



"Education For A Healthy Life"

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Human Growth and Development Program Outline

Sexual growth and expression of one's sexuality is an important part of each person's identity. Achieving healthy development and learning about this aspect of ourselves begins at birth and continues throughout our lives. The two-hour program supports adolescents in gaining a positive view of sexuality and provides them with developmentally appropriate knowledge and skills to make decisions now and in the future. The curriculum begins with Valeda, the transparent talking woman, as she gives the students an overview of the organs inside the human body. A video entitled, "Human Reproduction and Childbirth" by Human Relations Media is a summary of maturation, the reproductive systems, and the birth process. Classroom instruction led by the Kansas Learning Center for Health instructor will discuss the following outline. Parents are invited to attend the session with their children.

- I. **Road of Life**
 - A. Importance of setting goals
 - B. Understanding consequences of drug use, teen pregnancy
- II. **Teen pregnancy increases risk of premature birth**
- III. **Anatomy of the Reproductive Systems**
 - A. Males
 1. Sperm cells
 2. Scrotum
 3. Testicles
 4. Epididymis
 5. Vas deferens
 6. Seminal vesicle
 7. Semen and ejaculation
 8. Penis
 - B. Females
 - i. Egg cell, ovum
 - ii. Ovaries
 - iii. Fallopian tubes
 - iv. Uterus
 - v. Cervix
 - vi. Vagina
 - vii. Menstruation

- IV. Fertilization of Egg Cell**
 - A. Chromosome Pairs-Genetics
 - B. Illustration of fertilization
- V. Development of Fertilized Egg**
 - A. 0-35 days
 - B. Multiple Births
- VI. Fetal Development-1-9 months**
 - A. First trimester
 - 1. Development of Body systems
 - 2. Drug or lifestyle dangers: Fetal Alcohol Syndrome
 - B. 2nd trimester
 - 1. Growth and development
 - 2. Muscular movement/brain
 - C. 3rd trimester
 - 1. Growth
 - 2. Continued development lungs/skin
 - D. **Birth Process- 3 stages of Labor**