

## PURPOSE

To help students understand how a healthy reproductive system functions and how all of the parts work together.

## LEARNING OBJECTIVES

By the end of the lesson students will be able to:

1. Know the anatomical parts of the female reproductive system.
2. Understand hormones and how all of the parts of the reproductive system work together.

## MATERIALS & RESOURCES

- **Lesson 3 teenFEMM** powerpoint
- **Entry Ticket Activity** (preparation needed) + Teachers' Answer Key
- **Worksheet: Female Anatomy Quiz** (preparation needed) + Teachers' Answer Key

## VOCABULARY

- **Hormones:** Chemical signals that travel in the bloodstream, directing the activity of every system in the body.
- **Human Reproduction:** The process whereby a woman and a man together create a new life.
- **Human Reproductive System:** The group of organs in the lower belly/pelvis that work together; in women: to mature an egg (female cell of reproduction) and develop a growing baby; in men, to produce sperm (male cell of reproduction).
- **Ovary:** Two small organs on either side of the uterus that contain a woman's eggs. The ovary is responsible for developing and releasing an egg, approximately once every month.

- **Ovulation:** The release of an egg from the ovary.
- **Fallopian Tubes:** Two tubes, connected to either side of the uterus, where the egg travels after ovulation.
- **Uterus:** The uterus, also called the womb, is where all of us begin to grow. It's a hollow organ that expands during pregnancy as the baby grows.
- **Cervix:** A narrow canal at the base of the uterus, that opens into the vagina.
- **Vagina:** The canal that connects the uterus to the outside of the body. It's the entrance to the reproductive organs and exit for the delivery of a baby.
- **Urethra:** The tube that carries urine from the bladder to the outside of the body.
- **Anus:** The opening for waste matter from the digestive system to exit the body.

## PREPARATION

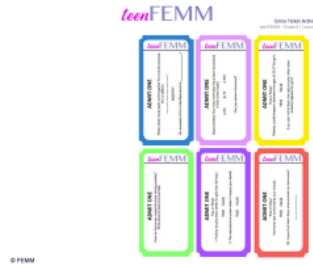
- ☐ Print the **Entry Ticket Activity** and cut out the tickets. Print enough for one for each student.
- ☐ Print the **Female Anatomy Quiz Worksheet** for each student.

## PROCEDURE

### Step 1 (5 minutes): Entry Ticket Activity

*Greet students at the door as they enter the classroom and give each student a ticket. Have students take their seat and write down their answers on the ticket.*

## Entry Ticket Activity



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Review the **Answers** together as a class using the next slide.

## Answers | Entry Ticket Activity



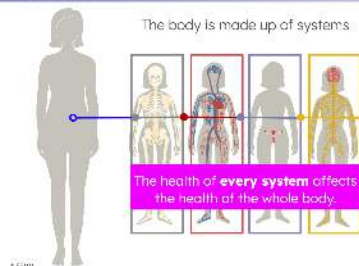
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**Step 2 (10 minutes):** Review body systems and hormones

Review the reproductive system in the context of a healthy body.

The body is made up of several **systems**, all working together to make sure the body functions well. The health of **every system** affects the whole body.

## Healthy body



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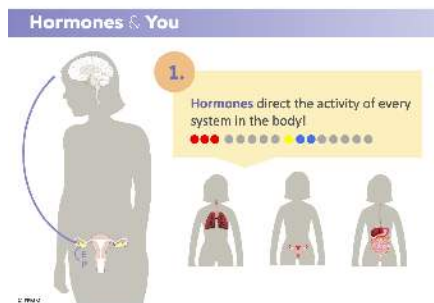
We looked at a few body systems in the first lesson. Do you remember their jobs?

- What does the **respiratory system** do? It works with the lungs to provide breath to keep us alive.
- What does the **digestive system** do? It works with the stomach and intestines to process food we eat.

- What does the **circulatory system** do? It works with the heart and blood vessels to send oxygen from the lungs, and nutrients from food, to all parts of the body.
- What does the **reproductive system** do? It has a huge role to play in making hormones that impact your mood and physical health. It is responsible for bringing about a new life.

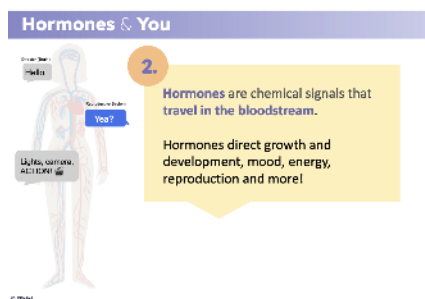
What do all these **body systems** need in order to do their own **particular jobs** well, and to **work together** properly? They need clear **signals** from the brain.

What are these signals called? **Hormones!**

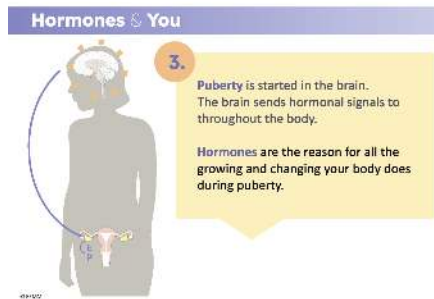


**Hormones direct the activity of every system in the body.** Hormones are chemical signals that travel in the bloodstream, directing growth and development, mood, energy, reproduction and more.

We can think of them like text messages that your brain sends to different parts of the body to tell them what to do and when to do it.

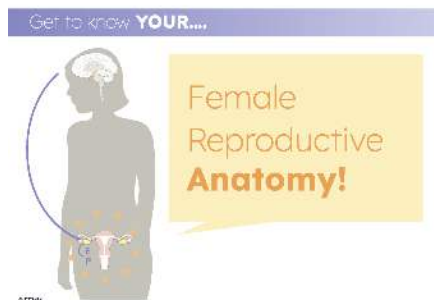


**How do hormones impact puberty?** Hormones are the cause of all the growing and changing your body undergoes during puberty.



**A healthy reproductive system is a key part of a healthy body. Let's learn about the parts of the female reproductive system.**

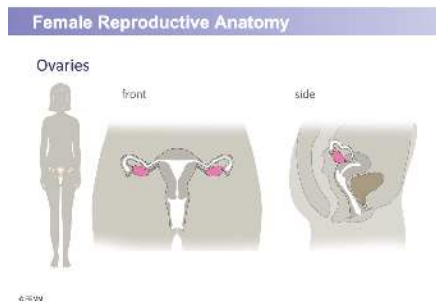
### Step 3 (15 minutes): Introduce Female Reproductive Anatomy



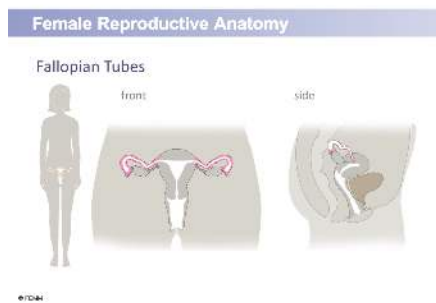
The reproductive system is made up of a group of organs in the lower belly/pelvis that work together in women to mature an egg (the female cell of reproduction) and one day develop a growing baby.

Let's find out exactly what happens in this system.

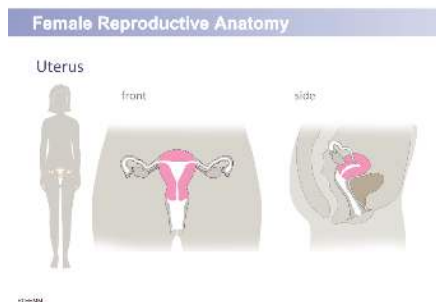
The **ovaries** are two small organs on either side of the uterus that contain a woman's eggs. The purpose of the ovary is to develop and release an egg (a tiny cell) approximately once a month. The egg is the female cell of reproduction and the sperm is the male cell of reproduction. If the egg and the sperm join together, a new life is formed.



The **fallopian tubes** are two thin tubes, attached to either side of the uterus, through which the egg travels to the uterus after it is released from the ovary.



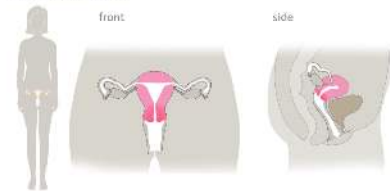
The **uterus**, also called the womb, is where all of us began to grow. It's a hollow organ that expands during pregnancy. Every month the lining of the uterus builds up and then sheds in menstruation. This is what is happening when girls get their period.



The **cervix** is the lower portion of the uterus, a narrow canal opening into the vagina.

## Female Reproductive Anatomy

### Uterus & Cervix

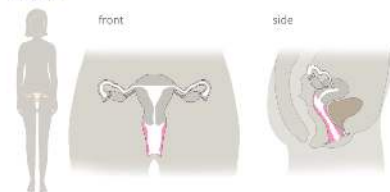


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The **vagina** is the canal that connects the uterus to the outside of the body. It's the entrance to the reproductive organs and exit for menstrual bleeding and the delivery of a baby.

## Female Reproductive Anatomy

### Vagina



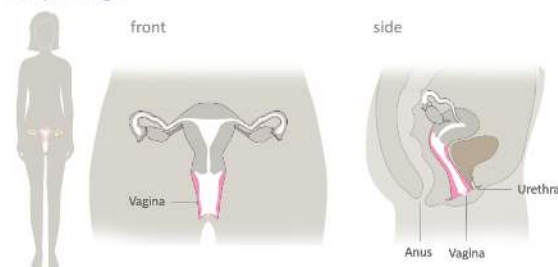
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*In this final anatomy slide, point out the 3 openings to the body in the side image:*

1. **vagina:** opens to the reproductive system
2. **urethra:** opens to the tube carrying urine from the bladder
3. **anus:** opens for waste to exit from the digestive system

## Female Reproductive Anatomy

### 3 openings

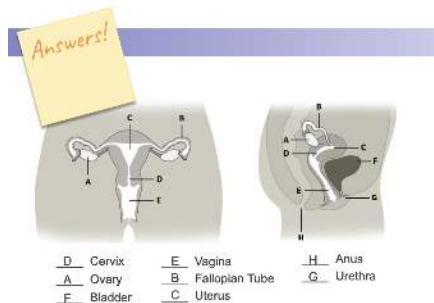


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## Step 4 (10 minutes): Female Anatomy Quiz + Teachers' Answer Key

Hand out the **Female Anatomy Quiz** for students to fill in the blanks.

Review, using the **Teachers' Answer Key** provided in the materials or with the following slide.



## CONCLUSION

The female reproductive system is responsible for developing the female cell of reproduction: the egg. The development of the cell of reproduction each month indicates that a woman's **hormone levels are healthy**; this is a vital sign of health. Next lesson we'll talk more about the female reproductive system and hormones!

## REFERENCES

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