



(Insert School Logo)

Grade 10

Sexual & Reproductive Health

Name: _____

Teacher: _____

Room #: _____

/ 100 Marks (2023)

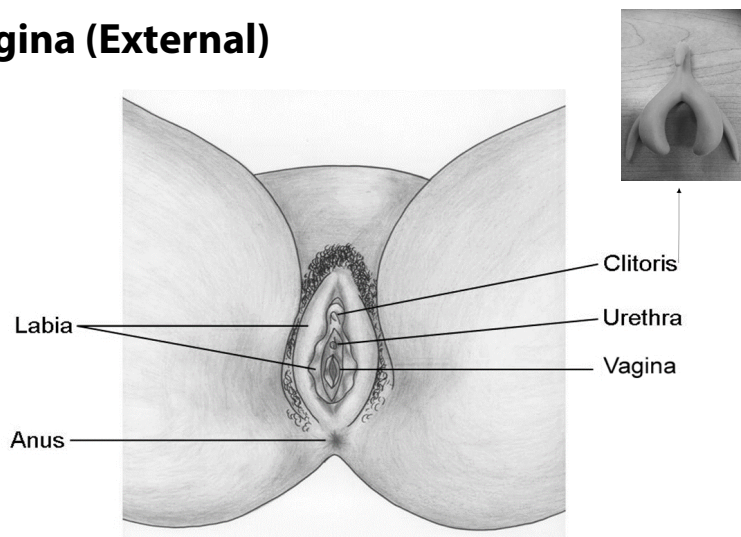
Goals

- Destigmatize and discuss functions of body parts, specifically genitals and the reproductive system.
- Discuss the nuances of consent and sexual assault.
- Discuss safer sex practices from abstinence on: hormonal birth control, STI/HIV info, STI testing and condom negotiation.
- Explore in depth and destigmatize all pregnancy options.

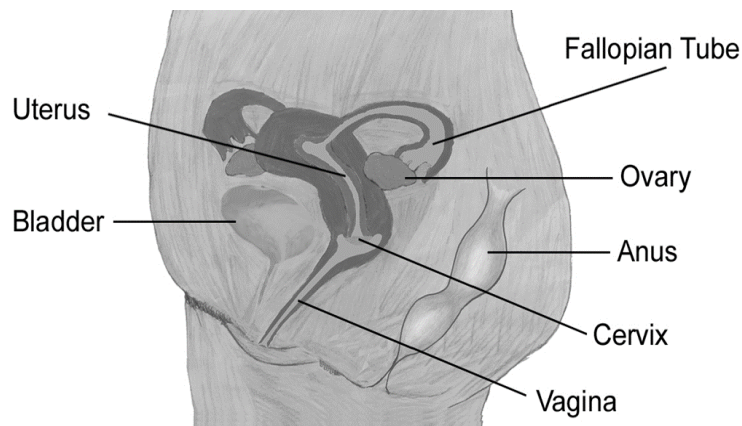
Anatomy (12 marks)ⁱ

The pictures below are drawings and not pictures of real bodies. We all look different, and that includes our genitals. From skin colour, to pubic hair, to body parts, to size and shape, everyone's genitals are unique.

Person with a Vagina (External)



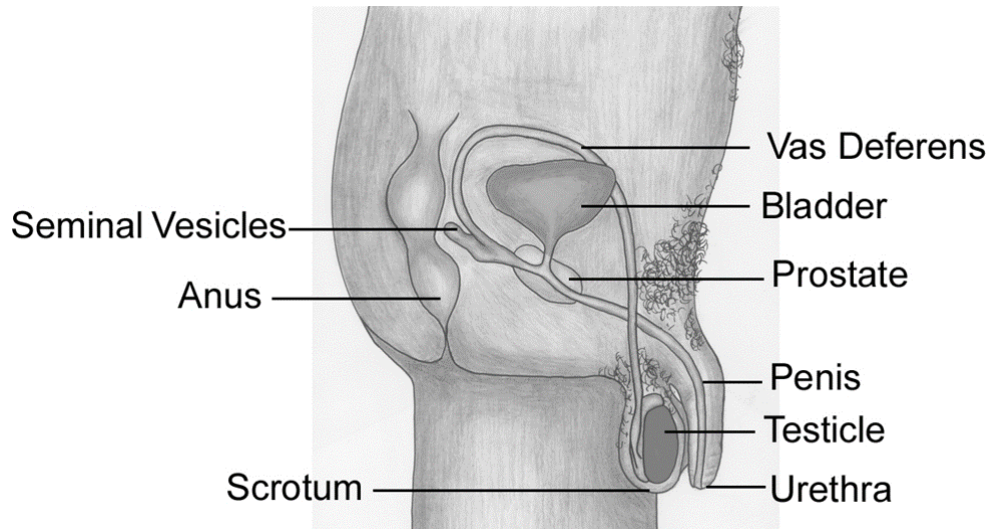
Person with a Vagina (Internal)



Additional Words: Vulva, Fertilization, Implantation and Menstruation

Fill in the blanks. (7 marks)	
	1. Tunnel of muscle from the outside of body to the cervix.
	2. Tunnel organ that connects the uterus to the vagina.
	3. The outer genitals: clitoris, vagina and labia.
	4. Stores eggs and makes the hormones estrogen and progesterone.
	5. Tubes between the uterus and ovaries.
	6. The joining of egg and sperm known as a zygote.
	7. Fertilized egg burrows in uterus beginning a pregnancy.
	8. Shedding the lining of the uterus; having a period.
	9. The pear-shaped organ where a fetus can grow.
	10. An organ, much of it is under the skin that is a pleasure center that can lead to orgasm.
	11. Pee hole.
	12. Stores pee.
	13. The opening at the end of the digestive tract.
	14. 2 sets of "lips" or folds of skin around vaginal opening.

Person with a Penis



Additional Words: Sperm and Ejaculation

Fill in the blanks. (5 marks)	
	1. Process of semen coming out of a penis.
	2. Makes sperm and the hormone testosterone.
	3. An organ made of erectile tissue that carries semen and urine (pee) out of the body.
	4. The sex cell required to fertilize an egg to make a baby.
	5. Two organs that make the fluid in semen which nourishes and transports the sperm.
	6. Tube that carries urine out of the bladder and the semen out of the body.
	7. Tube that carries sperm out of testes.
	8. Stores pee.
	9. The sack that holds the testicles.
	10. The opening at the end of the digestive tract.

Consent & Sexual Assault (24 marks)

Write three main points of consent.

1. _____
2. _____
3. _____

Write three examples of how to ask for consent.

1. _____
2. _____
3. _____

Give two examples of how you would know when someone is not giving consent.

1. _____
2. _____

Give two examples of how a person would check in with their sexual partner.

1. _____
2. _____

What are two online resources that provide accurate nonjudgmental information on sex and sexuality?

1. _____
2. _____

5 topics that are helpful for people to talk about before having any type of sex?

1. _____
2. _____
3. _____
4. _____
5. _____

Many people are not sexually active for various reasons. Everyone feels different about sex and it's common for people's feelings about sex to change throughout their life. There are also people who are never interested in sex. Someone who has no or very little interest in sex or sexual attraction to other people may identify as asexual. Depending on the person, they may still have romantic attraction to other people.

If someone has been sexually assaulted, it is never their fault. Sexual assault can be reported to anyone at any time and whatever is needed to feel safe and heal is for each individual to decide. If you choose to seek medical attention, keep in mind that there is a 72-hour window in which to collect DNA. If you want to keep evidence, at this point don't bathe or change your clothes.

The Sexual Assault Line is open all hours at 1 888 292 7565 or 204 786 8631.

What can you say to support someone who has been sexually assaulted?

1. _____
2. _____

Where can you find support for someone who has been sexually assaulted?

1. _____
2. _____

What are three things you can do to take care of someone who has been drinking?

1. _____
2. _____
3. _____

Safer Sex: Contraceptive Methods (8 marks)

Contraceptive #1 - Hormonal Method _____

What does it do?	
How is it used?	
Advantages	
Disadvantages/Side effects	

Contraceptive #2 - Hormonal Method _____

What does it do?	
How is it used?	
Advantages	
Disadvantages/Side effects	

Safer Sex: Condoms, Sex Dams & Emergency Contraceptive Pills (14 marks)

5 steps on putting on a condom

1. _____
2. _____
3. _____
4. _____
5. _____

What are 4 things a person can say to convince others to use condoms/sex dams?

1. _____
2. _____
3. _____
4. _____

Sex Dams

What is a sex dam used for?

Emergency Contraception: Emergency Contraceptive Pills (ECP)

“Morning After Pill”

What are 4 points of ECP?

1. _____
2. _____
3. _____
4. _____

Sexually Transmitted Infections (STI) (28 marks)

What are some common signs of STIs?

S: _____

I: _____

G: _____

N: _____

S: _____

Often there are no signs when someone has a STI. How would they know if they have an STI?

What is HIV?

What are 3 behaviours that can pass on HIV?

1. _____

2. _____

3. _____

What are 3 examples of "safe" fluids from HIV?

1. _____ 2. _____ 3. _____

Where can people access STI testing?

What are two ways to test for STIs?

1. _____

2. _____

How can someone who is sexually active protect themselves from STIs?

1. _____

2. _____

A check box anyone can bring with them when they go to a clinic. Please fill in as an example. (6)

Clinic Checklistⁱⁱ

Hello Health Practitioner,

I am feeling _____ about being here today.

I brought this with me to make sure I get what I need.

I am here to talk about or get: (check all that apply)

_____ birth control

_____ pregnancy test

_____ STI test

_____ a physical health issue

_____ my mental health

_____ other: _____

_____ HIV test

I'm worried about: _____

Some questions I have are: _____

I would like more info about: _____

4 things I know about sexual and reproductive health (2)

1. _____ 2. _____

3. _____ 4. _____

4 things I wonder about sexual and reproductive health (2)

1. _____ 2. _____

3. _____ 4. _____

Pregnancy Options (14 marks)

When should a person get a pregnancy test?

Why is getting a pregnancy test early on important?

Why is it important not to judge what a person will do with a pregnancy?

Two places a person can go for help and information regarding pregnancy?

1. _____ 2. _____

What are 2 or more things to consider if someone is choosing an abortion?

1. _____

2. _____

What are 2 or more things to consider if someone is choosing an adoption?

1. _____

2. _____

What are 2 or more things to consider if someone is choosing parenting?

1. _____

2. _____

What are three ways a partner or friend can support a pregnant person?

1. _____

2. _____

3. _____

ⁱTaken from teentalk.ca, October 20, 2022.

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