(Insert School Logo)

Grade 10 Sexual & Reproductive Health

Name:	
Teacher:	
Room #:	

/ 100 Marks (2023)

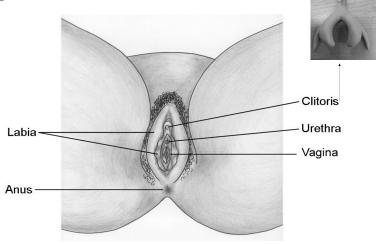
Goals

- 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.

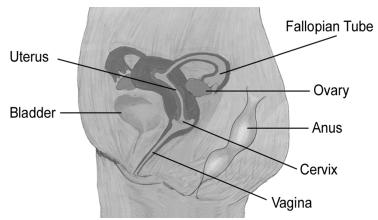
Anatomy (12 marks)i

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.





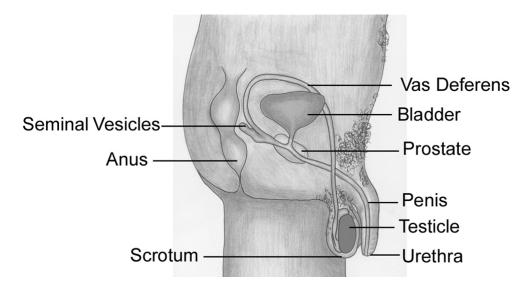
Person with a Vagina (Internal)



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	O. An organ, much of it is under the skin that is a pleasure center that can lead to orgasm.
1	1. Pee hole.
12	2. Stores pee.
13	3. The opening at the end of the digestive tract.
14	4. 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 or
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 - Ho	rmonal Method
What does it do?	
How is it used?	
Advantages	
Disadvantages/Side effects	
Contraceptive #2 - Ho	rmonal 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)

	mmon signs of STIs?		
N:			
S:			
Often there are no	signs when someone has a ST	TI. How would they know if they l	have an
STI?			
What is HIV?			
1 2	iours that can pass on HIV?		
What are 3 examp	oles of "safe" fluids from HIV?		
1	2	3	
Where can people	e access STI testing?		
	e who is sexually active protect		
۷			

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

	Clinic Checklist ⁱⁱ	
Hello Health Practitioner,		
I am feeling	about being here today.	
I brought this with me to ma	ake sure I get what I need.	
I am here to talk about or ge	et: (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 sexua	l and reproductive health (2)	
1	2	
3	4	
4 things I wonder about sex	ual 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?	
12	
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.	