not part of the reproductive system

# IT'S YOUR BODY: THE REPRODUCTIVE SYSTEMS

**anus** – both males and females; excretory opening of the rectum.

**bladder** – both male and females; muscular, sac-like organ which stores urine.

**cervix** – in females; narrow lower portion of the uterus.

**clitoris** – in females; a small highly sensitive organ between the folds of the inner labia and above the urethral opening which receives and transmits sexual stimulation.

**cowper's glands** – in males; a pair of small glands which open into the urethra and secrete a fluid which neutralizes any acid left by urine, thus allowing sperm to pass unharmed through the urethra.

**endometrium** – in females; the membrane lining of the uterus.

**epididymis** – in males; a long, narrow, winding tube, located in back of and above each testicle in which sperm are stored.

**estrogen** – primarily found in females; a hormone produced by the ovaries, which is responsible for the growth and function of the female sex organs and the development of secondary sex characteristics during puberty.

**fallopian tubes** – in females; two trumpet-shaped tubes, about four inches in length, which carry the eggs from the ovaries to the uterus.

**follicle** – in females; found inside an ovary; a mass of cells surrounding an immature egg.

**foreskin** – in males; the fold of skin which covers the glans.

**glans** – in males; the enlarged, rounded end of the penis (head of penis).

**hymen** – in females; a thin membrane stretched across the opening of the vagina.

**inner labia (minora)** – in females; the smaller, inner pair of soft folds of skin surrounding the opening of the vagina and urethra.

**outer labia (majora)** – in females; the larger, outer pair of soft folds of skin surrounding the opening of the vagina and urethra.

**ovaries** – in females; a pair of glands which release ova (egg cells) and secrete hormones (estrogen and progesterone); the female sex glands.

**ovum/ova** – in females; the egg cell; female sex cell.

**penis** – in males; the organ which contains the urethra through which urine or semen may pass.

**pituitary gland** – both males and females; the master gland; located in the brain; controls the functions of the other endocrine glands by secretion of a variety of hormones.

**progesterone** – in females; a hormone produced mainly in the ovaries and the placenta; responsible for preparing the lining of the uterus before, and maintaining it during pregnancy.

**prostate gland** – in males; a small gland at the base of the bladder which surrounds the urethra and adds alkaline secretions to semen.

**pubic bone** – both males and females; an oval-shaped bone, located in front of the bladder which serves to protect the reproductive organs.

**rectum** – both males and females; lower part of the large intestines where solid waste is stored.

**scrotum** – in males; the sac which holds the testicles.

**semen** – in males; the fluid made up of sperm, seminal fluid, and prostate fluid, which is ejaculated from the penis.

**seminal vesicles** – in males; a pair of organs attached to the vas deferens; they provide most of the liquid of semen.

**sperm** – in males; the male sex cell.

**spermatic cord** – a cord that suspends the testes within the scrotum, contains the vas deferens, vessels and nerves of the testes.

**testicles** – in males; a pair of glands which manufacture sperm cells and secrete a hormone (testosterone); the male sex glands.

**testosterone** – primarily found males; the principal hormone responsible for the production of sperm and development of male secondary sex characteristics.

**urethra** – both males and females; the tube which carries urine from the bladder to the outside of the body; in males it also carries semen.

**uterus (womb)** – in females; the pear-shaped muscular organ in which a fetus grows and develops; the shedding of the endometrium (lining of the uterus) comprises the menstrual flow.

**vagina** – in females; the muscular tube which leads from the cervix to the outside of the body.

**vas deferens** – in males; a pair of tubes leading from the epididymis to the urethra.

## BODYWORKS: MAKE IT TRUE

*Read each statement carefully. Circle the word(s) within the brackets to make a true statement.*

1. A female [ **should not** ; **can** ] swim during her period.
2. Wearing tight pants can [ **decrease** ; **increase** ] sperm production.
3. Breast size [ **does not affect** ; **affects** ] milk production in breastfeeding.
4. A male has a cleaner penis if he [ **is circumcised** ; **practices good hygiene** ].
5. Males can have erections [ **only after puberty** ; **at all ages** ].
6. Sperm are produced at [ **puberty** ; **birth** ].
7. All females have a menstrual cycle [ **every 28 days** ; **of various lengths** ].
8. It is [ **healthy** ; **unhealthy** ] to wait until marriage for sex.
9. [ **All** ; **Some** ] females have premenstrual syndrome (PMS).
10. [ **The penis** ; **The testicles** ] produce sperm.
11. A female [ **can** ; **cannot** ] get pregnant before her first period.
12. A female can ovulate [ **more than once** ; **only one time** ] a month.
13. Males have erections [ **throughout their life** ; **only when thinking of sex** ].
14. Getting hit on the breast can cause [ **bruising or swelling** ; **breast cancer** ].
15. It is [ **normal** ; **abnormal** ] for males to have wet dreams (nocturnal emissions).
16. Being [ **sterile** ; **fertile** ] means a man or woman cannot produce a baby.
17. The vas deferens carries [ **sperm** ; **urine** ] from the epididymis to the urethra.
18. [ **Ovulation** ; **Menstruation** ] is another word for the female's period.



## PREGNANCY VOCABULARY

**Amniocentesis** – the procedure done during pregnancy to obtain a sample of amniotic fluid for testing to detect certain types of fetal abnormalities.

**Amniotic fluid** – the liquid which surrounds the fetus in the amniotic sac.

**Chromosomes** – thread-like structures found in the cell nucleus which carry the genes, the patterns for inherited characteristics.

**Congenital abnormality** – a defect that has been present since birth.

**Elective abortion** – medically induced termination of a pregnancy by choice.

**Embryo** – the fertilized ovum from the time of implantation until the end of the eighth week of its development.

**Fertilization/conception** – the union of sperm and ovum.

**Fetal Alcohol Syndrome** – a group of congenital abnormalities caused by use of alcohol during pregnancy.

**Fetus** – the fertilized egg from the ninth week of development to birth.

**Gene** – the basic unit of heredity which is carried on a chromosome.

**Implantation** – the attachment of the zygote to the lining of the uterus.

**Midwife** – someone, usually a nurse, specially trained to assist women in childbirth.

**Miscarriage/spontaneous abortion** – loss of the fetus before it is viable.

**Obstetrician** – a medical doctor who specializes in the care of pregnant women.

**Placenta** – the large, flat organ attached to the uterine wall, which by way of the umbilical cord, provides for the exchange of nourishment, oxygen and fetal waste between mother and fetus.

**Sonogram/ultrasound** – a diagnostic test using high frequency sound waves; used during pregnancy for a variety of reasons.

**Toxemia** – a disorder of pregnancy characterized by high blood pressure, convulsions, tissue swelling, and leakage of protein from the kidneys into the urine.

**Trimester** – a span of approximately three months, used to indicate a stage in pregnancy.

**Tubal pregnancy** – a pregnancy that develops in the fallopian tube.

**Umbilical cord** – the rope-like structure connecting the fetus to the placenta which carries oxygen and nutrients from the mother's circulation to the fetus and waste products from the fetus' circulation to the mother.

**Viable** – capable of living.

**Zygote** – the fertilized ovum from fertilization until implantation in the uterus.

## FAMILY PLANNING VOCABULARY

**Abstinence** – the voluntary refraining from an activity; usually used to describe avoidance of sexual activity; the deliberate avoidance of a given activity; usually associated with self-restraint from hunger, pleasure, or craving.

**Birth control** – control or limitation of the number of children born, especially by preventing or lessening the frequency of pregnancy (as by the use of contraceptives or by avoiding sexual contact).

**Contraception** – the control of fertility to prevent conception/fertilization by keeping sperm and ovum apart, or the prevention of conception or pregnancy by voluntary and artificial means.

**Fertile** – able to reproduce (to bear children).

**Over-the-Counter (OTC)** – medications or devices that can be purchased without a prescription.

### Birth Control Methods Ranked from Most Effective to Least Effective

#1

# Abstinence

## 100%

## Effective

Method	How it Works	How to Obtain RX=Prescription OTC=Over the counter	Effectiveness: Perfect Use	Effectiveness: Typical Use
Abstinence	Refraining from sexual contact		100%	100%
Implant	Thin rod inserted under the skin usually in upper arm	Requires procedure in doctor's office	>99%	>99%
Intrauterine Device (IUD)	A small device shaped in the form of a "T." It is placed inside of the uterus to prevent pregnancy.	Requires procedure in doctor's office	>99%	>99%
Tubal Ligation	Surgically cutting the fallopian tubes so that sperm and eggs cannot meet for fertilization.	Requires surgical procedure	>99%	>99%
Vasectomy	Surgically cutting the vas deferens so that sperm is not released	Requires surgical procedure	>99%	>99%

Shot/Injection	Shot /injection given every 3 months to prevent ovulation	RX; Given in doctor's office	>99%	94%
Oral Contraceptives (Birth control pills)	Pills taken daily to prevent ovulation/pregnancy	RX	>99%	91%
Patch or Vaginal Ring	Patch is placed on the skin. Vaginal ring is inserted inside the vagina. Method is changed weekly or monthly to prevent ovulation	RX	>99%	91%
Diaphragm with Spermicide	Placed inside the vagina to cover the cervix to block sperm.	RX	>94%	88%
Sponge (Cervical with Spermicide)	Placed inside the vagina to cover the cervix to block sperm	RX	80-90%	76-88%
Male Condom	Cover worn over the penis to prevent sperm from entering the uterus	OTC	80-99%	76-88%
Female (internal) Condom	Pouch inserted into the vagina to prevent sperm from entering the uterus	OTC	95%	79%
Spermicide	Gel (or foam, cream, suppository) inserted into the vagina prior to intercourse to kill sperm cells.	OTC	82%	72%
Cervical Cap with Spermicide	Placed inside the vagina to cover the cervix to block sperm	RX	74%	60%
Fertility Awareness/Rhythm Method	Natural method: Prediction of ovulation (basal body temperature, calendar method, mucus method) AND practicing abstinence when fertilization is likely to occur		Effectiveness varies	Estimated 77%-98%
Withdrawal	Natural Method: Removal of the penis from the vagina before ejaculation occurs		High Failure Rate	Estimated 74-78%

Source: [cdc.gov/reproductivehealth/contraception](http://cdc.gov/reproductivehealth/contraception); [fda.gov/birthcontrol](http://fda.gov/birthcontrol)

## STD QUIZ

### True or False

- \_\_\_\_\_ 1. A person can have an STD and not know it.
- \_\_\_\_\_ 2. It is normal for women to have some vaginal discharge.
- \_\_\_\_\_ 3. In this state, parents must be notified before minors can be tested or treated for an STD.
- \_\_\_\_\_ 4. Once you have had an STD and been treated and/or cured, you can't get it again.
- \_\_\_\_\_ 5. It is easy to get syphilis or gonorrhea from a toilet seat.
- \_\_\_\_\_ 6. It is possible to get crabs, scabies, or trichomoniasis from borrowed towels and clothing.
- \_\_\_\_\_ 7. Women who are sexually active and have multiple sex partners are at a higher risk for cancer of the cervix.
- \_\_\_\_\_ 8. A pregnant woman who has an STD can pass the disease on to her baby.
- \_\_\_\_\_ 9. STD's that aren't cured early can make it impossible for a person to have children.
- \_\_\_\_\_ 10. Most STD's go away on their own without treatment if people wait long enough.
- \_\_\_\_\_ 11. Birth control pills offer excellent protection from STD's.
- \_\_\_\_\_ 12. Condoms may help prevent the spread of STD's.
- \_\_\_\_\_ 13. Burning with urination may be a symptom of STD's in both men and women.
- \_\_\_\_\_ 14. AIDS can be passed from one person to another by hugging.
- \_\_\_\_\_ 15. The symptoms of AIDS are the same as the symptoms of other sexually transmitted diseases.

## STD GUIDE

DISEASE	SYMPTOMS	COMPLICATIONS	EFFECT ON FETUS OR NEWBORN	CURE/ TREATMENT
CHLAMYDIA (bacteria)	usually none, especially in women, sometimes vaginal/penile discharge, burning on urination, lower abdominal pain, fever	Pelvic Inflammatory Disease in women; ectopic pregnancy, sterility in women and men	eye infections, pneumonia, ear infections	cured with antibiotics
GONORRHEA (bacteria)	similar to chlamydia	similar to chlamydia; may cause arthritis	eye infections blindness	cured with antibiotics
GENITAL HERPES (virus) HSV-II	painful blisters in, on and around the genitals; fever, muscle aches, swollen glands	May cause damage to newborns and fetuses. May be passed without symptoms.	miscarriage, low birth weight, prematurity, brain damage	no cure; treat symptoms with antivirals
GENITAL WARTS (virus) HPV	virus may be carried for years without symptoms; firm dark pink growths on or in genitals; may form singly or in cauliflower-like clusters; may come and go	associated with certain types of genital cancers, especially cervical cancer	throat warts damage to vocal cords	may be removed by hot/cold cautery, laser treatment, surgery, chemical applications NO CURE
HEPATITIS B (virus) HBV	carriers have no symptoms; jaundice, nausea, vomiting, loss of appetite, joint pain, extreme tiredness	permanent liver damage, cirrhosis, liver cancer; may become a carrier for life; death	same as adults; increased chance of becoming a carrier	no cure; treat the symptoms; vaccine available
PUBIC LICE (parasite)	itching and irritation in the pubic area; may be transmitted indirectly	none	none	medicated shampoo; clean all bedding, clothing
SCABIES (mite/parasite)	intense itching; burrow under the skin may be seen under magnifying glass; prefers soft skin (webbing of fingers, penis, scrotum, skin folds, nipples, etc); may be transmitted indirectly	none	none	cured with applications of medication; clean clothing, bedding
SYPHILIS (bacteria)	1st STAGE (chancre) 2nd STAGE (headache, fatigue, fever, skin rash, swollen glands, condyloma lata) 3rd STAGE (brain, heart or nervous system damage)	heart disease, brain and nervous system damage, bone damage, death	miscarriage, stillbirth, birth defects	cured with antibiotics
TRICHOMONIASIS (protozoa)	often no symptoms in men; burning on urination, penile discharge; frothy, light green vaginal discharge; may be transmitted indirectly	often associated with other STD's	none known	cured with antibiotics

## STD VOCABULARY

**Abstinence** – Not taking part in any high risk behaviors such as sexual activity or drug use, including alcohol, tobacco, or vaping.

**Carrier** – Someone who has an infection and can pass it to others, but they may not show the symptoms of the disease and may not be aware they are infected.

**Chlamydia** – The most common bacterial STD in the U.S.; if left untreated can cause PID and tubal infertility. Some people may experience no symptoms at all.

**Communicable** – Capable of being passed from one person to another; contagious.

**Confidential** – Maintaining information as private or secret.

**Discharge** – Drainage, emission, or secretion; the flowing of fluid from the body.

**Genital Herpes (HSV 2)** – A permanent incurable viral infection which causes recurring outbreaks of blisters on the genitals, usually painful. Can also be spread to the mouth/throat.

**Genital Warts (HPV)** – A permanent incurable infection which causes warts in the genital area. Can also occur in the mouth/throat. Can lead to cellular changes which can cause cancer of the cervix, penis, or mouth/throat. There is a vaccine available.

**Gonorrhea** – A bacterial infection that can cause tubal infertility. Some cases are becoming resistant to treatment with first line antibiotics.

**Hepatitis B** – A permanent incurable viral infection which can cause serious damage to the liver and can cause death. A vaccine is available.

**Pelvic Inflammatory Disease (PID)** – A serious infection of the female upper pelvic organs in which scar tissue may lead to sterility by blocking the fallopian tubes; may cause an ectopic (tubal) pregnancy.

**Pubic Lice** – Small parasites which attach to the pubic hair; their biting causes skin irritation and itching. Can be transmitted by direct or indirect contact.

**Scabies** – A skin infection caused by burrowing mites; causes itching along the visible marks it leaves under the skin. Can be transmitted by direct or indirect contact.

**Sexually Transmitted Disease (STD)** – Diseases spread through intimate sexual contact, including but not limited to sexual intercourse.

**Syphilis** – A bacterial infection that progresses in stages and is fatal if left untreated. Can cause serious birth defects if spread from a pregnant woman to her fetus.

**Trichomoniasis** – A parasitic infection of the vagina or urethra. May cause a foul smelling, yellow or green discharge, itching, burning, and pain with urination. Men often show no symptoms.

## AIDS VOCABULARY

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

**AIDS** – **Acquired Immune Deficiency Syndrome** a disease that attacks and decreases the ability of the immune system to protect the body against invading pathogens.

**Antibody** – a protein produced by certain white blood cells to neutralize an antigen.

**Blood transfusion** – the infusion of blood or blood components into the blood stream of an individual.

**Casual contact** – normal day to day contact between people (hugging, holding hands, sitting beside someone, etc.).

**CDC** – **Centers for Disease Control and Prevention** (Atlanta) agency which studies and monitors the incidence and prevalence of diseases in the U.S.

**Condom** – a barrier method of contraception in the form of a thin sheath. Males – condom placed over the erect penis; females – condom placed in the vagina.

**ELISA** – a test used to detect HIV antibodies in blood (**Enzyme-linked Immunosorbent Assay**).

**HIV** – **Human Immunodeficiency Virus** – the virus which causes AIDS.

**Immune system** – the body's system of defense against disease, consisting of collection of cells and proteins that work to protect the body from pathogens.

**Incubation period** – the length of time between infection of HIV and the development of symptoms.

**Monogamy** – the practice of being married to one person or having a long term relationship with just one person.

**Opportunistic Illnesses** – (OI) infections and other diseases caused by organisms that do not usually produce illness in healthy people with unimpaired immune systems.

**STD** – **Sexually Transmitted Disease** – diseases caused by sexual contact.

**Transmission** – passed along from one person to another.

**Virus** – a minute organism which can reproduce only in a living cell and which infect living organisms.

**Western Blot** – a test used to detect HIV antibodies in blood samples.

*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 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/STIs: 1-800-232-4636**  
**HIV/AIDS: 1-800-448-0440**

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

**National Hotline for Teen Dating Violence and Abuse**

**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**



## NOTES

## NOTES





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