

GENERAL INFORMATION

Course: 7th Grade Health and Physical Education

Unit: Healthy Relationships and Sexual Health

Lesson Title: Risks of Sexual Activity - Pregnancy

Lesson Objectives:

- Students will learn how pregnancy occurs.
- Students will learn about the risks of pregnancy from unprotected sex.
- Students will learn the health consequences of teen pregnancy.

Lesson Overview: This lesson introduces facts about reproduction and pregnancy. Students will learn about how fertilization occurs and the risks of pregnancy as a result of a sexually active lifestyle, especially unprotected sex. Students discuss the mental, emotional, and social impact of teenage pregnancy and parenthood.

Standards Alignment:

Parkway HPE	NHES	NSES
<ul style="list-style-type: none">• 7.5.3		

Unit Enduring Understanding Alignment:

1. Just because I am physically able to reproduce does not mean I am ready for those responsibilities.

Unit Essential Question Alignment:

1. What health behaviors will protect my sexual health and help me attain my life goals?

Guiding/Exploratory Questions for this Lesson:

1. What are the consequences of having sex?

Knowledge (Key Concepts):

1. Identify health risks of being sexually active.
2. Describe positive health practices that protect sexual health.

Skills:

1. Identify positive and negative influences from family, peers, media, culture and technology on sexual behaviors.
2. Develop communication skills with a trusted adult and/or physicians to reduce and avoid sexual health risks

	<p>and disease.</p> <ol style="list-style-type: none"> 3. Analyze the short-term and long-term effects of decisions regarding sexual health (e.g., STIs, pregnancy). 4. Make a personal commitment to practice abstinence in consideration of academic, and personal goals, and family values.
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Vocabulary:		
Pregnancy	Perceived Norms	Vaginal Intercourse
Sexual Activity	Commitment	Unprotected Sex

<p>Instructional Sequence (Adapted from the Health Smart <i>Reproduction and Teen Pregnancy</i> lesson):</p> <ol style="list-style-type: none"> 1. Introduction <ol style="list-style-type: none"> a. Review with class the ground rules for discussions around sexual health to ensure that students feel comfortable and safe. b. Distribute index cards or strips of paper to each student to write an questions for the Question Box. Remind students not to put their name on the card, unless they would like a private answer. 2. Introductory Activity (Timeline) - Draw a timeline from left to right on the whiteboard. Draw a stick figure above the timeline on the far left side and write the age "13" underneath the figure. Introduce the stick figure you have drawn as a 7th grader like you. Say, "The stick figure wants to have children someday, but not anytime soon. Let's imagine that this stick figure is you. Where would you place another stick figure representing the age when you feel it appropriate to have kids?" Draw another stick figure on the timeline and write the age of the person underneath. Ask the students to identify the things that would be important to happen in their life prior to having a child. Write answers in the space between the two stick figures. (Note: You may consider having students do this individually on their own piece of drawing paper to increase more engagement and variety of perspectives.) 3. Group Discussion (Perceived Norms) - Sometimes people do things because they think everyone else is doing them. "Perceived Norms" are what people think others are doing or what they believe. Ask students to describe a perceived norm that could have a negative effect on a person's health and well-being. After a few minutes of thinking/writing time have students volunteer to share. 4. Group Discussion (Sexual Activity & Intercourse) - Explain that sexual activity is defined as any sexual behavior that can result in pregnancy or STI. The type of sexual behavior that can lead to pregnancy is vaginal intercourse between a man and woman. There are other types of intercourse - anal sex and oral sex - that people perform for pleasure, but do not have the ability to allow people to reproduce. Be advised that all types of sex have physical, mental, emotional, and social implications. This decision should be approached cautiously and always with the consent of your
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partner.

5. Group Discussion (Pregnancy) - Explain that **every time a person has vaginal intercourse they risk getting pregnant**, especially if it is unprotected sex. The chances of pregnancy from unprotected sex is 1 out of 6 each month. But no one can know ahead of time when that 1 out of 6 chance will happen. It can even happen the first time a couple has sex.
6. Demonstration (See *Reproduction and Teen Pregnancy* lesson)
 - a. Explain that for the purposes of this activity, students will **make believe that everyone in the class is having unprotected sex** each month, even though this isn't true. Stress that most students their age are not having sex.
 - b. Draw, or have a student volunteer draw, a paper square from the container and read the number aloud. Write this number by the first month listed on the board.
 - c. Ask all students who wrote down that number to stand. When students are standing, tell the class that this is how many pregnancies have occurred at the end of the first month of having unprotected sex. Explain that while boys don't get pregnant, they do share equal responsibility for a pregnancy.
 - d. Return the first number to the container and draw another number. Write this number by the second month listed on the board. Ask students with this number to stand. **Explain that these students would be pregnant at the end of the second month.** Return the number to the container. (Note: If the first number happens to be drawn again, explain that these students are already pregnant and draw a number for the next month.)
 - e. After a number has been drawn twice, put it aside. Tell students that some numbers being called twice reflects the fact that people may become pregnant a second time in a year if they continue to have unprotected sex.
 - f. Continue drawing numbers and writing them next to the subsequent month until all the numbers are called or all students are standing, whichever comes first. Tell students that they are all pregnant!
 - g. Summarize - As you can see, some people will become pregnant the first time they have unprotected sex, some the third time, some the sixth time, some the twentieth time. Some will get pregnant the first month, some the second and some in later months. Nobody can predict for sure when a pregnancy might occur, but over the course of a year almost every couple who is having unprotected sex will get pregnant.
7. Activity - Distribute and have students complete the *My Pregnancy Risks* worksheet or *My Promise to Me* thinksheet (See Materials and Resources list).
8. Closure -
 - a. Summarize the key points from the lesson.
 - b. Distribute and explain any homework assignments and/or the Home-Family Connection activity.
 - c. Remind students to put any anonymous questions in the Question Box when they leave class.

Materials and Resources:

Teacher Resources:

- Glencoe Teen Health (2015).

Video:

- *Human Reproductive System*.

<ul style="list-style-type: none"> • <i>Reproduction and Teen Pregnancy</i>. Health Smart Curriculum (MS, Lesson 5). Educating, Training, and Research. • <i>Tips on Answering Questions About Sexuality</i>. Health Smart Curriculum (MS, Lesson 5). Educating, Training, and Research. 	<p>Educational Video Network.</p>
<p>Student Text:</p> <ul style="list-style-type: none"> • <i>Reproduction Facts</i>. Health Smart Curriculum (MS, Lesson 5). Educating, Training, and Research. 	<p>Worksheets/Journal Inserts:</p> <ul style="list-style-type: none"> • Worksheet - <i>My Pregnancy Risks</i>. Health Smart Curriculum (MS, Lesson 5). Educating, Training, and Research. • Thinksheet - <i>My Promise to Me</i>.
<p>Websites:</p> <ul style="list-style-type: none"> • Teens Health (www.kidshealth.org) 	<p>Parent Info/Resources:</p> <ul style="list-style-type: none"> • Kids Health for Parents (www.kidshealth.org/parents)
<p>Recommended and Approved Health Agencies, Consultants, and Speakers:</p> <ul style="list-style-type: none"> • None 	
<p>Home-Family Connection Activity:</p> <ul style="list-style-type: none"> • Have a discussion with a parent, guardian, or other adult caregiver, about family values and beliefs related to sexual activity/intercourse and pregnancy. The parent can use the opportunity to share any stories of people they have known that was impacted by a teenage pregnancy. What did they feel necessary to achieve in life before having children? What personal sacrifices did they have to make when they decided to have children? Write a personal reflection 50-75 words summarizing your conversation. 	