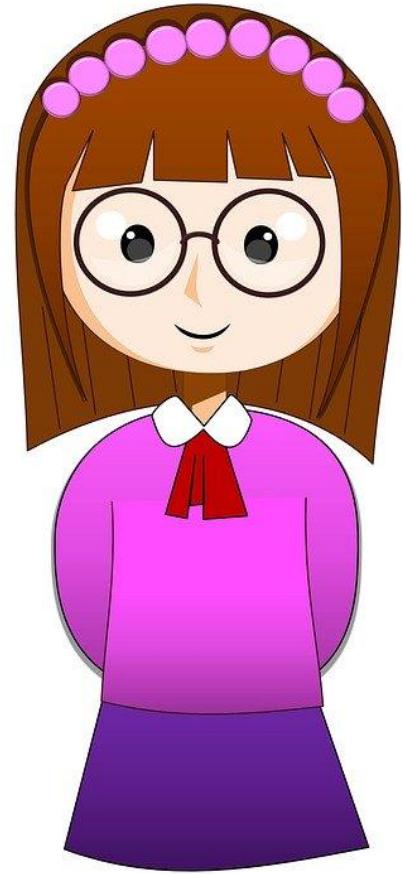


Guidelines for Discussion

- ✓ 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.

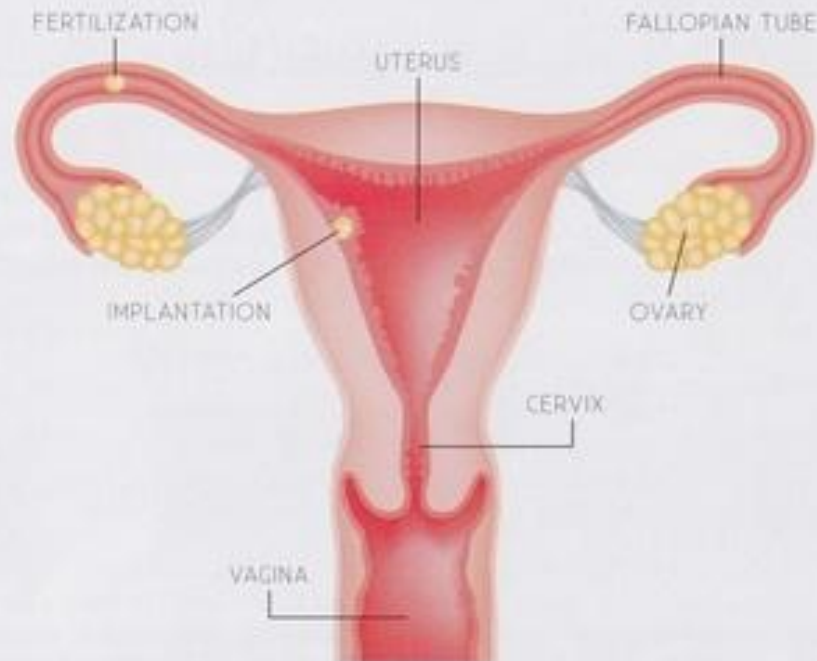


[5th Grade Preparing for Puberty Discussion Guide - Girls](#)

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.
- 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

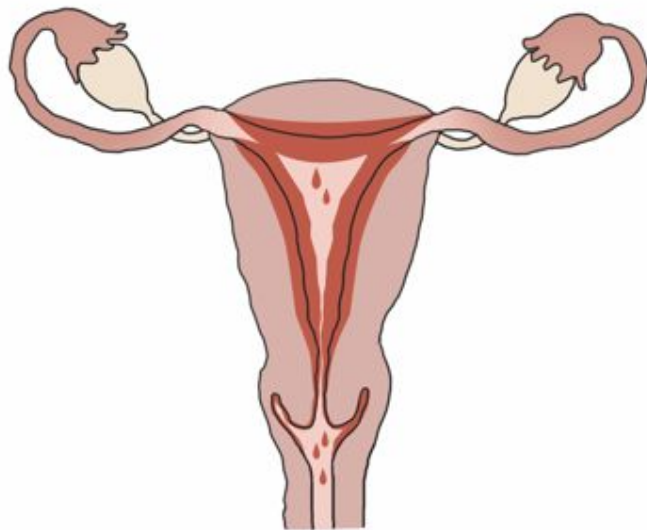
Estrogen

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

Ovulation and Fertilization

Days 1-7

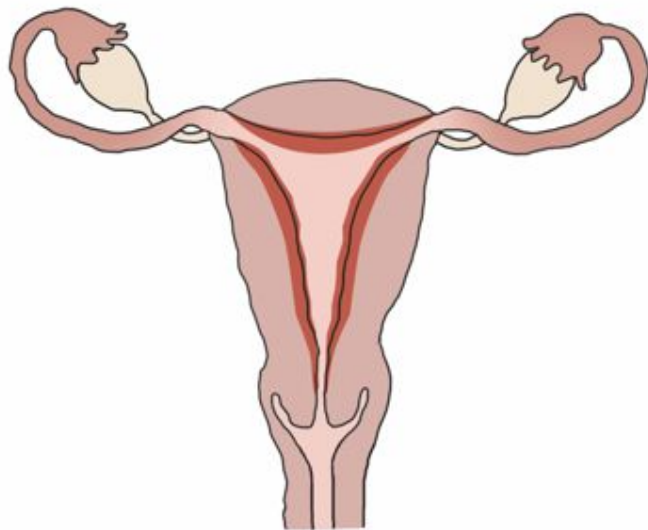
The menstrual flow begins and the lining of the uterus thins.



Ovulation and Fertilization

Days 8-14

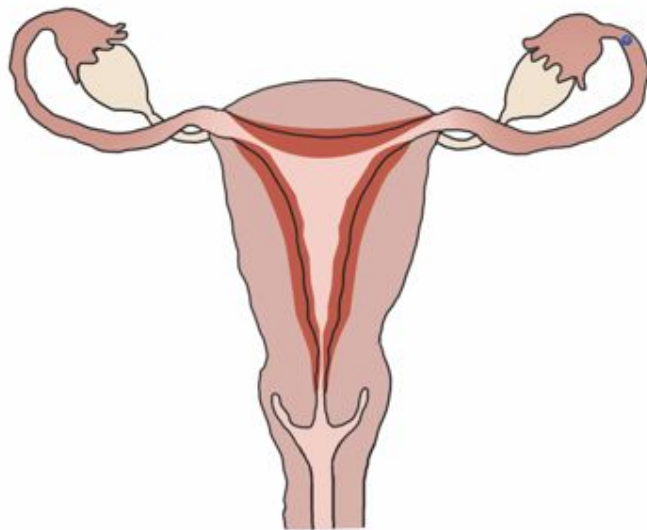
The lining of the uterus begins to get thicker.



Ovulation and Fertilization

Day 14

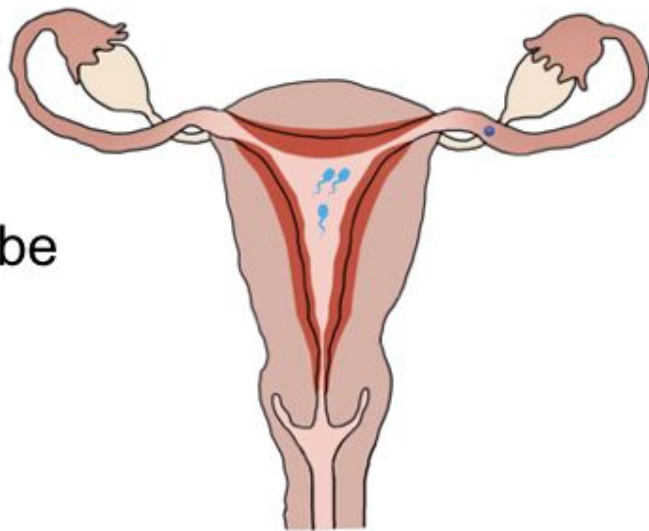
The ovum is released.



Ovulation and Fertilization

Days 14-17

The ovum travels down the Fallopian tube to the uterus.



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

