



Reproductive Health Lesson 2 – Grade 11

75 minutes in length

Overall Expectations:

C2. Demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being.

Specific Expectations:

C2.3. Describe how their understanding of factors that affect reproductive and sexual health (e.g., environmental factors, genetics, injuries, disabilities, hormonal levels, nutrition, substance use, sexually transmitted infections) and their knowledge of proactive health measures and supports (e.g., measures such as breast and testicular examinations, Pap tests, regular medical check-ups, stress management techniques, genetic testing; supports such as trusted adults, local clinics, a local public health unit, a nurse practitioner/doctor) can be applied to avoid or minimize illness.

Learner Outcome:

Demonstrate understanding of factors that affect reproductive health and apply knowledge during class discussions.

Materials:

1. **Handout:**
 1. Reproductive Health Fill-in-the-Blank Activity
 2. Statements for Great Debate

Introduction:

It is suggested that this lesson follows the content presented in Lesson 1. Students should be familiar with the background knowledge covered in the Reproductive Health Quiz prior to completing this lesson.

Approaches/Strategies:

A. Ground Rules

Ensure ground rules are established before beginning this lesson. For classes that have already established ground rules, quickly reviewing them can promote a successful lesson. Some suggestion for ground rules include:

- We have personal boundaries that must be respected
- We have the right to “pass”
- We have a right to our own beliefs and opinions
- We are responsible for our own learning
- Our questions or comments will be respected and taken seriously

B. Question Box (5 min)

Begin the lesson by addressing any questions that were placed in the question box following Reproductive Health Lesson #1.

C. Reproductive Health Fill-In-The-Blank Activity (15 minutes)

Hand out a blank Fill-in-the-Blank Activity sheet to each student and give them time to complete the worksheet.

Have students exchange worksheets with a classmate and grade the worksheet with the class using the provided answer key.

D. The Great Debate Activity (1 hour)

There are 3 statements provided for debate. For each statement, have a group of students be responsible to defend the “for” position, and one group responsible to defend the “against” perspective. To debate all 3 statements, the class should be divided into 6 groups.

Allow the students time to research their topic and organize their defence (suggestion of 30 minutes).

Assign a moderator to monitor time limitations and allow each group the opportunity for rebuttal time. The moderator may be the teacher or a volunteer student. (Suggested times: ~10 minutes for each debate)

For each statement, the “for” and “against” groups will defend their side of the debate, using information they have gathered to defend their perspective.

Class will vote after each debate for which group they feel addressed the issue best.

Self-Reflection

During the lesson, were:

- Ground rules being followed?
- Good practices established regarding group work and discussion?

What will you change for future classes with this group?

What will you change for future use of this lesson?

Student Assessment

During the lesson, did students:

Knowledge:

- Demonstrate understanding of factors that influence sexual and reproductive health?

Skills:

- Participate in debate, using their research to defend their position?

Reproductive Health Fill-in-the-Blank Activity

Weight	Smoke	Diseases
Mercury	Caffeine	Infertility
Drugs	Physical activity	Fetus
Stress	Alcohol	Fertility
Reproductive life plan	Pregnancy	Oral health
Folic acid	Placenta	Breast feeding

1. The chemicals in tobacco smoke are hazardous to the female reproductive system and can impact a woman's _____.
2. Medications that are safe for a woman may not be safe for a developing _____.
3. _____ is essential to the normal development of the spine, brain and skull of the fetus, especially during the first four weeks of pregnancy.
4. Some STIs can cause _____ in women and men.
5. Regular _____ is beneficial for both the pregnant women and the developing fetus, and may also contribute to an easier labour and birth.
6. In women, _____ alters fertility by changing when the eggs are released and may alter the normal pattern of menstruation.
7. Women should limit their _____ consumption when pregnant or planning on becoming pregnant.
8. When a pregnant woman is exposed to toxic substances in her environment, these toxic substances can cross the _____ and affect the development of the fetus.
9. Maternal _____ can affect the fetus during pregnancy and birth.
10. There is NO safe amount and NO safe time during pregnancy to consume _____.
11. Exclusive _____ is the healthiest way to feed an infant for the first six months.
12. Consuming fish containing high levels of _____ could harm a developing fetus' nervous system.
13. The negative effects appear to increase with the amount of _____ inhaled, either directly by the woman or indirectly as a result of second hand smoke.
14. Many _____ cause long term damage to both sperm and eggs, which impacts on fertility.
15. Certain _____ preventable diseases can cause severe damage to a fetus if the mother comes into contact with the disease and she is not vaccinated against it.

16. A _____ can help individuals develop personal goals and plan for a healthy future.
17. Pregnant women with poor _____ have a higher risk of delivering a preterm or low birth weight baby.
18. About 50% of _____ are not planned.

Reproductive Health Fill-in-the-Blank Activity Answer Page

The correct answers are underlined and bolded.

1. The chemicals in tobacco smoke are hazardous to the female reproductive system and can impact a woman's **fertility**.
2. Medications that are safe for a woman may not be safe for a developing **fetus**
3. **Folate/folic acid** is essential to the normal development of the spine, brain and skull of the fetus, especially during the first four weeks of pregnancy.
4. Some STIs can cause **infertility** in women and men.
5. Regular **physical activity** is beneficial for both the pregnant women and the developing fetus, and may also contribute to an easier labour and birth.
6. In women, **stress** alters fertility by changing when the eggs are released and may alter the normal pattern of menstruation.
7. Women should limit their **caffeine** consumption when pregnant or planning on becoming pregnant.
8. When a pregnant woman is exposed to toxic substances in her environment, these toxic substances can cross the **placenta** and affect the development of the fetus.
9. Maternal **weight** can affect the fetus during pregnancy and birth.
10. There is NO safe amount and NO safe time during pregnancy to consume **alcohol**.
11. Exclusive **breastfeeding** is the healthiest way to feed an infant for the first six months.
12. Consuming fish containing high levels of **mercury** could harm a developing fetus' nervous system.
13. The negative effects appear to increase with the amount of **smoke** inhaled, either directly by the woman or indirectly as a result of second hand smoke.
14. Many **drugs** cause long term damage to both sperm and eggs, which impacts on fertility.
15. Certain vaccine preventable **diseases** can cause severe damage to a fetus if the mother comes into contact with the disease and she is not vaccinated against it.
16. A **reproductive life plan** can help individuals develop personal goals and plan for a healthy future.
17. Pregnant women with poor **oral health** have a higher risk of delivering a preterm or low birth weight baby.
18. About 50% of **pregnancies** are not planned.

The Great Debate Statements

Drinking while pregnant is a women's choice.

Men or women who smoke tobacco around pregnant women should face criminal charges.

Women who use illegal drugs should be placed in a rehab facility during their pregnancy and monitored for drug use.