



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

A sexually mature girl's reproductive system is amazingly complex and can be the source of many questions and much misinformation. These activities will help students understand the anatomy and function of the female reproductive organs.

## Related KidsHealth Links

### Articles for Teens:

#### Female Reproductive System

[TeensHealth.org/en/teens/female-repro.html](http://TeensHealth.org/en/teens/female-repro.html)

#### All About Menstruation

[TeensHealth.org/en/teens/menstruation.html](http://TeensHealth.org/en/teens/menstruation.html)

#### Irregular Periods

[TeensHealth.org/en/teens/irregular-periods.html](http://TeensHealth.org/en/teens/irregular-periods.html)

#### Tampons, Pads, and Other Period Supplies

[TeensHealth.org/en/teens/supplies.html](http://TeensHealth.org/en/teens/supplies.html)

#### Feeling Fresh

[TeensHealth.org/en/teens/feminine-hygiene.html](http://TeensHealth.org/en/teens/feminine-hygiene.html)

#### Coping With Common Period Problems

[TeensHealth.org/en/teens/menstrual-problems.html](http://TeensHealth.org/en/teens/menstrual-problems.html)

#### Vaginal Discharge: What's Normal, What's Not

[TeensHealth.org/en/teens/vdischarge2.html](http://TeensHealth.org/en/teens/vdischarge2.html)

#### Gyn Checkups

[TeensHealth.org/en/teens/obgyn.html](http://TeensHealth.org/en/teens/obgyn.html)

#### Why Are My Breasts Sore?

[TeensHealth.org/en/teens/sore-breasts.html](http://TeensHealth.org/en/teens/sore-breasts.html)

#### Finding the Right Bra

[TeensHealth.org/en/teens/bra.html](http://TeensHealth.org/en/teens/bra.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What are the major female reproductive organs? What are their functions?
2. What are estrogen and progesterone? What do they do?
3. Tender breasts, cramps, moodiness, and headaches are just a few of the symptoms that may accompany menstruation. What causes them? How can they be eased?
4. There's no shortage of myths associated with female sexual development, menstruation, and pregnancy. Let's talk about some and separate the fact from the fiction.
5. Why is it important to know how to perform a breast self-exam? What else can females do to keep their reproductive organs healthy?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

## Female Reproductive System

### Objectives:

Students will:

- Learn the names and functions of the parts of the female reproductive system
- Identify the unique features of the female anatomy that enable females to conceive, carry a fetus, and give birth

### Materials:

- Computer with Internet access
- “Female Reproductive System” handout
- Pen or pencil

### Class Time:

- 30 minutes

### Activity:

All of the organs that are responsible for ovulation and menstruation are internal, within the pelvis. Let’s take a closer look at the female reproductive system by labeling its parts on the handout and briefly describing their functions.

Next, let’s think about the organs that play the most important roles after an egg is fertilized. Which are they? In what ways are these specifically adapted for conceiving, carrying, and delivering a baby? Write your thoughts on the back of the handout.

### Extension:

It can be said that the reproductive system is essential for keeping a species alive, but not for keeping an individual alive. Discuss what this means.



## Once Upon a Fallopian Tube

### Objectives:

Students will:

- Write and illustrate a storyboard depicting the journey of a fertilized egg

### Materials:

- Computer with Internet access
- “Once Upon a Fallopian Tube” handout
- Paper and pen, colored pencils

### Class Time:

- 1 hour

### Activity:

Sometimes it’s hard to believe that all human life depends on a chance meeting between an egg that’s 1/30th the size of a sesame seed and a sperm that’s 1/600th of an inch in a tube that’s as wide as a piece of spaghetti. But it does, and, improbable as it may seem, it happens hundreds of thousands of times around the world each day.

Today we’re going to create a storyboard that tells the story of the beginning of your life, which is really the story of the beginning of everyone’s life: We are all here because a female ovulated, a male’s sperm fertilized the egg, and that fertilized egg, or zygote, grew in a uterus for 9 months. Using the TeensHealth.org articles for research, create a storyboard that depicts an egg’s journey through ovulation, fertilization, and implantation.

### Extension:

Describe the role of genes and chromosomes in this process.

## Reproducible Materials

### Handout: Female Reproductive System

[TeensHealth.org/classroom/9to12/body/systems/female\\_reproductive\\_handout1.pdf](https://www.TeensHealth.org/classroom/9to12/body/systems/female_reproductive_handout1.pdf)

### Handout: Once Upon a Fallopian Tube

[TeensHealth.org/classroom/9to12/body/systems/female\\_reproductive\\_handout2.pdf](https://www.TeensHealth.org/classroom/9to12/body/systems/female_reproductive_handout2.pdf)

### Quiz: Female Reproductive System

[TeensHealth.org/classroom/9to12/body/systems/female\\_reproductive\\_quiz.pdf](https://www.TeensHealth.org/classroom/9to12/body/systems/female_reproductive_quiz.pdf)

### Answer Key: Once Upon a Fallopian Tube

[TeensHealth.org/classroom/9to12/body/systems/female\\_reproductive\\_quiz\\_answers.pdf](https://www.TeensHealth.org/classroom/9to12/body/systems/female_reproductive_quiz_answers.pdf)



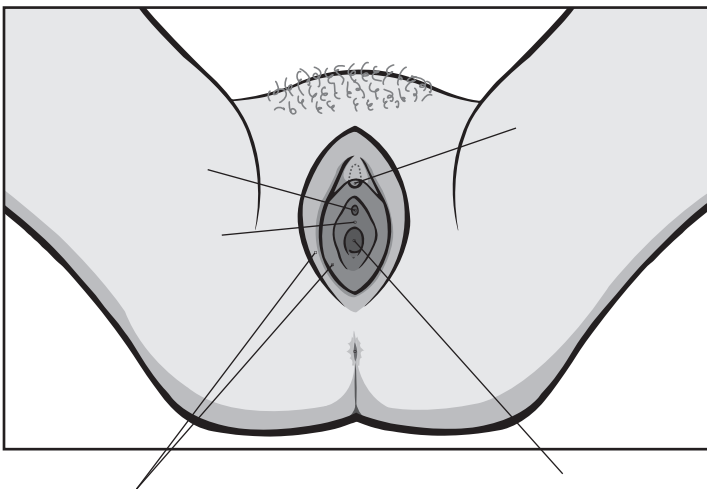
Name: \_\_\_\_\_

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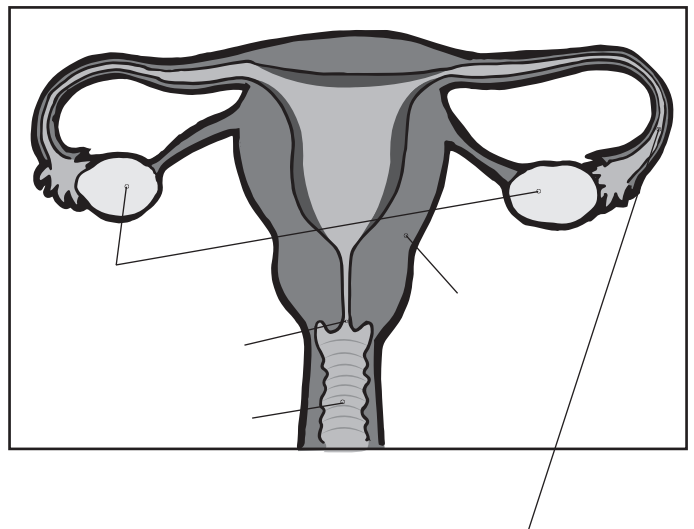
## Female Reproductive System

Instructions: Label the diagram and write the function of each part below. On the back, note at least 3 features of the female reproductive system that are specifically adapted for conceiving, carrying, and delivering a baby.

External View



Internal View



Labia \_\_\_\_\_

Clitoris \_\_\_\_\_

Urethra \_\_\_\_\_

Vagina \_\_\_\_\_

Uterus \_\_\_\_\_

Fallopian tubes \_\_\_\_\_

Ovaries \_\_\_\_\_

Hymen \_\_\_\_\_

Cervix \_\_\_\_\_



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Once Upon a Fallopian Tube

Instructions: Use this storyboard to write and illustrate the journey of an egg from ovulation through fertilization and implantation.

A large empty rectangular box with a thick black border, intended for drawing an illustration.

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. The two oval-shaped organs that produce, store, and release eggs are called the \_\_\_\_\_.
2. Which one is not a menstrual problem?
  - a) amenorrhea
  - b) vulvovaginitis
  - c) dysmenorrhea
  - d) menorrhagia
3. True or false: Females make millions of eggs per day.
4. Fertilization occurs in the:
  - a) uterus
  - b) fallopian tubes
  - c) labia
  - d) vagina
5. \_\_\_\_\_ occurs about 2 weeks before a woman's period.
6. The \_\_\_\_\_ is a thick, muscular organ that can expand to accommodate a developing baby.
7. The lining of the uterus is called the \_\_\_\_\_.
8. The average menstrual cycle is about how long?
  - a) 1 week
  - b) 2 weeks
  - c) 28 days
  - d) 30 days
9. The \_\_\_\_\_ is the lower portion of the uterus that opens into the vagina.
10. About a week after fertilization, the fertilized egg is a hollow ball of cells called a \_\_\_\_\_.



## Quiz Answer Key

1. The two oval-shaped organs that produce, store, and release eggs are called the ovaries.
2. Which one is not a menstrual problem?
  - a) amenorrhea
  - b) vulvovaginitis
  - c) dysmenorrhea
  - d) menorrhagia
3. True or false: Females make millions of eggs per day.
4. Fertilization occurs in the:
  - a) uterus
  - b) fallopian tubes
  - c) labia
  - d) vagina
5. Ovulation occurs about 2 weeks before a woman's period.
6. The uterus is a thick, muscular organ that can expand to accommodate a developing baby.
7. The lining of the uterus is called the endometrium.
8. The average menstrual cycle is about how long?
  - a) 1 week
  - b) 2 weeks
  - c) 28 days
  - d) 30 days
9. The cervix is the lower portion of the uterus that opens into the vagina.
10. About a week after fertilization, the fertilized egg is a hollow ball of cells called a blastocyst.