

## Lesson 6: Reproductive System and Sexual Health

### K-W-L Graphic Organizer

<b>K (Know)</b> What do you know about the reproductive system or STDs?	<b>W (Want)</b> What do you want to know about the reproductive system or STDs?	<b>L (Learned)</b> What did you learn about the reproductive system or STDs?

## Lesson 6 and 6A: Reproductive System, Sexual Health and Urinary System

### Glossary

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1. **anus:** the opening at the lower end of the digestive system where solid waste leaves the body
2. **bladder:** an organ that stores pee (urine) until it leaves the body
3. **condom:** a thin cover, often made of latex (rubber), worn on the penis or in the vagina during sex to prevent pregnancy and STDs
4. **infertility:** in women, infertility means trouble becoming pregnant or carrying a baby until it is ready to be born; in men, infertility means trouble getting a female partner pregnant
5. **kidneys:** organs that remove waste products and nutrients from the blood
6. **kidney stones:** hard clumps that form in the kidney from things normally found in pee, like calcium. If they grow large, they can block the ureter and cause pain
7. **menstrual cycle:** changes in a woman's uterus and ovaries to prepare for pregnancy, with each cycle lasting around 28 days; if a woman is not pregnant, she has a period (menstruation)
8. **ovaries:** female organ that creates eggs (ova) and hormones
9. **ovum:** female reproductive cell, also known as an egg, that can develop into an embryo and eventually a baby when fertilized by sperm
10. **penis:** male organ that carries sperm and pee out of the body
11. **reproduction:** in this context, to reproduce means to have children
12. **reproductive system:** includes the body parts necessary for reproduction, such as penis and testes in men, and uterus and vagina in women
13. **sex:** the physical joining of two people for pleasure and/or reproduction
14. **Sexually Transmitted Diseases (STIs):** infections passed from person to person through sexual contact
15. **sperm:** male reproductive cells that fertilize female eggs to create new life
16. **sphincter:** circular muscles that help control the movement of things from one part of the body to another (for example, the bladder has a sphincter to stop pee from leaking out of the body)
17. **testes (or testicles):** a male organ that creates sperm
18. **ureters:** two tubes that carry extra nutrients and toxins to the bladder after being filtered by the kidneys
19. **urethra:** the tube that carries pee from the bladder to the outside of the body; in men, it also carries sperm
20. **urinary tract infection:** occurs when bacteria enter the urinary system (like the bladder, kidneys, urethra, and ureters)
21. **uterus:** a female organ where a baby grows
22. **vagina:** a female organ that connects the outer sex organs to the uterus

# Lesson 6: Reproductive Systems and Sexual Health

## Reading Comprehension

### Sexual Health

Your **reproductive system** allows you to have children, if you choose, and to live a healthy life. It is important to take care of your reproductive system.

**What is a Sexually Transmitted Infection (STI)?**<sup>1</sup> There are many types of **sexually transmitted diseases**

**(STDs).** Sometimes they are called sexually transmitted infections (STIs). These diseases can be caused by bacteria, parasites, or viruses.

#### How are STIs transmitted?

STIs are usually passed through person-to-person sexual contact. This includes vaginal, anal, or oral sex. A few STIs can be spread through the touching of genitals (**penis** or **vagina**).<sup>1</sup>

**Why is STI prevention and treatment important?** STIs often do not have any symptoms. Many people who have an STI do not know they have it. Sometimes a person may have symptoms, like pain. If you are sexually active, it is important to get tested for STIs even if you have no symptoms, especially if you had sexual contact without the use of condoms or dental dams.

Untreated STIs can cause pain, infertility, cancer, and/or death.<sup>2</sup> STIs can be passed to a baby during pregnancy or birth. A pregnant woman with an untreated STI may be at risk for problems with childbirth: the baby might be born too early, or it may be stillborn (not alive). The mother's STI could also cause health problems for the baby, such as blindness, liver disease, and lung problems.<sup>3</sup> It is especially important for pregnant women to be tested for STIs.

#### What are some examples of STIs?

Listed below are several common STIs.

Remember, STIs do not always have symptoms!

**Chlamydia:** Chlamydia usually has no symptoms, but if they do occur, they may include unusual bleeding (for women), painful peeing, and/or unusual discharge (fluid) from the vagina or penis. Without treatment, it can lead to pain or permanent infertility in women.<sup>4</sup> Chlamydia can be treated with antibiotics.<sup>5</sup> Chlamydia is the most common curable STI in the US.

**Human papillomavirus (HPV):** HPV often has no symptoms. Sometimes, HPV can cause warts in the mouth, throat, and genital areas. Without treatment, it can lead to cancer of the vagina, penis, and/or anus. There is no treatment for the virus, but there are treatments for the health problems that HPV can cause, like coloscopies.<sup>6</sup> HPV can be prevented by through the HPV vaccine.

**Genital Herpes:** Symptoms may include sores in the mouth, vagina, or rectum. There is no cure for genital herpes, but infected people can take medications to reduce symptoms and reduce transmission to others.<sup>7</sup>

**Gonorrhea:** Some symptoms may include painful peeing and discharge from the penis or vagina. Without treatment, it can cause infertility. Gonorrhea can also spread to the blood or joints, causing life-threatening conditions.

Antibiotics are used to treat gonorrhea.<sup>8</sup>

**Syphilis:** Symptoms may include genital and mouth sores and a skin rash. Without treatment, syphilis may cause stroke, paralysis, blindness, and/or death. Syphilis can be treated with antibiotics.<sup>9</sup>

**HIV/AIDS:** HIV is a virus that usually spread through unprotected sex and sharing needles because of direct contact with HIV-infected blood, **semen** (fluid from the penis), vaginal fluid, or breast milk. HIV weakens the body's immune system and can progress to AIDS, which is the most advanced stage of the infection. While there is no cure, medications can help patients with HIV and AIDS to live long, healthy lives and reduce risk of transmission.<sup>10</sup>

<sup>1</sup> <https://womenshealth.gov/patient-materials/health-topic/sexually-transmitted-infections>

<sup>2</sup> <https://asm.org/Articles/2022/December/The-Dangers-of-Undiagnosed-Sexually-Transmitted-In>

<sup>3</sup> <https://stacks.cdc.gov/view/cdc/29155>

<sup>4</sup> <https://stacks.cdc.gov/view/cdc/32624>

<sup>5</sup> <https://www.cdc.gov/std/treatment-guidelines/chlamydia.htm>

<sup>6</sup> <https://stacks.cdc.gov/view/cdc/26043>

<sup>7</sup> <https://www.mayoclinic.org/diseases-conditions/genital-herpes/symptoms-causes/syc-20356161>

<sup>8</sup> <https://stacks.cdc.gov/view/cdc/34089>

<sup>9</sup> <https://www.nhs.uk/conditions/syphilis/>

<sup>10</sup> <https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>

## Lesson 6: Reproductive Systems and Sexual Health

### Reading Comprehension

#### What are some symptoms of Sexually Transmitted Infections?<sup>11</sup>

There are different types of STIs with different symptoms. People often do not have any symptoms, even though they are infected. Even if a person never shows symptoms of STIs, it does not mean that he or she does not have an STI. Each STI has specific symptoms. Listed below are some symptoms generally associated with STIs.

- sores/bumps in genital, mouth, or rectal area
- painful peeing
- discharge from penis or vagina
- vaginal itching or unusual smell
- unusual vaginal bleeding
- sore, swollen lymph nodes, usually in the groin area
- lower abdominal pain
- swollen, painful testicles

#### How is an STI diagnosed?

It is recommended that both men and women have an annual physical exam. As part of your annual physical exam, you can be tested for STIs.<sup>12</sup> If you are concerned about your sexual health, talk to your doctor or healthcare provider. Be sure to ask about testing for STIs. Your sexual and reproductive health is part of your whole health. STI testing is a very common request.

#### How can I protect myself against STIs<sup>13</sup>?

- **Abstinence:** The only way to completely avoid STIs is to not engage in vaginal, anal, or oral sex.
- **Use condoms:** Consistently and correctly using condoms (or other protective barriers like dental dams) during vaginal, oral, and anal sex greatly reduces the risk of STI transmission. Even if you use birth control (like the pill) to prevent pregnancy, you still need protection against STIs. You might use condoms in addition to another method of birth control.
- **Vaccinations:** Get vaccinated for HPV, Hepatitis B, and Hepatitis A.

- **Mutual monogamy:** Mutual monogamy means agreeing with a person that you will both only be sexually active with each other. In order to have safe unprotected sex, you both need to be tested for STIs to know for sure that you are both healthy.
- **Reduce your number of sexual partners:** It is important that both you and your sexual partner are tested for STIs and openly communicate this information with each other.
- **Regular testing:** Visit your healthcare provider for your physical exam **every year**. Talk honestly about any concerns about STIs. The sooner an STI is diagnosed, the easier it will be to treat. Many STIs are easily diagnosed and treated. To find a clinic or ask a question, visit [www.sexualhealthmn.org](http://www.sexualhealthmn.org).

#### How do I learn more about Sexually Transmitted Diseases?

- Talk to your doctor, clinic, or other healthcare provider.
- Websites for more information:
  - How to Prevent STIs - Center for Disease Control and Prevention: [www.cdc.gov/std/](http://www.cdc.gov/std/)
  - Safer Sex 101 - Planned Parenthood: [www.plannedparenthood.org/health-topics/stds-hiv-safer-sex-101.htm](http://www.plannedparenthood.org/health-topics/stds-hiv-safer-sex-101.htm)
  - Sexually Transmitted Disease (STD) Symptoms - Mayo Clinic: [www.mayoclinic.com/health/std-symptoms/ID00053](http://www.mayoclinic.com/health/std-symptoms/ID00053)
  - STIs A to Z - American Sexual Health Association: [https://www.ashasexualhealth.org/stds\\_a\\_to\\_z/](https://www.ashasexualhealth.org/stds_a_to_z/)
  - It's Your Sex Life - Kaiser Family Foundation: <https://www.kff.org/its-your-sex-life/>

<sup>11</sup> <http://www.mayoclinic.com/health/sexually-transmitted-diseases-stds/DS01123/DSECTION=symptoms>

<sup>12</sup> <http://www.plannedparenthood.org/health-topics/womens-health/pelvic-exam-4306.htm>

<sup>13</sup> <https://www.cdc.gov/sti/prevention/index.html>

# Lesson 6: Reproductive System and Sexual Health

## Reading Comprehension

### Reproductive System<sup>1</sup>

#### Why is the reproductive system important?

The **reproductive system** is used to **reproduce** (to make babies). The reproductive system includes the body parts necessary for reproduction, such as the **ovaries**, **uterus**, and **vagina** in women, and the **testes** and **penis** in men.

#### How the reproductive system works:

The reproductive system is needed for creating new life. It works with other body systems (the endocrine and circulatory systems) to create a baby. Babies are created through sexual intercourse (or through medical assistance like In-Vitro Fertilization (IVF) when the woman's **ovum (egg)** is fertilized by the man's **sperm**.

### Male Reproductive System:

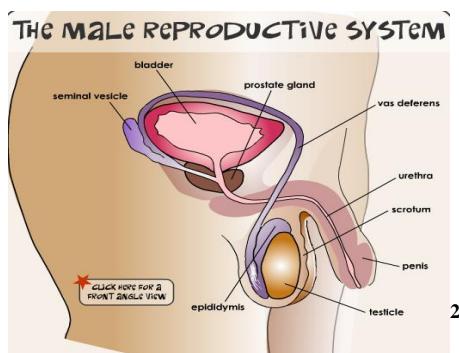
The male reproductive system allows the body to:

- Produce sperm
- Have sex
- Fertilize the egg (ovum)

The testes and the penis are the two main parts of the male reproductive system.

**Testes** (or testicles): The testes create sperm.

**Penis**: The penis is a male reproductive organ. Sperm travel through the penis into the vagina during sexual intercourse. Ejaculation is when sperm exit the penis.



### Female Reproductive System:

The female reproductive system allows the body to<sup>3</sup>:

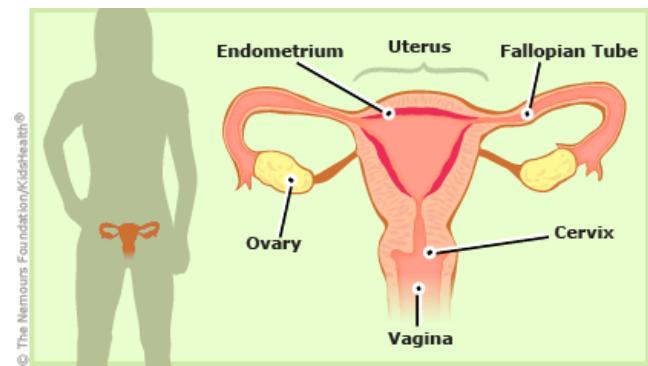
- Produce eggs (ova)
- Have sex
- Protect and nourish the fertilized egg
- Give birth

The ovaries, uterus, and vagina are three important parts of the female reproductive system.

**Ovaries**: The ovaries create and release eggs. When the egg and sperm come together, the egg is fertilized. A fertilized egg grows into a fetus, which grows into a baby. Ovaries also create hormones.

**Uterus**: The fetus grows in a woman's uterus. During a **menstrual cycle**, the body prepares for the possibility of pregnancy by sending nutrients to the uterus. If egg fertilization does not occur, hormones tell the uterus to shed the ovum and the nutrient-rich blood supply of the uterus. The release of blood during a woman's menstrual cycle is called her period, or menstruation.

**Vagina**: The vagina is female reproductive organ. During sexual intercourse, the penis is inserted into the vagina. After ejaculation, sperm travel up the vagina and toward the site of egg production for the chance to fertilize a released egg.



<sup>1</sup> <https://open.lib.umn.edu/humanbiology/chapter/5-1-human-reproductive-anatomy/>

<sup>2</sup> [http://kidshealth.org/parent/general/body\\_basics/male\\_reproductive.html?tracking=P\\_RelatedArticle#](http://kidshealth.org/parent/general/body_basics/male_reproductive.html?tracking=P_RelatedArticle#)

# Lesson 6: Reproductive System and Sexual Health

## Reading Comprehension

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### Additional Information:

#### *Puberty:*

Puberty is when a body changes and grows to be able to reproduce. Hormones help develop these characteristics in both men and women. Puberty generally begins at around 9-10 years of age and can take several years to complete.

Secondary sexual characteristics also develop during puberty. Secondary sexual characteristics are body changes that indicate sexual maturity but are not directly related to reproduction. Examples:

- Facial hair (men)
- Deeper voices (men)
- Pubic hair (both men and women)
- Breast growth (women)

#### *Contraception:*

Contraception refers to methods of preventing pregnancy. There are many choices a couple can make about contraception, like using condoms, birth control pills, or medicine that is injected or placed under the skin. A doctor can also place a device inside a woman's uterus to prevent pregnancy. Barrier contraceptive methods, like condoms, can also help to prevent STIs.

Most methods of contraception are temporary. Even with contraceptive use, there is also still a chance of pregnancy. When a couple stops using contraceptive method, pregnancy may happen. A man or woman may also choose to have sterilization surgery for more permanent contraception.

Talk with your healthcare provider to learn more about contraception.

#### *Infertility:*

Sometimes a person wants to have a child, but a problem in his or her body makes it harder for the person to reproduce. **Infertility** in women means trouble getting pregnant or carrying a baby until it is ready to be born. Infertility in men means trouble getting a female partner pregnant.

One cause of infertility is sexually transmitted infection (STIs). This is one reason why preventing and treating STIs is important.

There are treatments for many causes of infertility. Talk with your healthcare provider if you are concerned about infertility.

# Lesson 6A: Urinary System

## Reading Comprehension

### Urinary System<sup>1</sup>

#### Why is the Urinary System important?

The **urinary system** has several functions:

- remove waste (unnecessary things) from the body
- keep a healthy balance of chemicals in the blood and body
- control blood pressure and how much blood the body has

#### How the urinary system works:

After food moves through the body by the digestive system, there is waste and nutrients left in the blood. These things go through the following:

**Kidneys:** Located below the back of the ribcage, a pair of kidneys takes out waste from the blood, like a filter. Your kidneys remove or take nutrients depending on your body's needs.

**Ureters:** Extra nutrients and toxins that have been filtered by the kidneys go through two tubes, the ureters, hanging down from the kidneys.

**Bladder:** The ureters go to the bladder. This organ keeps urine until a person is ready to urinate (pee). The bladder is like a balloon – it inflates as more urine is stored and deflates as urine exits the body.

**Sphincter:** Sphincters are made up of muscles. The sphincter in the urinary system is located at the bottom of the bladder. These muscles act like a rubber band between the bladder and the urethra to stop pee from leaking out of the body.

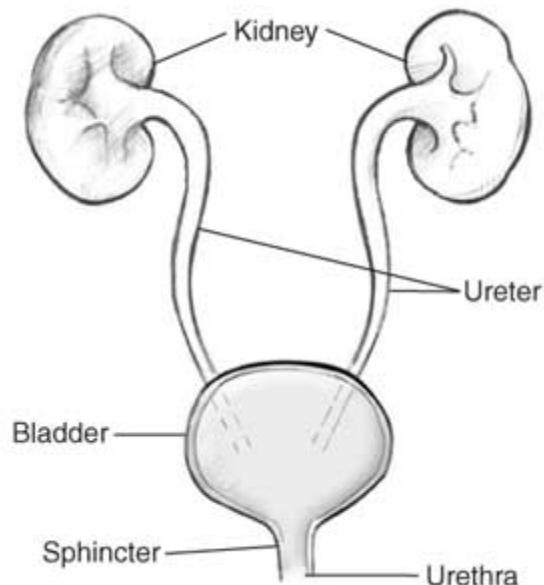
**Urethra:** The urethra is the tube that carries pee from the bladder to the outside of the body. In men, it also carries sperm.

#### What health problems can affect the urinary system?

**Kidney stones:**<sup>3</sup> Sometimes nutrients can form clumps, or "stones," after the kidneys filter them. If kidney stones grow large enough, they can get stuck in the ureter, causing pain and stopping the flow of pee. Kidney stones can affect anyone, but they are most often seen in white men who are overweight.

**Urinary tract infection:** A urinary tract infection, or "UTI," happens when bacteria enter the urinary system. Bacteria enter the body through the urethra and move up into the urinary system. Women have shorter urethras that are closer to the anus, so urinary tract infections are more commonly seen in women.<sup>4</sup>

*\*Did you know? Testing pee can tell us a lot about a person's health or diet. For example, in Chinese, diabetes was given the name "sugar urine disease," because patients with diabetes had sweet-smelling pee that attracted ants.*



<sup>2</sup> <https://www.niddk.nih.gov/health-information/urologic-diseases/kidney-stones>

<sup>3</sup> <https://www.niddk.nih.gov/health-information/urologic-diseases/bladder-infection-uti-in-adults/>

<sup>1</sup> <https://www.niddk.nih.gov/health-information/urologic-diseases/urinary-tract-how-it-works>

## Lesson 6: Reproductive Systems and Sexual Health

Symptoms Match and True or False

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### Sexually Transmitted Infections (STIs)

Read the passage about STIs. Then read each item. Match each disease with its possible symptoms or complications.

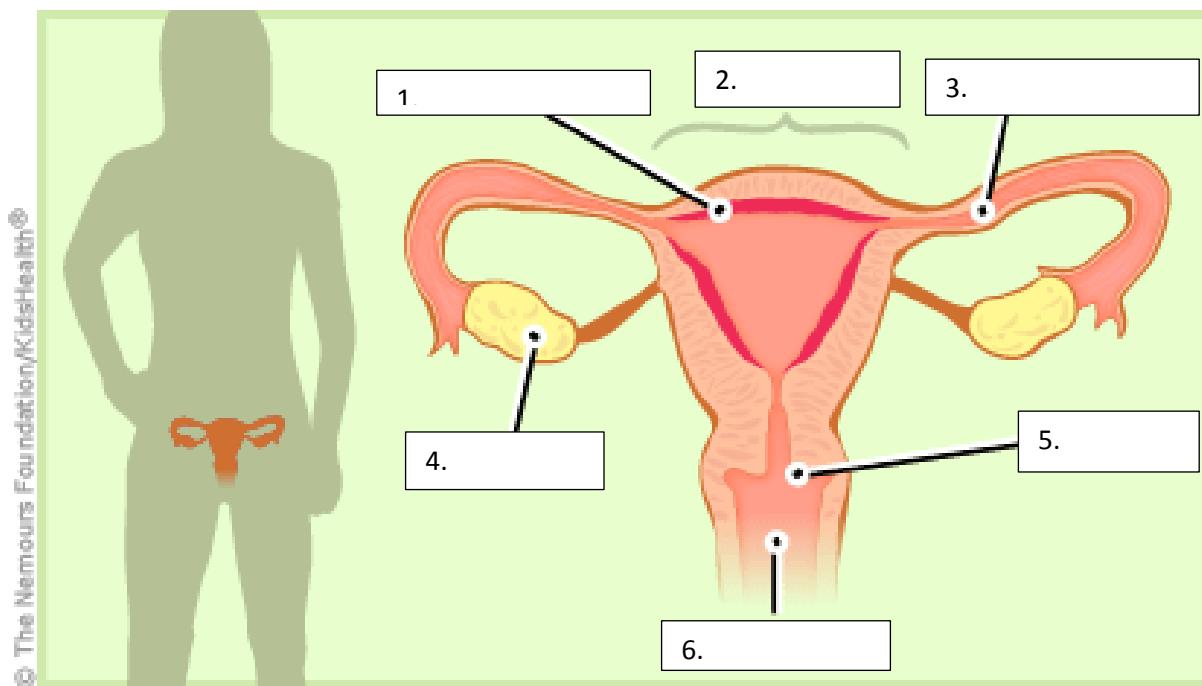
1. _____ chlamydia	a. can lead to cancer, if left untreated
2. _____ gonorrhea	b. weakens the body's immune system
3. _____ HPV	c. has symptoms like painful peeing or discharge from vagina/penis
4. _____ HIV/AIDS	d. has symptoms like genital and mouth sores and skin rash; can cause death if left untreated
5. _____ Syphilis	e. can spread to blood or joints, causing life-threatening conditions
6. _____ Genital Herpes	f. can cause sores in the lining of mouth, vagina, or rectum

Read each sentence. Then circle True or False. If the statement is false, replace the underlined word with a new word to make a true statement.

1. <u>HPV</u> can cause warts to grow on the genitals.	True	False
2. If left untreated, syphilis can cause <u>diabetes</u> .	True	False
3. <u>Gonorrhea</u> can be life-threatening.	True	False
4. Many times STIs do not have any <u>symptoms</u> .	True	False
5. STI stands for Sexually Transmitted <u>Inconveniences</u> .	True	False
6. The only way to completely avoid STIs is <u>abstinence</u> .	True	False
7. You can get vaccinated against HPV, Hepatitis B, and Hepatitis <u>Z</u> .	True	False
8. Many STIs are easily diagnosed and <u>tested</u> .	True	False
9. The birth control pill does NOT protect against <u>STIs</u> .	True	False
10. Talk to your <u>barber</u> if you are concerned about STIs.	True	False

## Lesson 6: Reproductive System and Sexual Health

Label the Chart



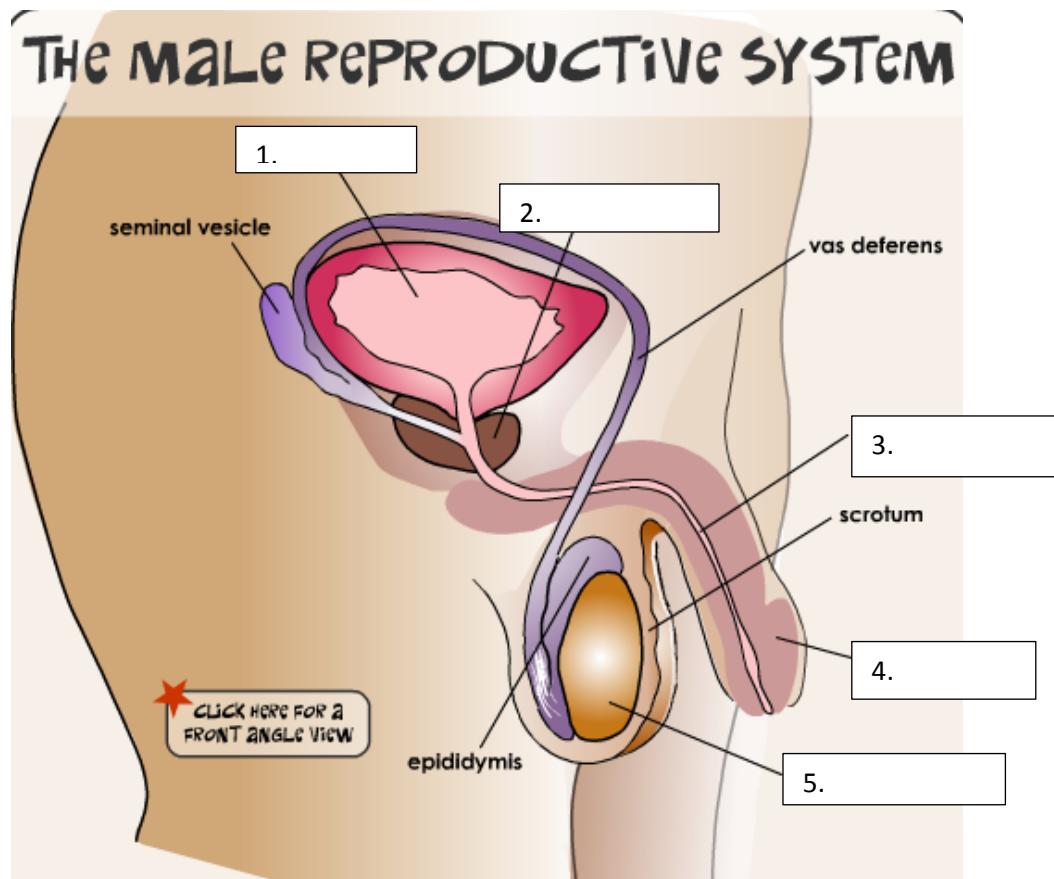
Label the reproductive system chart. Use the words in the box below to help you. Then write the words on the line.

vagina	uterus	cervix	ovary	endometrium	fallopian tube
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1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## Lesson 6: Reproductive System and Sexual Health

Label the Chart



Label the reproductive system chart. Use the words in the box below to help you. Then write the words on the line.

urethra

bladder

penis

prostate

testicle

1. \_\_\_\_\_

2. \_\_\_\_\_

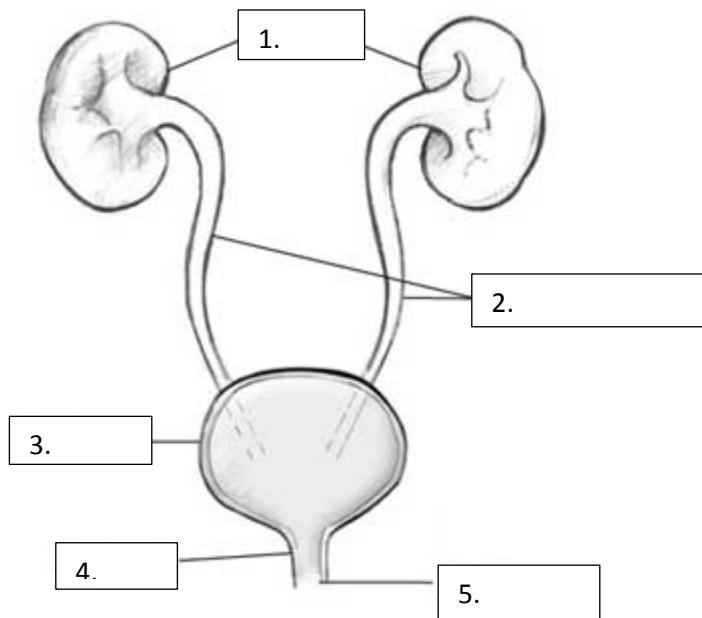
3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## Lesson 6A: Urinary System

Label the Chart



Label the urinary system chart. Use the words in the box below to help you. Then write the words on the line.

ureters

bladder

sphincter

urethra

kidneys

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## Lesson 6: Reproductive System and Sexual Health

### Quiz

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Read the questions. Then circle A, B, C or D.

1. What does the urinary system do?
  - A. removes waste
  - B. gives oxygen to the body
  - C. digests food
  - D. none of these
  
2. What does the reproductive system do?
  - A. delivers oxygen to blood
  - B. creates new life
  - C. allows your joints to move
  - D. Both A and C
  
3. How are STIs transmitted?
  - A. sexual contact
  - B. kissing
  - C. hand holding
  - D. toilet seats
  
4. Which of the following is a MALE body part?
  - A. ovaries
  - B. cervix
  - C. penis
  - D. uterus
  
5. Which of the following is a FEMALE body part?
  - A. vagina
  - B. penis
  - C. testes
  - D. scrotum
  
6. Which of the following can be STI symptoms?
  - A. painful peeing
  - B. vaginal itching or unusual smell
  - C. swollen, painful testes
  - D. all of the above
  
7. The bladder, kidneys and urethra are all part of which body system?
  - A. the skeletal system
  - B. the urinary system
  - C. the reproductive system
  - D. the respiratory system
  
8. Write 3 things you can do to prevent STIs.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

## **Student Survey: Reproductive/Urinary Systems Unit**

1. Did you learn more information about STDs and reproductive and urinary health from studying this lesson?

1	2	3	4	5
no		some		yes

2. Would you share this information with family and friends?

1	2	3	4	5
no		maybe		yes

3. After studying this lesson, are you more likely to ask your health care provider about these topics?

1	2	3	4	5
no		somewhat		yes

4. Do you know where to find more information about STDs and reproductive and urinary health if you have more questions?

1	2	3	4	5
no		somewhat		yes

5. Did you like the class activities?

1	2	3	4	5
no		somewhat		yes

We value your opinions! Could you tell us what you liked or give us some suggestions on how to improve this lesson?

Thank you!