



(Insert School Logo)

# **Grade 9**

# **Sexual & Reproductive Health**

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

Teacher: \_\_\_\_\_

Room #: \_\_\_\_\_

**/ 90 Marks (2023)**

## Goals

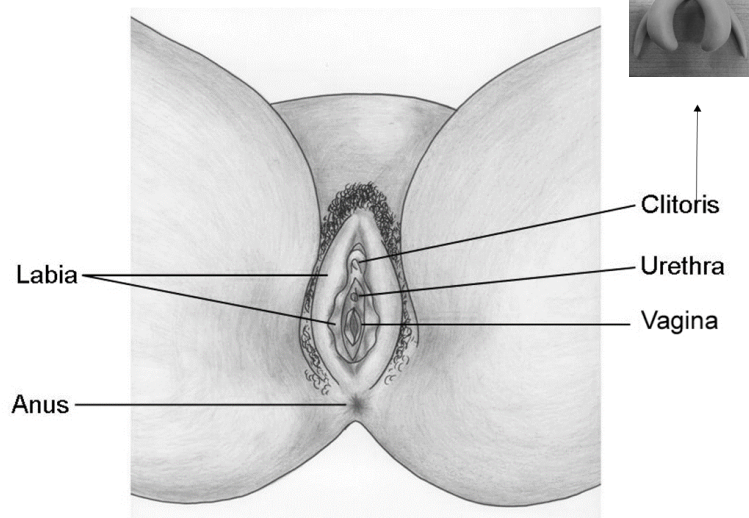
- Destigmatize and discuss functions of body parts, specifically genitals and the reproductive system.
- Define consent and sexual assault.
- Explore the motivating factors, rights, responsibilities and risks involved with having sex.
- Discuss and demonstrate hormonal birth control, STI testing and safer sex practices from abstinence on.
- Explore and destigmatize all pregnancy options.

## Anatomy (12 marks)

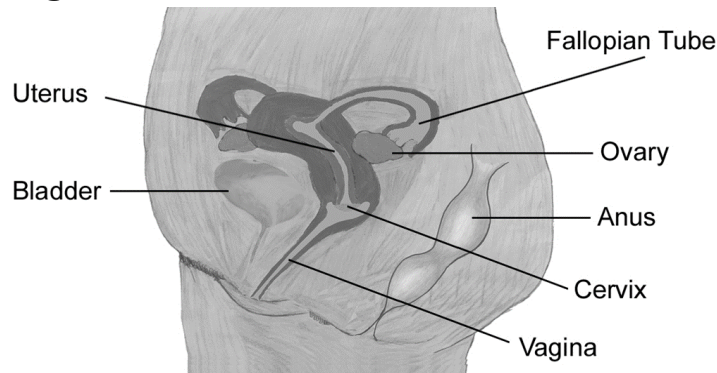
Knowing how bodies work is important. It can help us understand how we can take better care of our bodies, learn more about other people's bodies, how birth control and safer sex works and more.

Each of us can use whatever words we prefer for our body parts but here we are looking at the medical terms for our sexual and reproductive anatomy. 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)

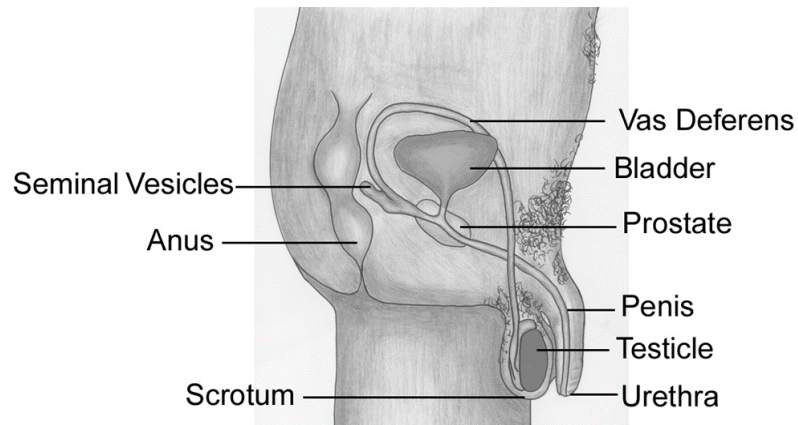


## Person with a Vagina (Internal)



<b>Match the words with their definition. (7 marks)</b>	
___ Anus	1. Stores pee.
___ Labia	2. Pee hole.
___ Clitoris	3. 2 sets of "lips" or folds of skin around vaginal opening.
___ Urethra	4. The opening at the end of the digestive tract.
___ Vulva	5. Tubes between the uterus and ovaries.
___ Uterus	6. Fertilized egg burrows in uterus beginning a pregnancy.
___ Bladder	7. Shedding the lining of the uterus; having a period.
___ Cervix	8. The joining of an egg and sperm known as a zygote.
___ Ovaries	9. The pear-shaped organ where a fetus can grow.
___ Fallopian Tubes	10. An organ, much of it is under the skin that is a pleasure center that can lead to orgasm.
___ Implantation	11. Tunnel of muscle from the outside of body to the cervix.
___ Menstruation	12. Tunnel organ that connects the uterus to the vagina.
___ Fertilization	13. The outer genitals: clitoris, vagina and labia.
___ Vagina	14. Stores eggs and makes the hormones estrogen and progesterone.

## Person with a Penis



<b>Match the words with their definition. (5 marks)</b>	
___ Testicles	1. The opening at the end of the digestive tract.
___ Anus	2. The sack that holds the testicles.
___ Scrotum	3. Stores pee.
___ Urethra	4. The sex cell required to fertilize an egg to make a baby.
___ Seminal Vesicle and Prostate	5. Two organs that make the fluid in semen that gives protein to and transports the sperm.
___ Penis	6. Tube that carries urine from the bladder and the semen out of the body.
___ Sperm	7. Tube that carries sperm out of testes.
___ Ejaculation	8. Process of semen coming out of the urethra at the tip of the penis.
___ Vas Deferens	9. Makes sperm and the hormone testosterone.
___ Bladder	10. The organ that carries sperm and urine (pee) out of the body.

## Consent & Sexual Assault (20 marks)

Consent can be explained in the following acronym. Please fill in. (5)

F \_\_\_\_\_

R \_\_\_\_\_

I \_\_\_\_\_

E \_\_\_\_\_

S \_\_\_\_\_

Pick two of the FRIES acronym letters and explain what they mean? (2)

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

Two examples of how to ask for consent? (2)

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

Two examples of how you would know when someone is not giving consent?  
(2)

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

Age of consent is (3)

16-18: \_\_\_\_\_

14-15: \_\_\_\_\_

12-13: \_\_\_\_\_

A youth cannot consent to sex with a person in a position of trust and authority. Give two examples of whom that may be: (2)

1. \_\_\_\_\_
2. \_\_\_\_\_

If someone has been sexually assaulted, it is never their fault. Sexual assault can be reported at anytime. Whatever is needed to feel safe and heal is for each individual to decide. If a person chooses to seek medical attention, they need to keep in mind that there is a 72-hour window if they want to keep evidence and they should not bathe or change clothes.

For support at anytime, call the Sexual Assault Line: 1 888.292.7565 or 204.786.8631.

What can you say or do to support someone who has been sexually assaulted? (2)

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

Where can you find support in the community for someone that has been assaulted? (2)

1. \_\_\_\_\_
2. \_\_\_\_\_

## Sexual Activity & Readiness (20 marks)

3 reasons why people have sex (3)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 reasons why people don't have sex (3)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are fun and safe activities people can do if they decide not to have sex? (3)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are some signs that a person might be ready to have sex? (5)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are 5 things for people to talk about before having any type of sex? (5)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

People not interested in any type of sexual activity may identify as \_\_\_\_\_.

(1)

## Sexually Transmitted Infections (STI) (24 marks)<sup>i</sup>

### STI Risk Activity (10 marks)

Decide which category the person/people belong in depending on their risk of getting an STI. The three categories: No Risk, Lower Risk, Higher Risk. Higher risk means there is a higher risk of spreading STIs. Lower risk means people are finding ways to reduce the risk. No risk means there is no chance of spreading STIs.

**Higher Risk** (Activities where bodily fluids are exchanged)

**Lower Risk** (Activities using safer sex supplies such as condoms and sex dams, getting tested)

**No Risk** (Activities where no bodily fluids are being exchanged)

\_\_\_\_\_ Alex is not dating right now. They like to masturbate sometimes.

\_\_\_\_\_ Tyler brags that he has had a lot of sex. He's never been with anyone sexually, but because of the way he talks, people assume he has an STI.

\_\_\_\_\_ Dev just broke up with his ex and is seeing someone new. He hated condoms but started using them after he had gonorrhea last year. Now he always carries condoms and is getting used to how they feel.

\_\_\_\_\_ Teresa has sex with all genders. She uses condoms and sex dams and is on the pill. She also goes to a teen clinic for free safer sex supplies and gets tested for STIs regularly.

\_\_\_\_\_ Kate and Isabelle just started dating and are planning on going to get tested for STIs. They learned how to make sex dams out of condoms at a health workshop. They make a new one each time they have oral sex.

\_\_\_\_\_ Michelle and Rick like to make out. They have oral sex without using condoms or sex dams, and are waiting to have other types of sex.

\_\_\_\_\_ Stephanie enjoys having vaginal and anal sex. She has not been tested for STIs. She only uses condoms for vaginal sex.

\_\_\_\_\_ Allison had sex with her first boyfriend. Since their break-up last year, she got tested for STIs and has decided to wait to have sex again.

\_\_\_\_\_ Joey's religion teaches that sex should be saved for marriage. Kissing and touching (above the waist) are okay for him and his partner.

\_\_\_\_\_ Brian and his first boyfriend have been dating for eight months. They have used condoms every time they have oral sex.



## Condoms & Sex Dams (14 marks)

What are the 5 steps on putting on a condom? (5)

1. Check the package for: \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What is a sex dam used for? (1)

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Steps to making a sex dam (4)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## STI Testing (4 marks)

When and where can someone get tested for STIs? (2)

1. \_\_\_\_\_
2. \_\_\_\_\_

What are two ways to test for STIs? (2)

3. \_\_\_\_\_
4. \_\_\_\_\_

## Birth Control & Pregnancy Options (14 marks)

What are 3 types of birth control? (3)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are 2 key points about birth control? (2)

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

The only type of birth control that a person can use after penis-vagina sex for up to 5 days to prevent a pregnancy is (1) \_\_\_\_\_.

What are the three pregnancy options available in Canada? (3)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are three things to think about if dealing with a pregnancy? (3)

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

What are two ways to support someone who is pregnant? (2)

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

Excerpted from teentalk.ca, October 20, 2022.