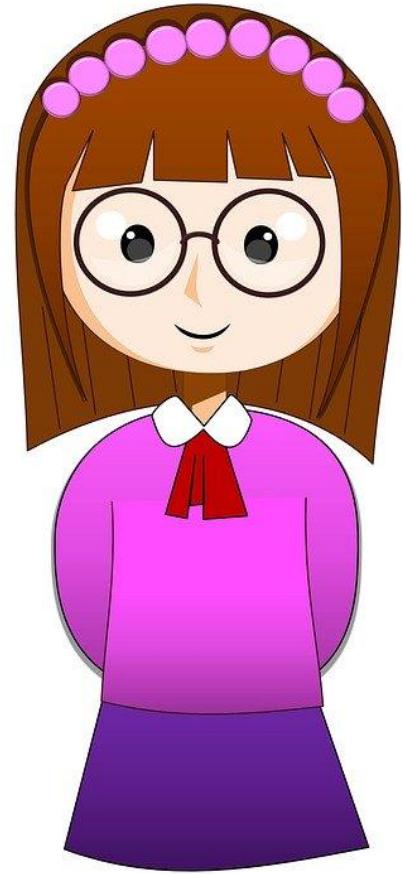


Guidelines for Discussion

- ✓ Treat the subject seriously.
- ✓ Use humor appropriately.
- ✓ Use the correct terms for body parts and functions.
- ✓ Respect other people and their ideas.
- ✓ Avoid gossiping.
- ✓ Avoid personal questions and stories.
- ✓ Ask questions; questions are good.

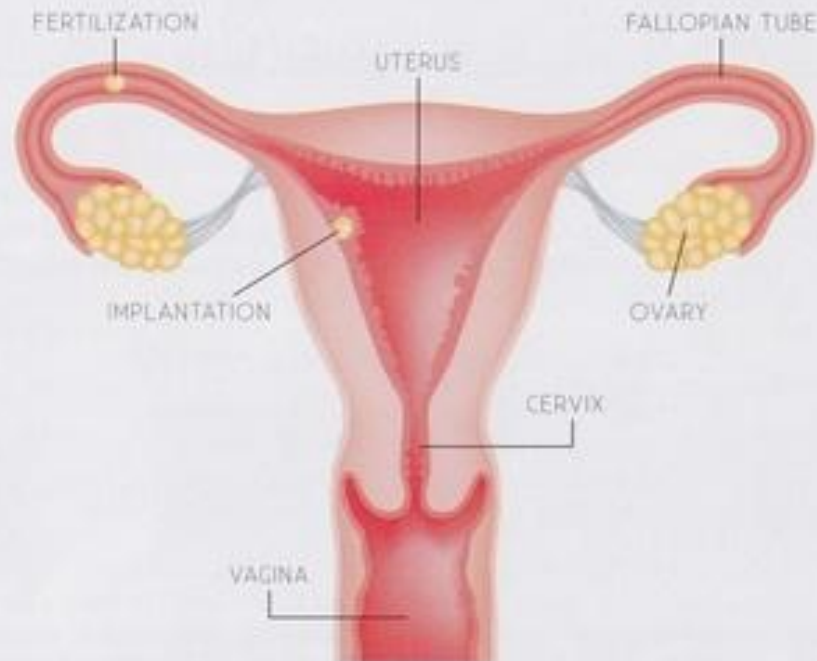


[6th Grade Preparing for Puberty Discussion Guide - Girls](#)

Video



female reproductive system



Egg/Ova

- Female sex cell
- At birth, there are approximately 1-2 million eggs; by the time of puberty, only about 300,000 remain.
 - Of these, only about 500 will be ovulated during a woman's reproductive lifetime.
 - Any remaining eggs gradually die out at menopause

Ovaries

- Small, oval-shaped glands that are located on either side of the uterus.
- Produce eggs and hormones

Fallopian Tube

- Where fertilization takes place
- Connects ovary to uterus
- If no egg present in fallopian tube when sperm is present, pregnancy can't occur

Ovulation

- Releasing of an egg into the fallopian tubes from the ovaries
 - Happens about 14 days after the first day of a woman's period each month

Conception

- The fertilization of an egg by a sperm
- Normally occurs in the fallopian tubes
 - Fertilized egg then moves to the uterus, where it implants into the lining of the uterine wall

Endometrium

- Lining of the uterus
- Made up of blood and tissue which is what helps the baby grow (nourishment)

Uterus

- Pear-shaped, hollow organ that is home to a developing fetus

Cervix

- Lower part of the uterus

Vagina

- Canal that joins the cervix to the outside of the body.
- Also known as birth canal

Menstruation/Period

- Monthly shedding of the uterine lining
- Usually lasts 4-7 days

Menopause

- When the female reproductive organs begin to shut down
 - Not releasing eggs, not producing hormones
- Once a woman goes through menopause she is no longer able to have children

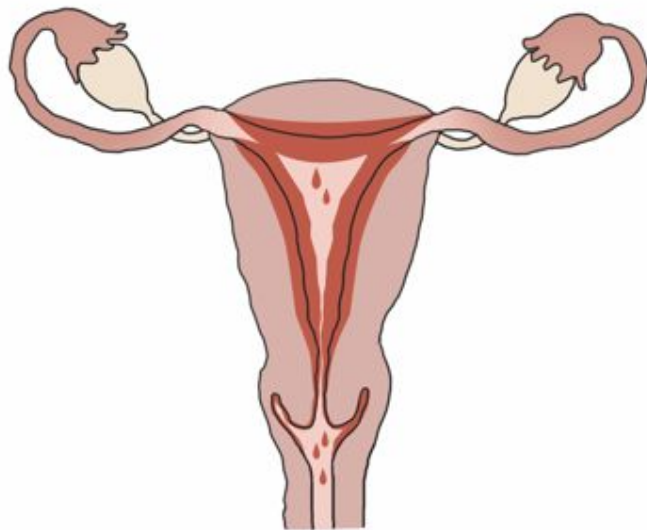
Estrogen

- Primary female sex hormone
- Responsible for reproductive system regulation and secondary sex characteristics

Ovulation and Fertilization

Days 1-7

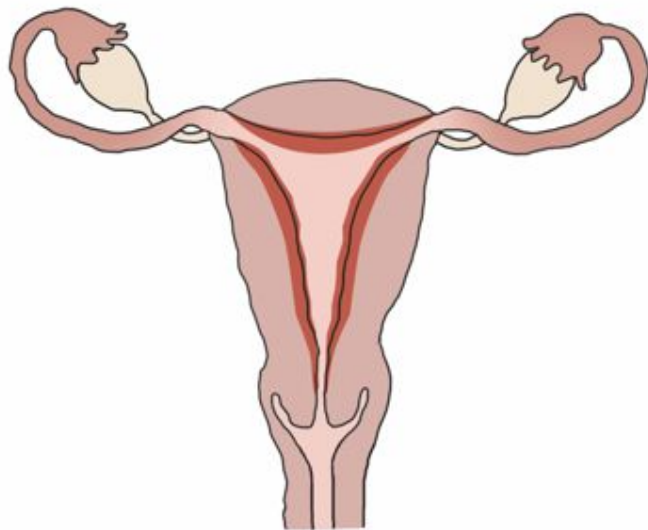
The menstrual flow begins and the lining of the uterus thins.



Ovulation and Fertilization

Days 8-14

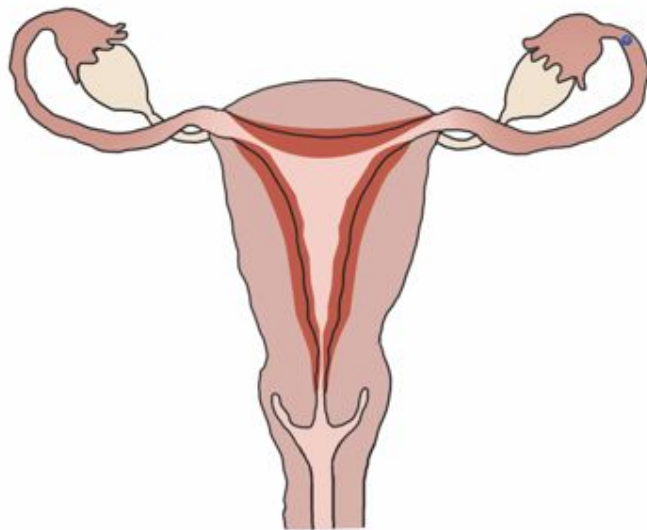
The lining of the uterus begins to get thicker.



Ovulation and Fertilization

Day 14

The ovum is released.

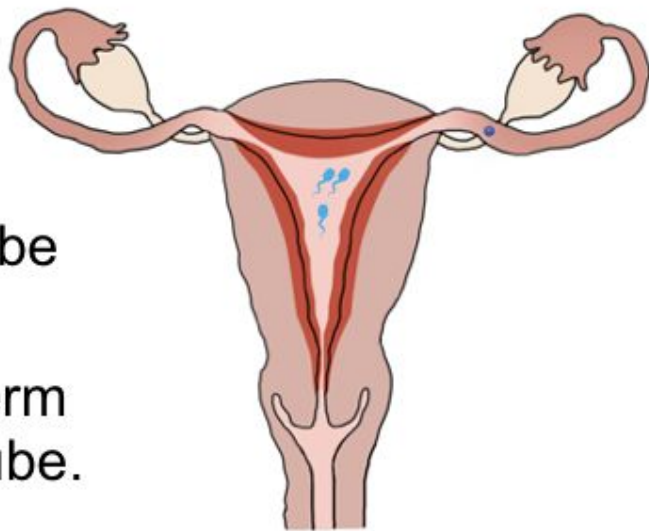


Ovulation and Fertilization

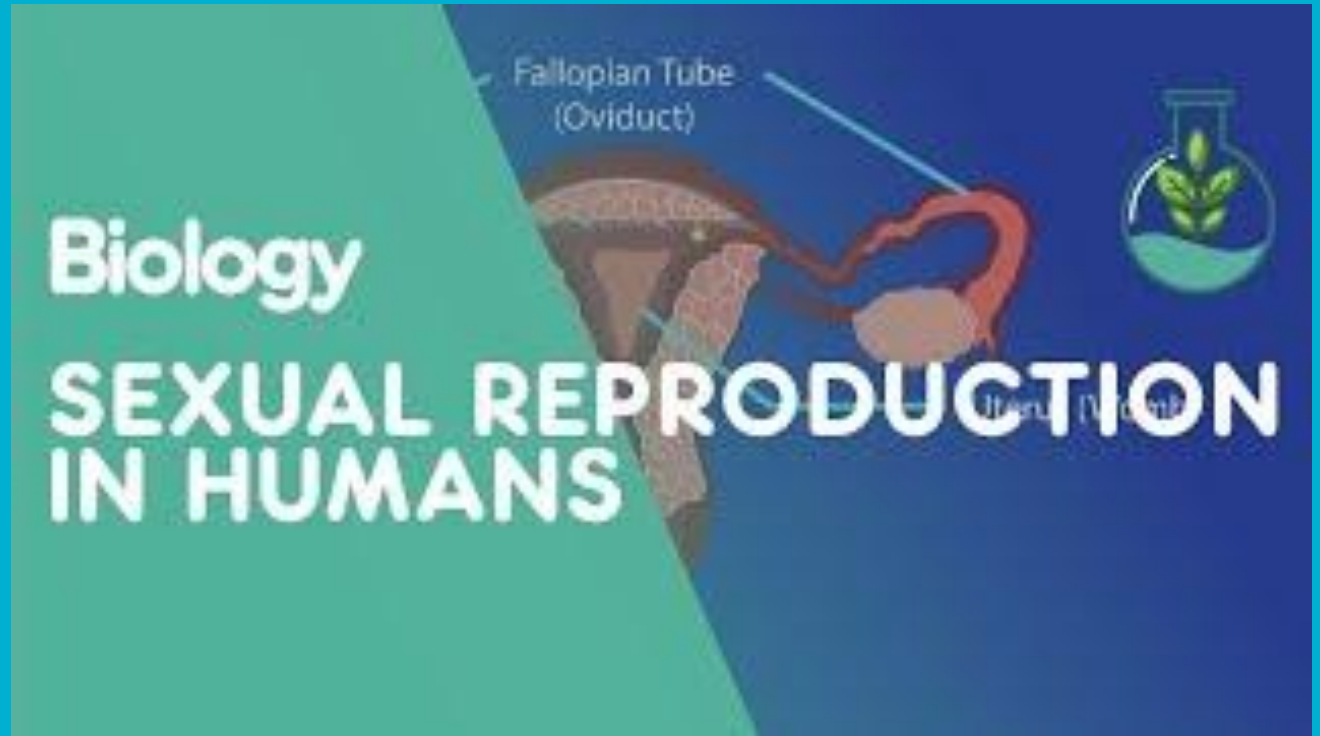
Days 14-17

The ovum travels down the Fallopian tube to the uterus.

It is fertilized by a sperm cell in the Fallopian tube.



Video



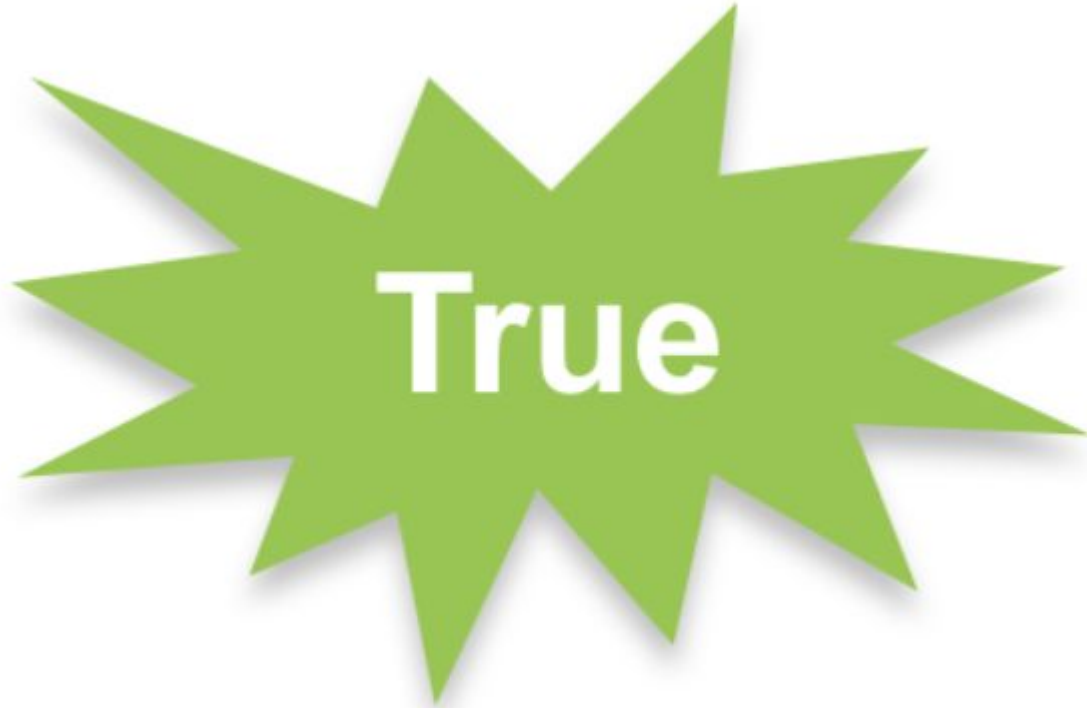


HIV

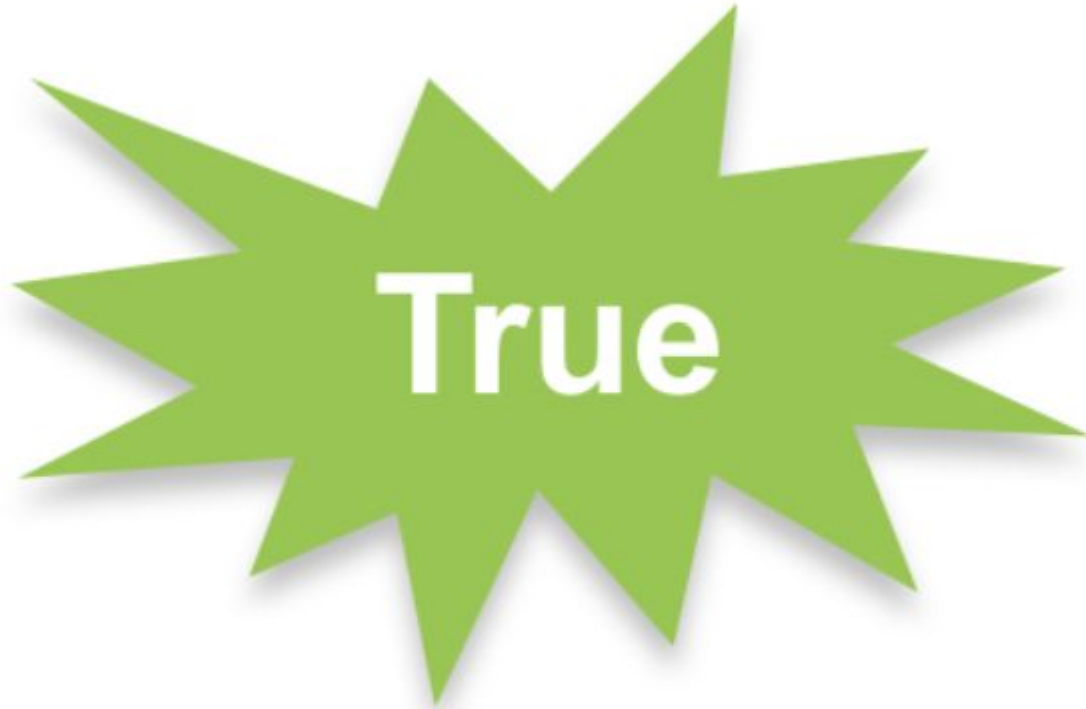
Myth or Fact



HIV stands for Human Immunodeficiency Virus



HIV causes AIDS, which is incurable



Sexual intercourse is the only way to contract HIV



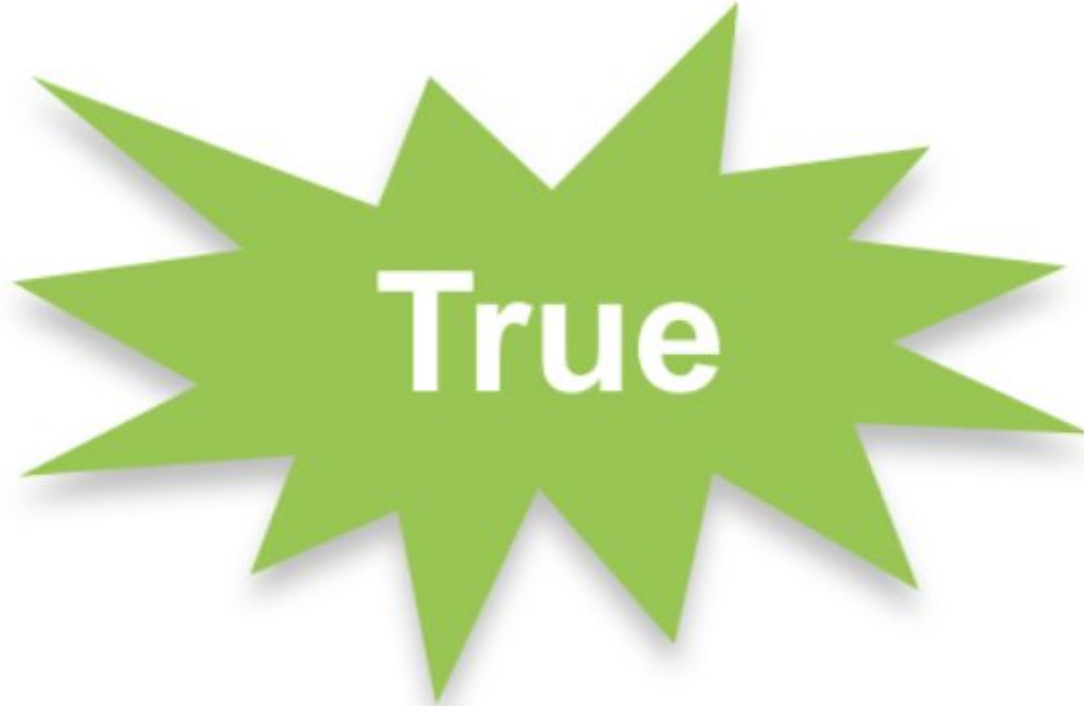
False

Blood is the only fluid that can transmit HIV

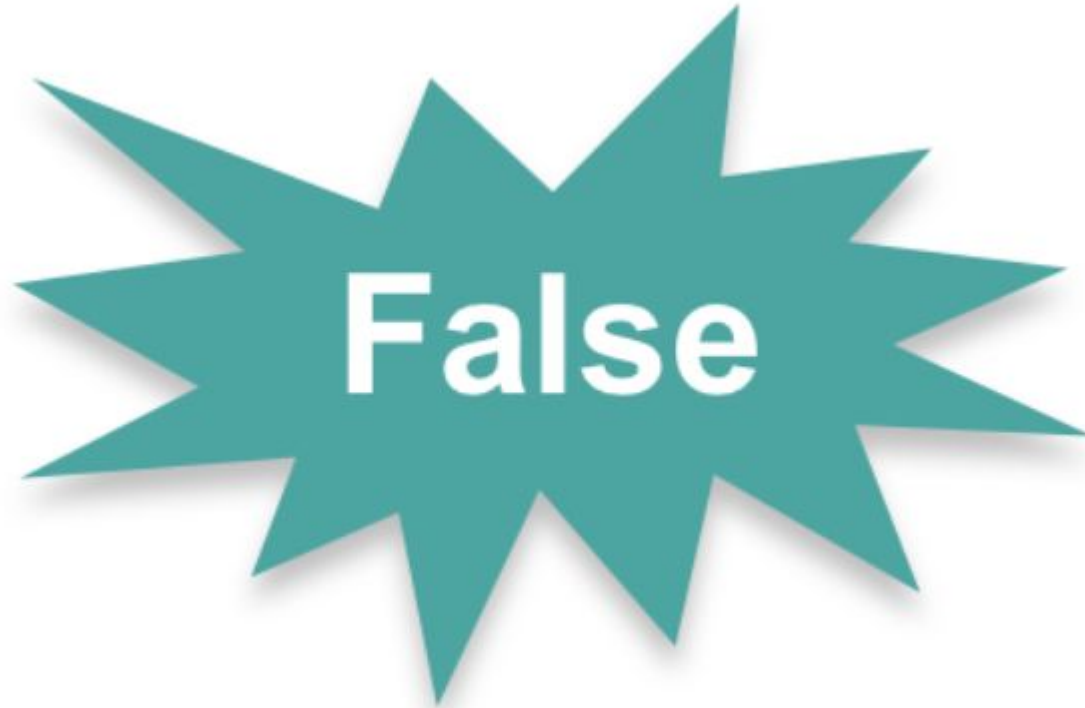


False

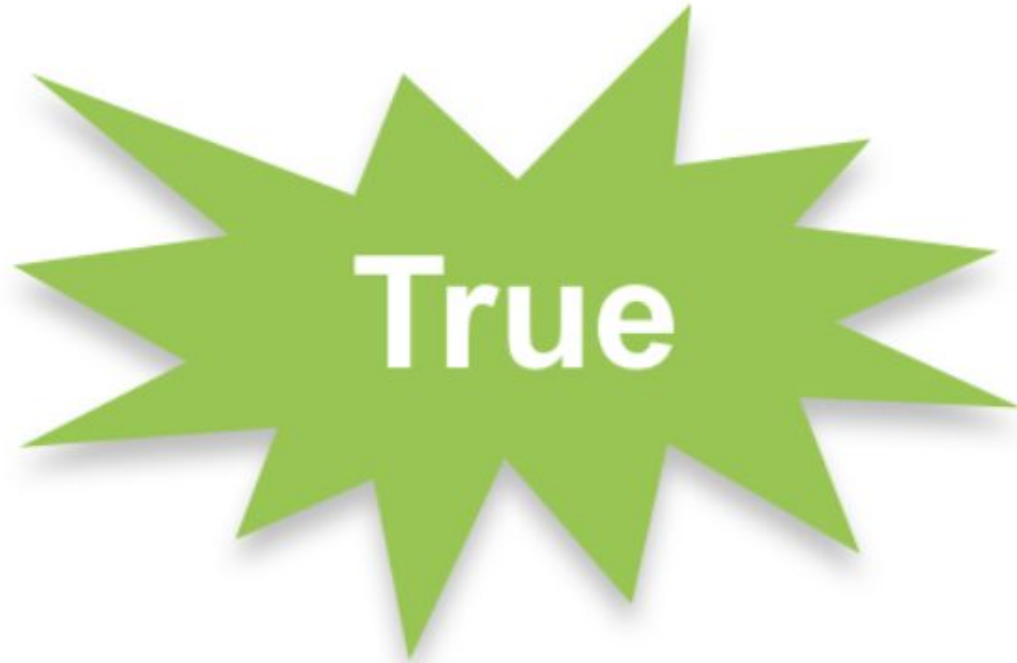
HIV is not transmitted through casual contact



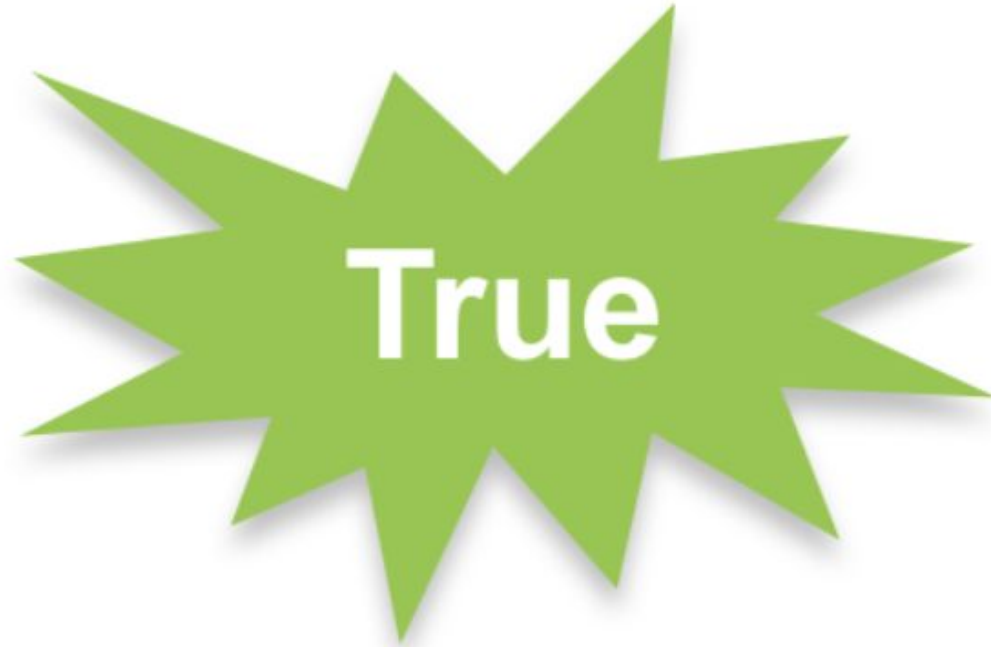
HIV attacks a person's skin cells



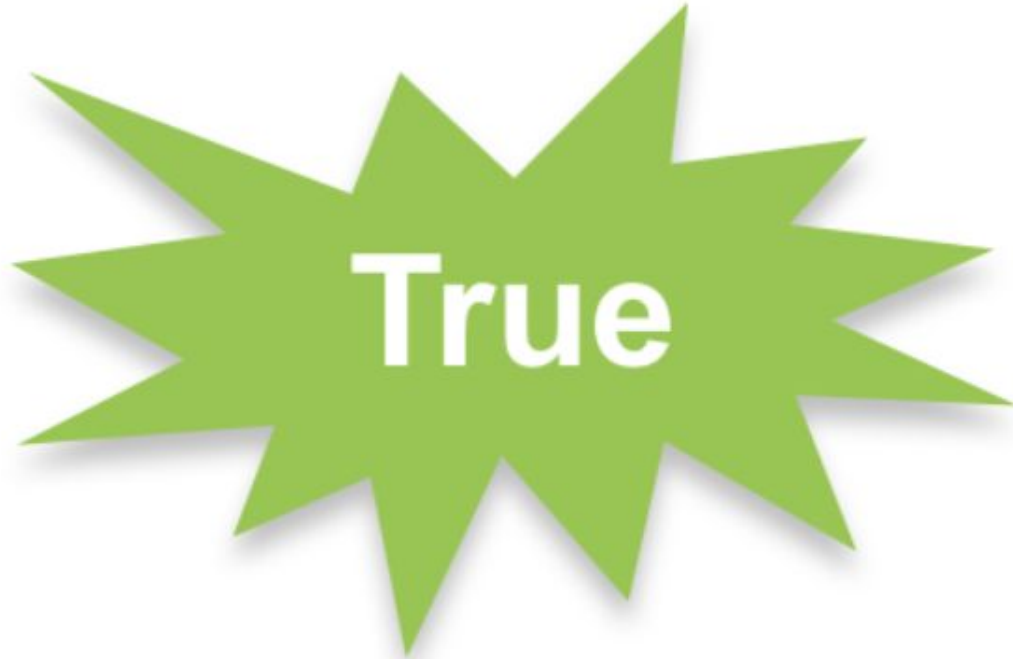
People who have HIV can look and feel healthy most of the time



All people deserve to be treated with dignity and respect, whether or not they have HIV



Abstinence is the only sure way to prevent sexual transmission of HIV



My Personal Puberty Plan - 4th/5th/6th Grade

