

Sandwich Public Schools Sex Education Resources

Comprehensive Sexuality Education (CSE) is a highly explicit form of “rights-based” sex education that promotes promiscuity and high-risk sexual behaviors to children as healthy and normal. CSE programs are also known to promote diverse sexualities, gender confusion, abortion, and other content that violates many families’ beliefs. Massachusetts Family Institute (MFI) has been tracking the use of CSE in MA public schools. MFI obtains information on the sex ed curriculum being used in MA public schools via Public Records Request and provides this information to parents so that they can make informed decisions about their child’s education.

Historically, MFI has looked for five harmful curricular elements: sexualizes children, promotes diverse sexualities, promotes transgenderism, promotes abortion, and undermines parents or parental rights. However, CSE can contain as many as 15 harmful elements. To learn more about CSE and these harmful elements, visit this website.

The Sandwich Public Schools (SPS) has been found to be using a CSE approach to sex education.

Here are a some examples of CSE found in the SPS curriculum that demonstrate harmful elements:

1. **Promotes diverse sexualities, promotes transgenderism:** Both the 6th grade and 9th grade curriculum contain direct instruction on gender and sexuality that includes the Genderbread Person and introduces terms such as “queer.” The tone of the lessons is morally normative and encourages students to adopt an affirming attitude toward transgender identities and non-heterosexual orientations.
2. **Undermines parents or parental rights:** The lesson on consent provides a list of the qualities that a sexual partner should have. None of them include being married (or for that matter, even being in a long-term relationship)! This is a blatant endorsement of sexual promiscuity that undermines the teachings of religious parents.

Parents are strongly encouraged to review all the information received from the Sandwich Public Schools, as contained in this document. This information was obtained via a public records request sent by a Sandwich resident.

This document contains:

Pgs. 2-3: Public Records Request and Response	Pgs. 4-29: 5 th Grade Lessons
Pgs. 30-81: 6 th Grade Lessons	Pg. 81: 7 th -9 th Grade Overview
Pgs. 83-99: 7 th Grade Lessons	Pgs. 100-189: 9 th Grade Lessons

Note: Please be aware of the dates of these documents. School districts can update their curriculum at any time, and the information contained in this report may have changed. However, once a district adopts a CSE curricular model, even if they change their resources, they will likely continue to use a CSE approach.

----- Forwarded message -----

From: [REDACTED] >
Date: Wed, Jun 18, 2025 at 12:21 PM
Subject: Re: Requesting all Sandwich Sex Ed Curriculum & Resources
To: Vicky Dauphinais <vdauphinais@sandwich.k12.ma.us>

Vicky,

Thank you!



On Fri, Jun 13, 2025 at 2:22 PM Vicky Dauphinais <vdauphinais@sandwich.k12.ma.us> wrote:

Good afternoon [REDACTED]

My apologies for the delay in getting this information back to you. Attached please find a zip file containing the sex education curricula that you requested.

If you have any additional questions, please do not hesitate to let me know.

Best regards,

Vicky Dauphinais

Executive Assistant to the Superintendent
and Assistant Superintendent

[Sandwich Public Schools](#)

270 Quaker Meetinghouse Rd.

East Sandwich, MA 02537

Phone: 508-888-1054

Fax: 508-888-9505

**To translate this message, copy and paste it
to [deepl.com](https://www.deepl.com) or [translate.google.com](https://www.translate.google.com).**

On Tue, Feb 11, 2025 at 11:30 PM [REDACTED] wrote:

Dear superintendent Joseph Maruszczak,

I understand that according to the MA Department of Elementary and Secondary Education I have a

right to view sex education curricula per the MA General Law Chapter 71, Section 32A. Please send me the following information regarding sexual education within the Sandwich public schools. Please include all grades that sex education is taught in. The title, edition, and publisher for all books, videos, pamphlets, web-based materials, or other curricula involving human sexual education or human sexuality issues. Please forward the information I have requested electronically or advise me whom I must contact to coordinate a time to come to the school to review the materials.

Thank you,



The contents of this email, and any attachments, are the property of the Sandwich Public School District, and are subject to the Public Records law, M.G.L. c> 66, Sec. 10.

NOTE: These slides are designed to complement a live presentation and are not intended to be viewed in isolation. We encourage you to join us for Family Presentation Night (every January), where the lessons will be explained, and the slides will be presented in full context.

Grade 5

PUBERTY, GROWTH & DEVELOPMENT

2025

SETTING THE STAGE FOR SAFE LEARNING



How do you want to feel?

What do we need to do?

Everyone gets a notecard so they can ask questions or write their reaction. Everyone turns *something* so that questions can be anonymous.

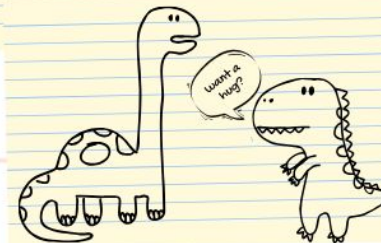
my mom already
told me everything

Is my voice
going to
change?

When should I
start wearing
deoderant?

that wasn't as bad as I
thought it would be.

that was
so awkward.



PUBERTY

Puberty is all of the changes to your body that prepare you to become an adult.

Changes you can see (physical)

Changes you cannot see (emotional, social)

**Puberty happens between ages 8 and 17,
and is a NORMAL part of growing up!**

SHOWTIME



Still have questions?



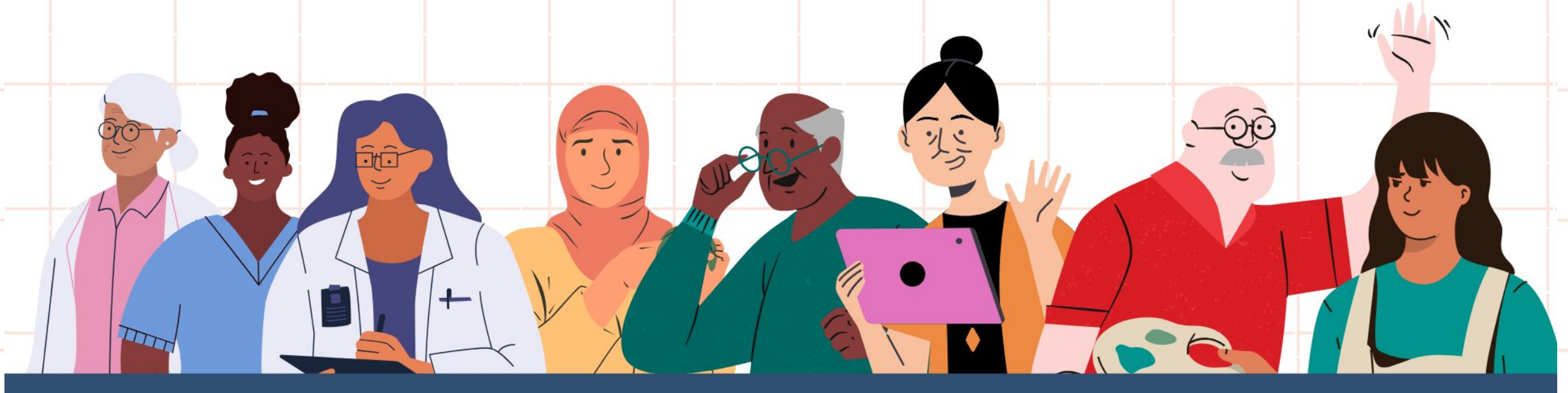
REMEMBER

A good resource for your
health information is
accurate, trustworthy,
and reliable!





	Parents, family members or other trusted adults		Doctors, nurses or other health care workers
	Your health teacher or the school nurse		The Internet



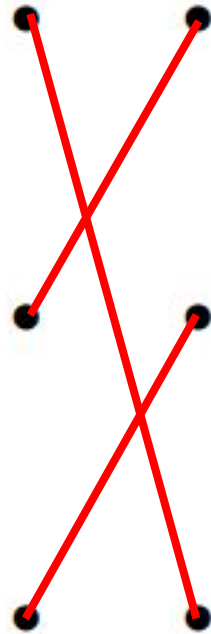
Grade 5

IDENTIFYING CHANGES

2025

Draw lines to match the information.

puberty
hormones
8-15



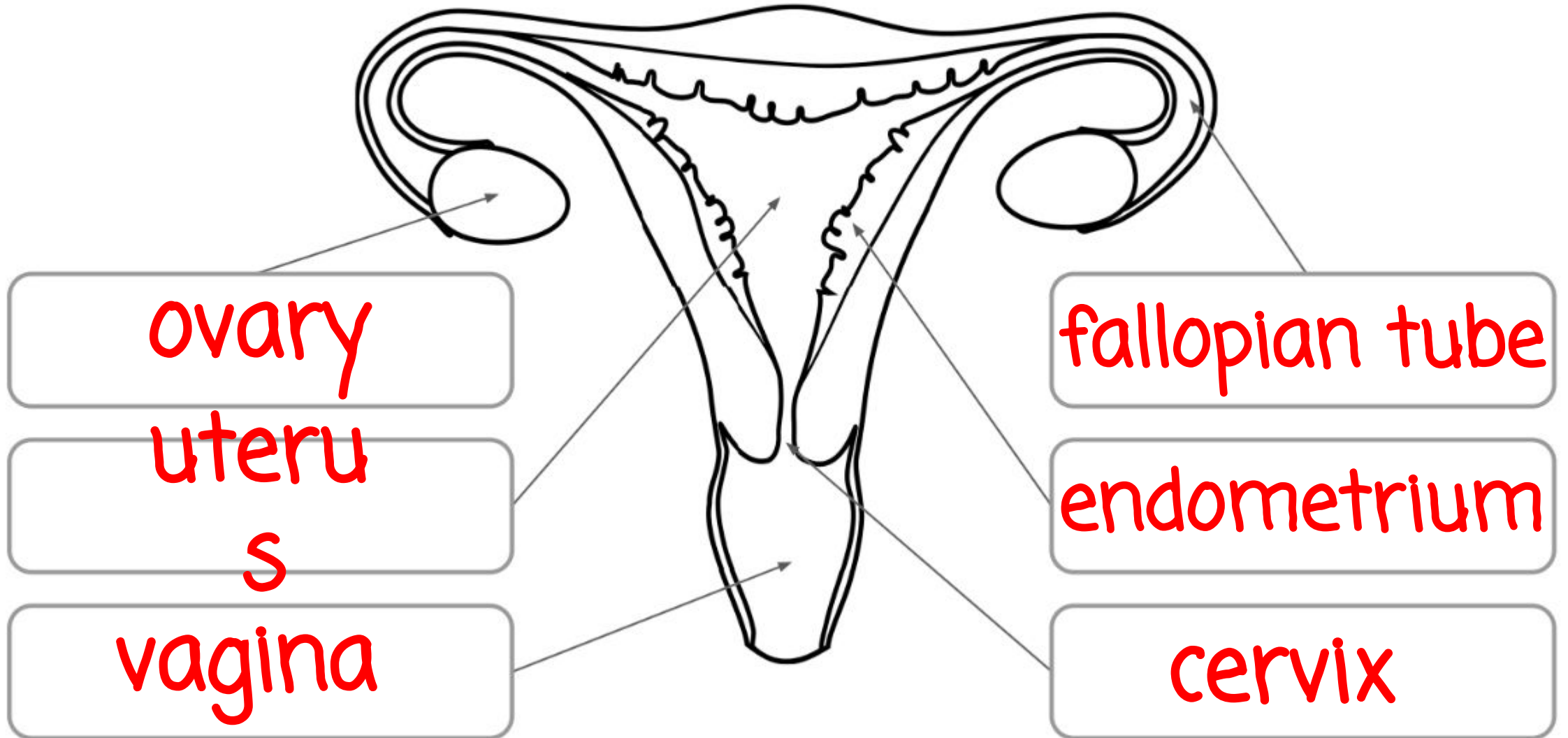
Chemical signals in the body.
Age when puberty happens.
Body changes from being a child to an adult.



Circle the things that change because of puberty. X the things that are not related to puberty.

Body odors become smelly.	Number of fingers change.
Hair and eye colors change.	Gain weight and height.
Weather can be cold.	Body shape changes.
Can get acne and pimples.	Hair begins to grow on different body parts.

Label the reproductive body parts.



Fill in the blanks with correct words from the box.

menstruation

ovary

sperm

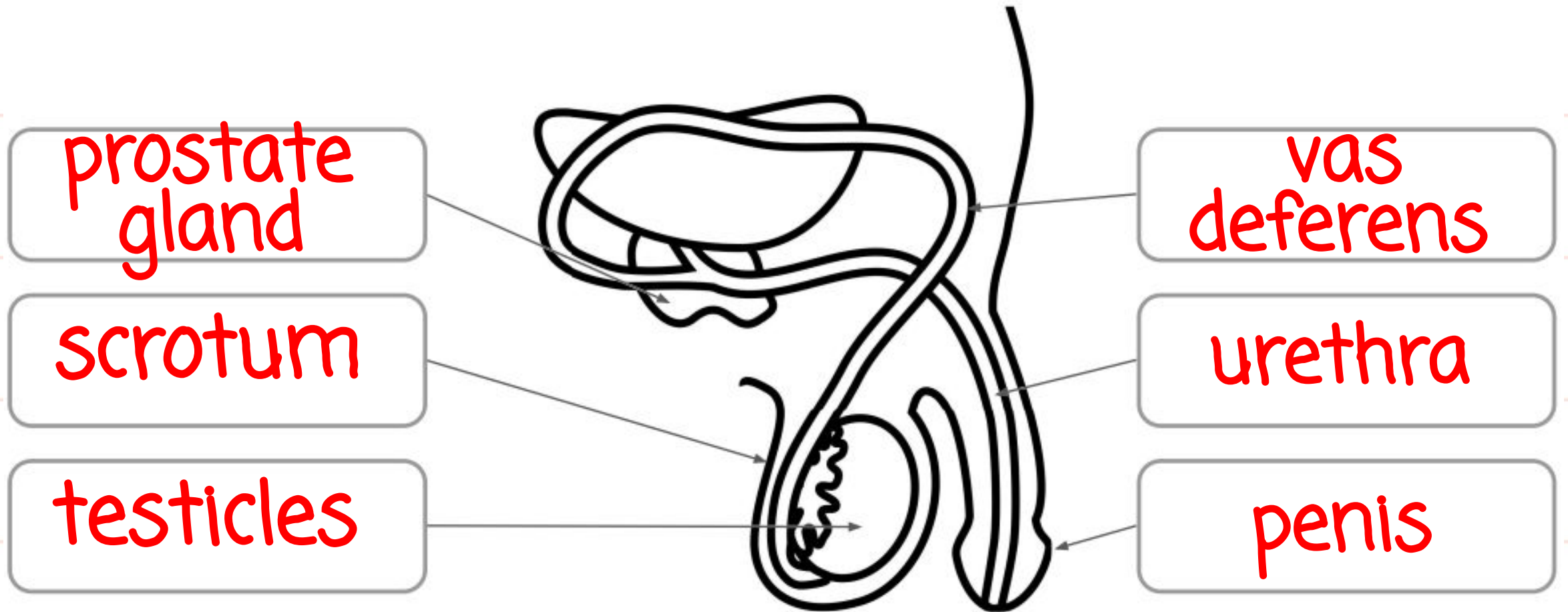
blood

tube

fetus

The egg travels from the ovary through the fallopian tube to the uterus. The egg gets fertilized by a sperm and grows into a fetus. If fertilization does not happen, the uterus lining flows out. This flow is called menstruation. The uterus lining is made of blood and tissues.

Label the reproductive body parts.



Fill in the boxes with the correct words.

word	definition
spermatogenesis	How sperm gets made in the testicles.
ejaculation	When semen comes out of the urethra and penis.
fertilization	When a sperm joins an egg.
semen	Mixture of sperm and liquid from prostate gland.

Physical Changes

- Get taller
- Grow breasts
- Weight gain
- Grow hair under arms, on legs, around genitals
- Get acne
- Hair texture may change
- Sweat starts to smell
- Voice changes/deepens
- Voice cracks
- Wet dreams
- Hips widen
- Muscle growth
- Spontaneous erections
- Menstruation/period

Fill in the blanks with words from the box.

~~feet~~ ~~floss~~ ~~sweat~~ ~~oils~~ ~~acne~~ ~~armpits~~ ~~hands~~

Puberty causes smelly odors because your bodies begin to produce more sweat and oils. Odor-causing bacteria can grow in moist areas of your body like the armpits, genitals, and soles of your feet. Wash your hands before eating, and after using the washroom. Floss and brush your teeth every day. Young people can get bumps and spots on their faces called acne.

Write 3 things you can do to prevent from getting too smelly.

1. Shower often
Use deodorant
everyday
2. Wear clean clothes
3. everyday

Write 2 things you can do if you notice acne on your skin.

1. Wash face 2x a day with mild
soap

2. Don't pick or pop them!

Emotional Changes

- Mood swings-you feel great one minute, sad or angry the next
- Anxiety & stress
- Intense feelings
- Feel self-conscious about how your body looks
- Might have a hard time making up your mind or feel unsure a lot
- Feel "paranoid" that everyone is looking at you
- Might start thinking "who am I?" - try to define yourself as a person

Social Changes

- May want to try riskier things
- More interested in being with friends
- May have more conflict with parents
- Start to become interested in others as more than friends/finding a boyfriend or girlfriend
- Peer pressure increases

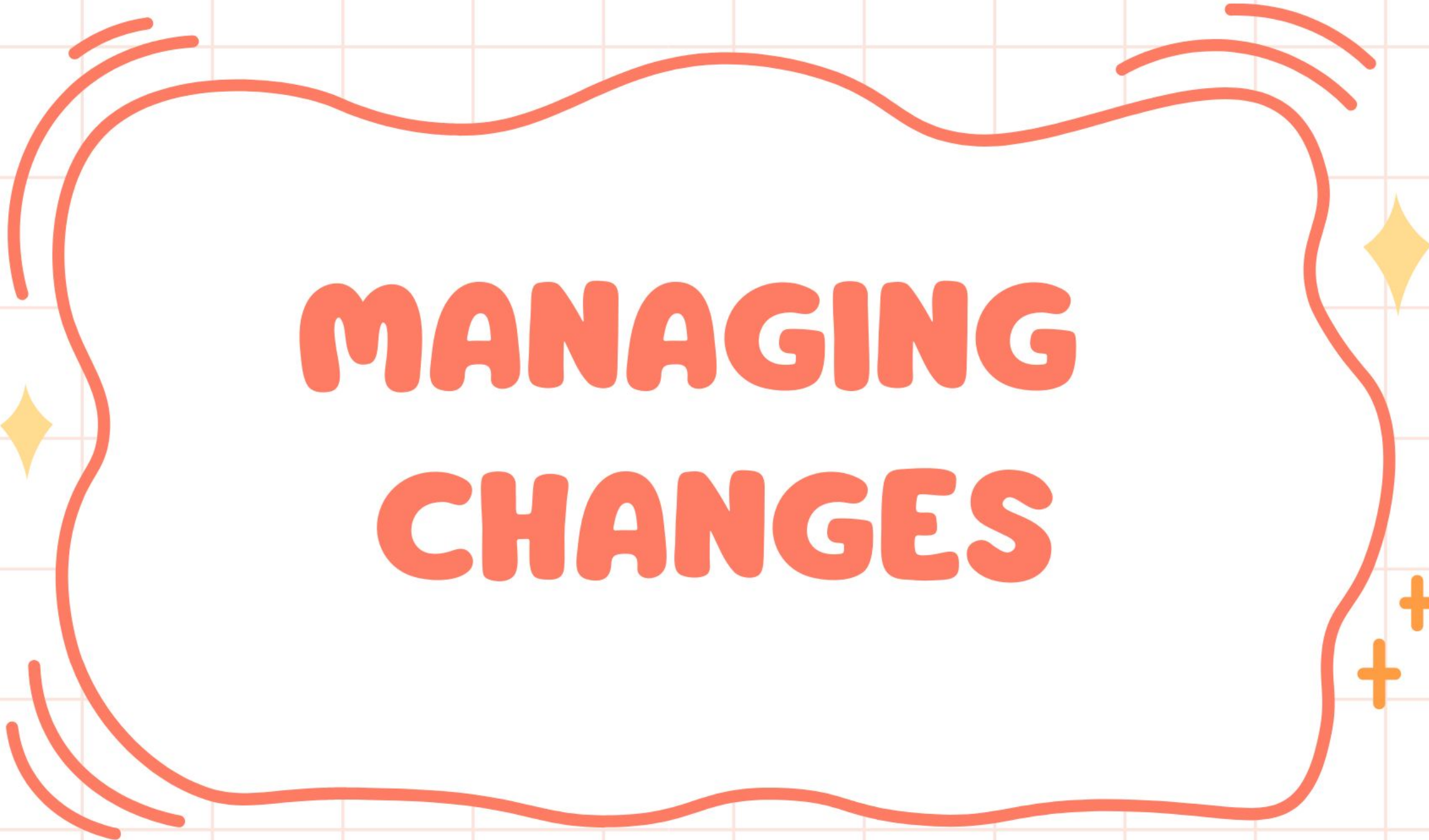
Make a list of some people you can
talk to when you feel this way.

Mrs. Hegg

Miss. Speakman

My basketball coach

My older sibling



MANAGING CHANGES

What can do to manage the changes during puberty?

Talk to a trusted adult!

Drink water!

Get good rest!

exercise!

eat a balanced diet!

practice good hygiene!

THINGS TO DO DAILY



Help Wanted?

Who are
your trusted
adults?



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PUBERTY, GENDER & SEXUAL ORIENTATION

GRADE 6
2025



SETTING THE STAGE FOR SAFE LEARNING



How do you want to feel?

What do we need to do?

Everyone gets a notecard so they can ask questions or write their reaction. Everyone turns **something** so that questions can be anonymous.

my mom already
told me everything

What's a
wet dream?

What should I do
if I get my period
at school?

that wasn't as bad as I
thought it would be.

that was
so awkward.

WHEN SHOULD I
START SHAVING?



PUBERTY

Puberty is when your body starts changing to help you grow into an adult.

Changes you can see (physical)

Changes you cannot see (emotional, social)

It usually happens between ages 8 and 17, and it's a TOTALLY normal part of growing up!

SHOWTIME



Still have questions?



Still have questions?



REMEMBER

A good resource for your
health information is
accurate, trustworthy,
and reliable!





Parents, family members
or other trusted adults



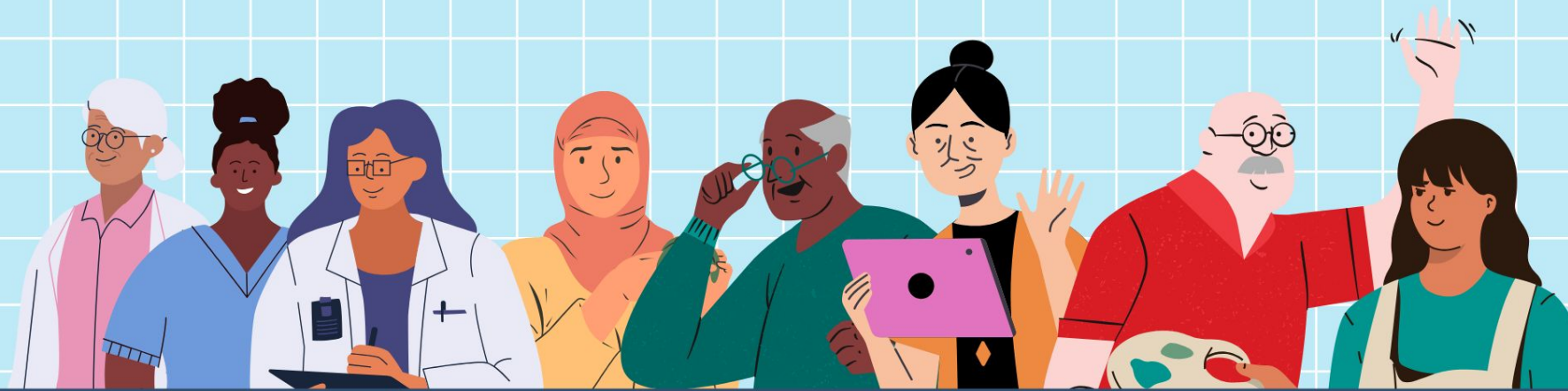
Doctors, nurses or other
health care workers



Your health teacher or
the school nurse



The Internet





WHO ARE YOUR TRUSTED ADULTS?

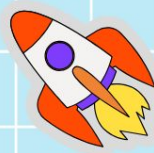




bruh.

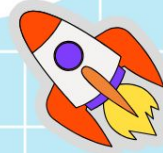
GOOD MORNING

**BE KIND
to
YOURSELF**



GENDER & SEXUAL ORIENTATION

An Overview



bruh.



6

GENDER & SEXUAL ORIENTATION



6

GENDER & SEXUAL ORIENTATION



RESPECT
is FREE!!

Understanding is a key component of respect.

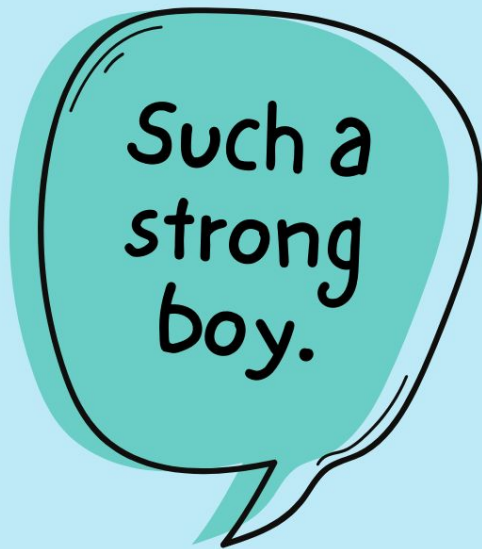
Respect means treating yourself and others with kindness and fairness. It's about caring and accepting that people are different.

GENDER

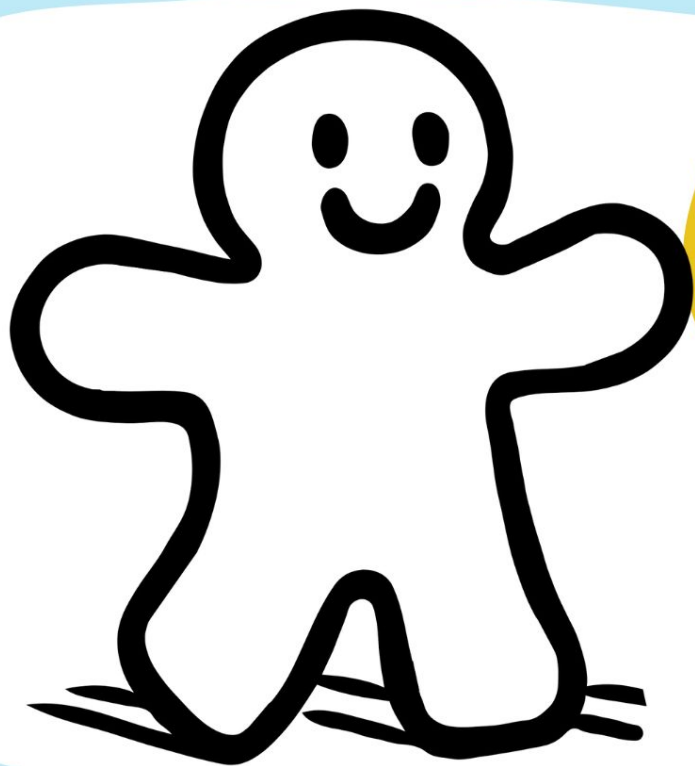


People express their gender in different ways, and all people deserve respect.





THE GENDERBREAD PERSON

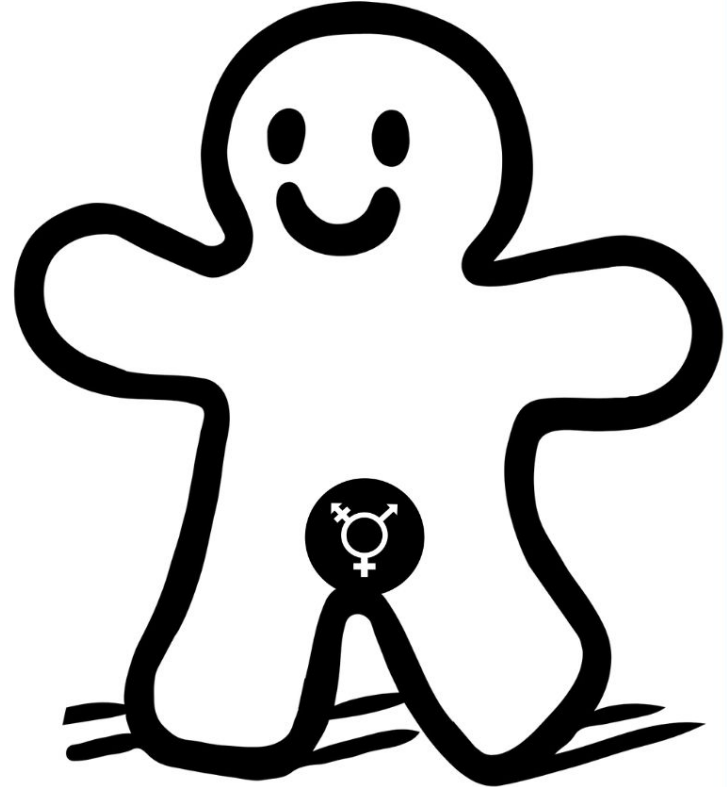
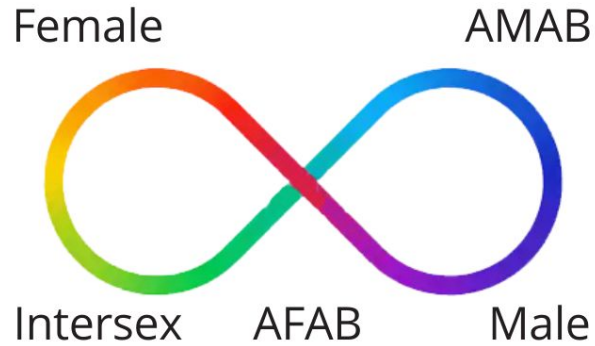


Gender is often misunderstood as binary (ONLY 2 OPTIONS), but it's far more complex.

This guide offers a bite-sized introduction to understanding gender, designed to spark curiosity and leave you hungry for more.



the physical traits you're born with
or develop, as well as the sex you
are assigned at birth.



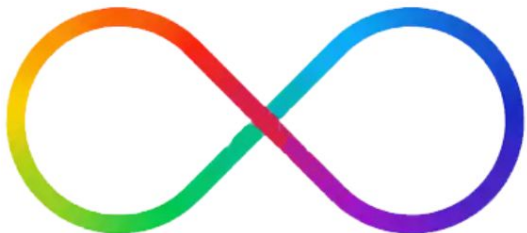


ASSIGNED SEX

the physical traits you're born with or develop, as well as the sex you are assigned at birth.

Female

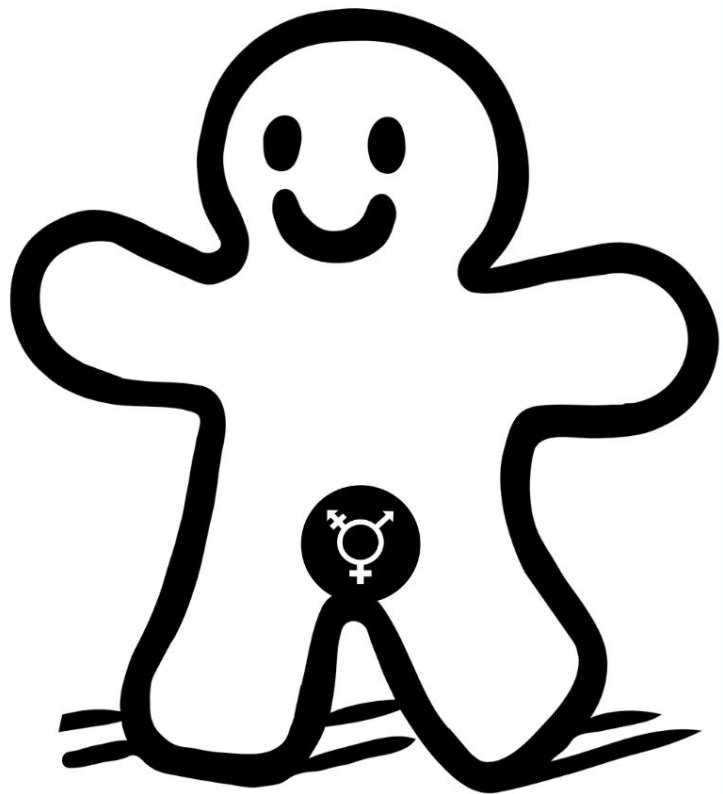
AMAB



Intersex

AFAB

Male



ASSIGNED SEX

Your sex is decided by doctors and is based on a combination of inside and outside parts.

Most of the time, when a baby is born, sex is based on the way that baby looks on the outside and goes like this:

VAGINA

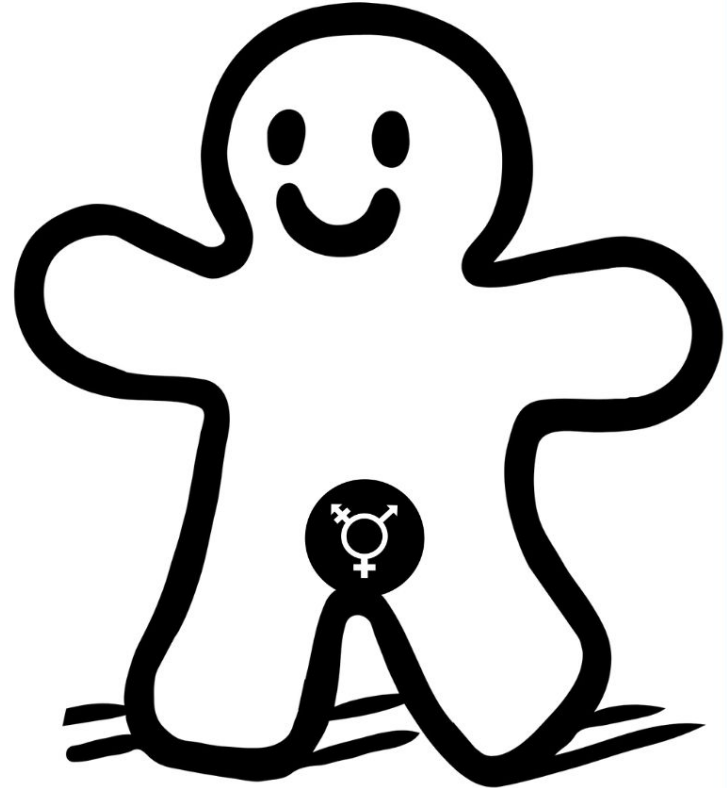


FEMALE

PENIS



MALE



ASSIGNED SEX

This is called your assigned sex at birth, meaning it was given to you when you were born.



ASSIGNED SEX

This is called your assigned sex at birth, meaning it was given to you when you were born.



AFAB → ASSIGNED FEMALE AT BIRTH

Doctors looked at the baby when they were born and decided they were mostly female.

AMAB → ASSIGNED MALE AT BIRTH

Doctors looked at the baby when they were born and decided they were mostly male.

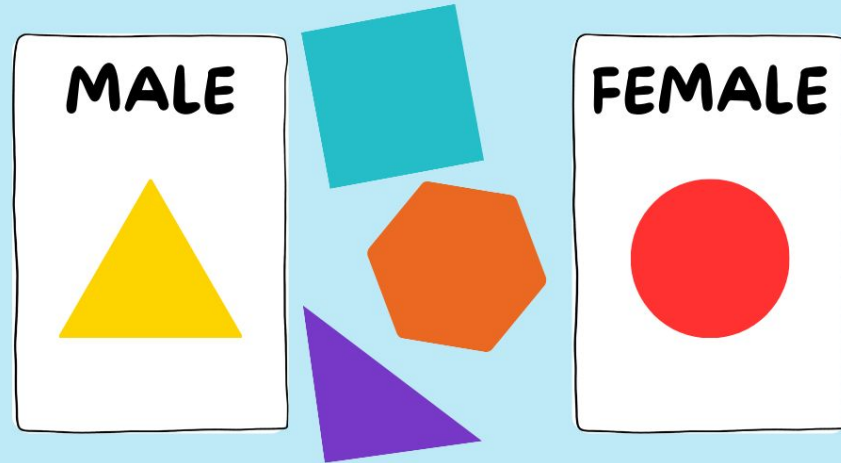
ASSIGNED SEX

Some people's bodies at birth can't be described as just male or just female. Maybe they have a different combination of body parts on the inside and outside. Other times, it's not super clear whether their genitals are a penis or vagina. These people are called intersex.

INTERSEX

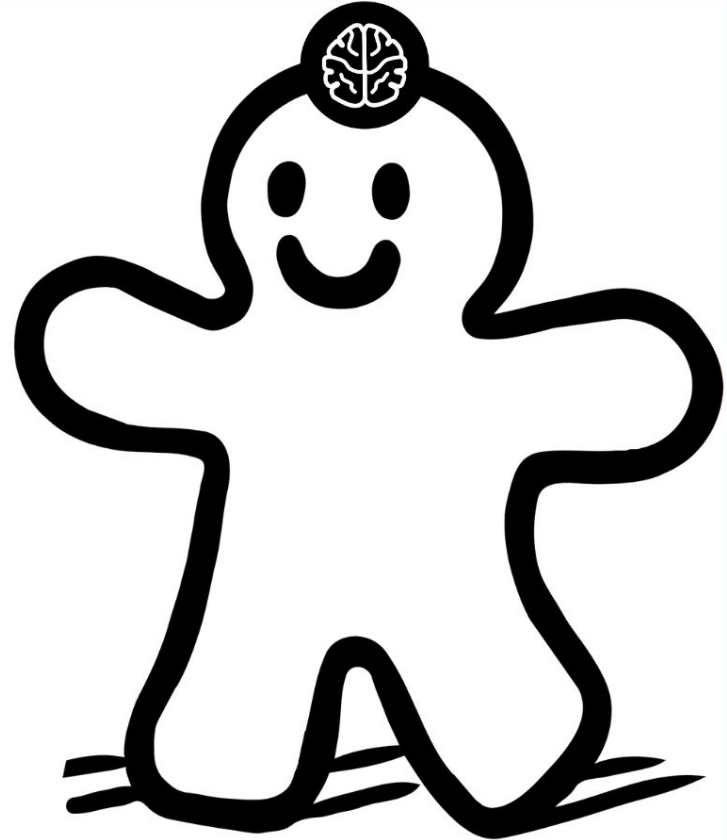
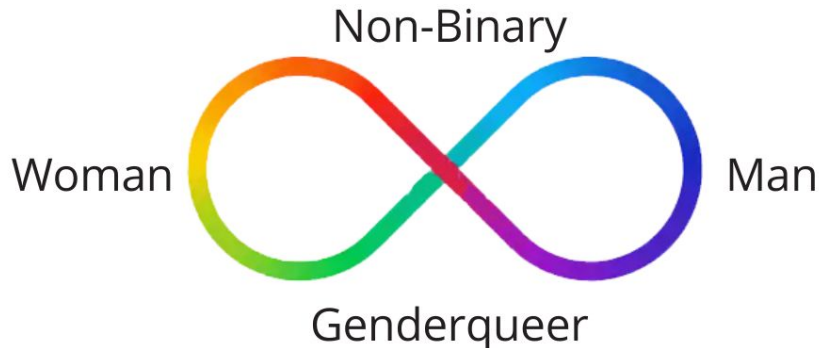
→ IN BETWEEN SEXES

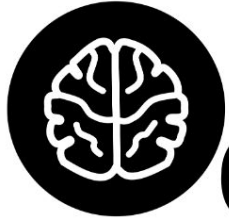
An intersex person is somebody who has a mix of different body parts on the outside or on the inside that don't fit neatly into the strict boxes of female and male.





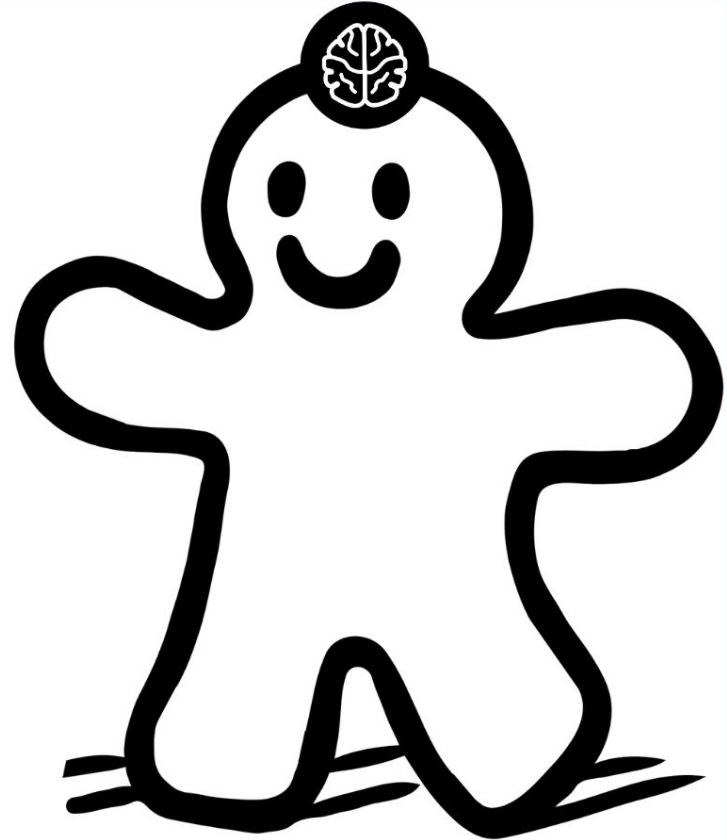
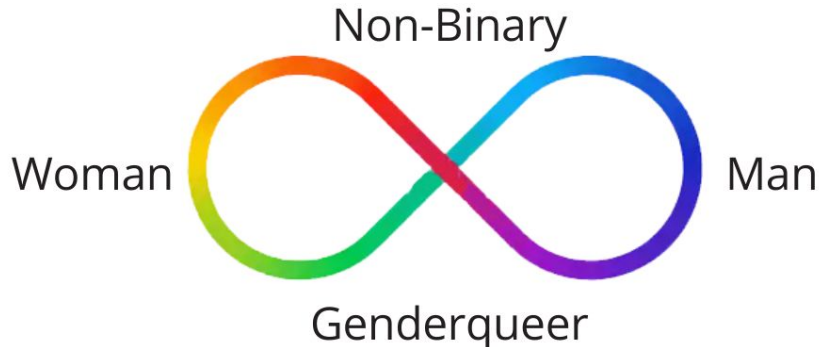
describes who you are on the inside
and where you feel you belong on
the spectrum of gender options





GENDER IDENTITY

describes who you are on the inside
and where you feel you belong on
the spectrum of gender options





The way gender is presented to the world (through clothing, actions, body language, hairstyle, and more) based on social expectations.

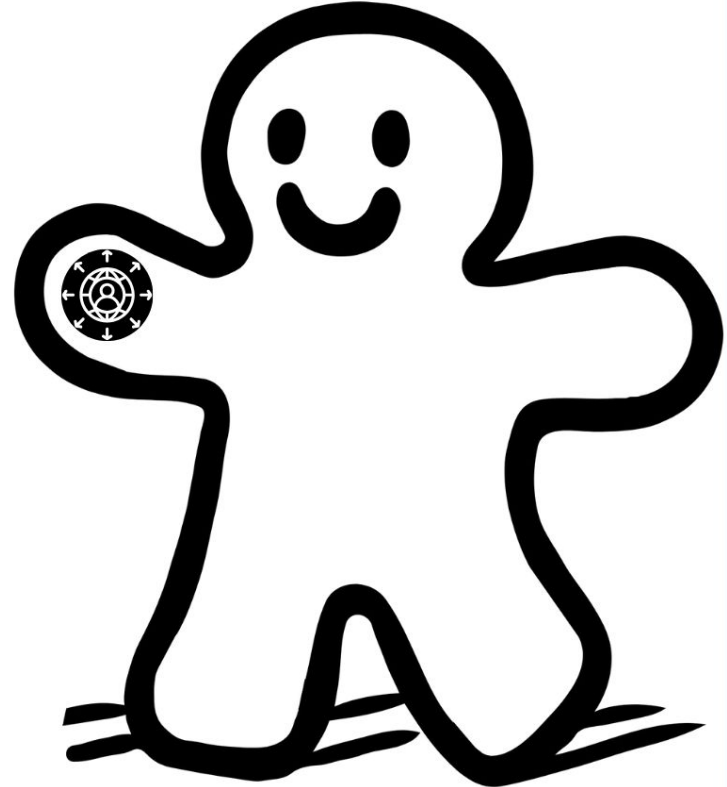
Gender fluid

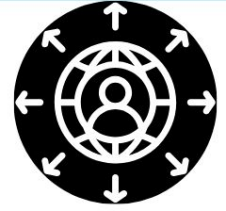
Feminine



Androgynous

Masculine





GENDER EXPRESSION

The way gender is presented to the world (through clothing, actions, body language, hairstyle, and more) based on social expectations.

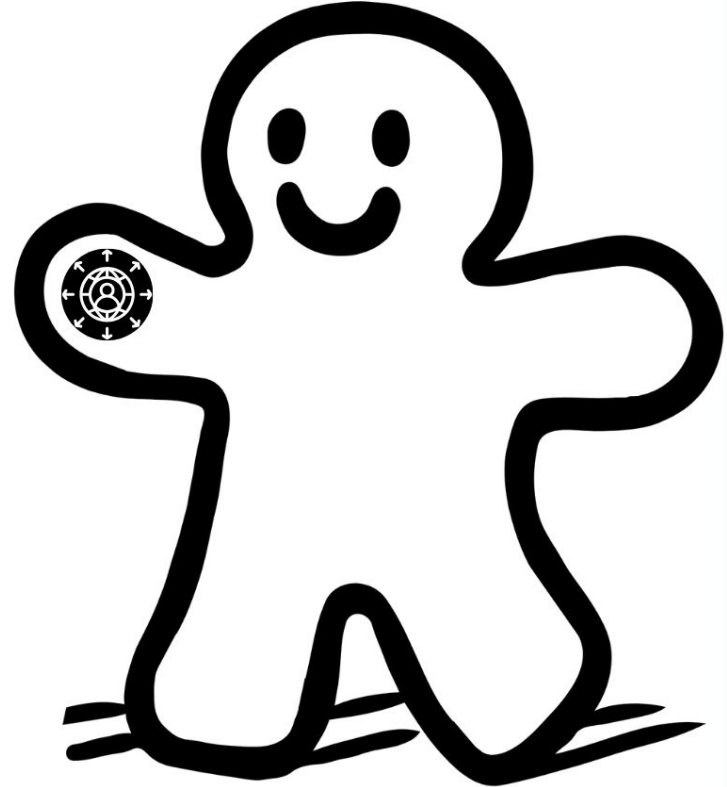
Gender fluid

Feminine



Androgynous

Masculine





GENDER ROLES

GENDER ROLES ARE THE IDEA THAT PEOPLE SHOULD BEHAVE A CERTAIN WAY OR DO CERTAIN ACTIVITIES BASED ON THEIR GENDER AND ASSIGNED SEX AT BIRTH.



GENDER ROLES

the words *girl* and *boy* come with all sorts of ideas attached to them. People often think that being a girl or boy should decide certain traits, like:



WHAT WE WEAR



GENDER ROLES

the words *girl* and *boy* come with all sorts of ideas attached to them. People often think that being a girl or boy should decide certain traits, like:

WHAT WE DO AND LIKE





GENDER ROLES

the words *girl* and *boy* come with all sorts of ideas attached to them. People often think that being a girl or boy should decide certain traits, like:



HOW WE ACT



GENDER ROLES

the words *girl* and *boy* come with all sorts of ideas attached to them. People often think that being a girl or boy should decide certain traits, like:



HOW OTHER PEOPLE TALK TO US



GENDER ROLES

the words *girl* and *boy* come with all sorts of ideas attached to them. People often think that being a girl or boy should decide certain traits, like:

JOB WE CAN HAVE





GENDER ROLES

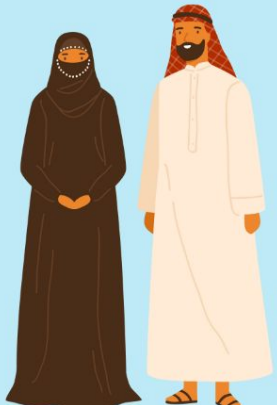
THESE RULES ABOUT GENDER WERE MADE UP BY
OTHER PEOPLE AND HAVE CHANGED
AGAIN AND AGAIN OVER TIME.





GENDER ROLES

THESE RULES ABOUT GENDER WERE MADE
UP BY OTHER PEOPLE AND MAY CHANGE
DEPENDING ON CULTURE OR LOCATION.



in **SIMPLE** terms..

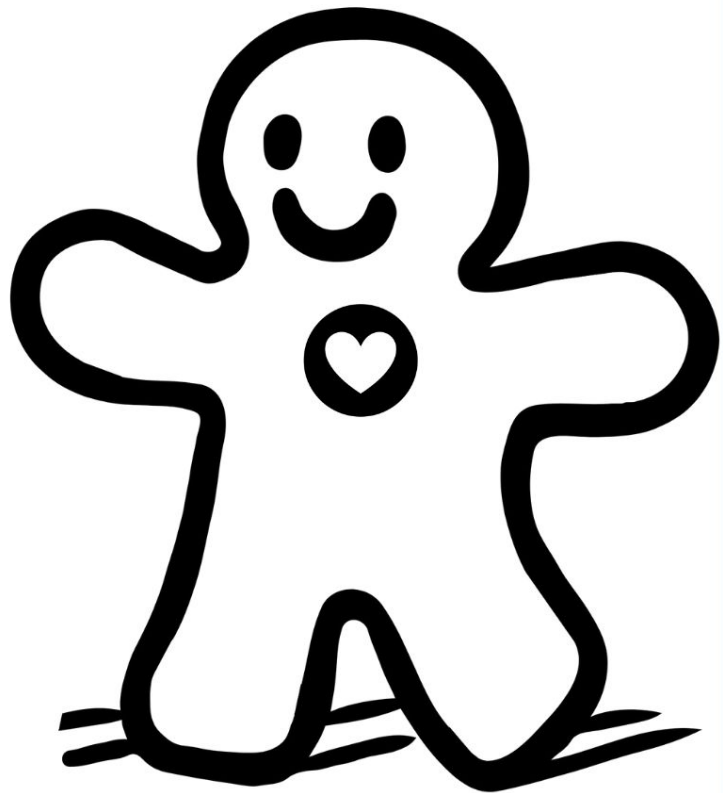
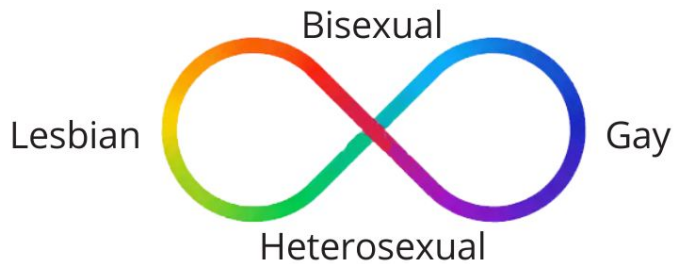
IT'S
ALL
ABOUT
YOU

SEX COMES FROM YOUR BODY.

GENDER COMES FROM YOU!

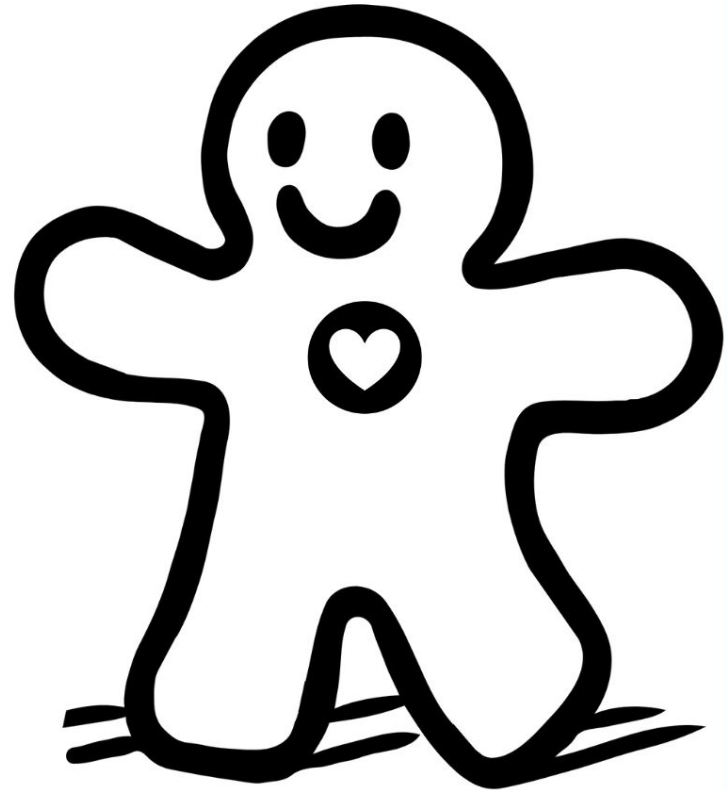
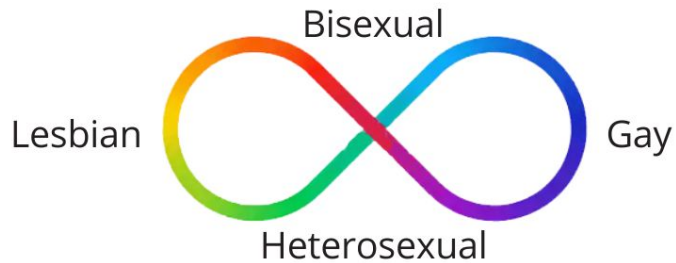


is how you find yourself
feeling drawn (or not drawn)
to other people.



ATTRACTION

is how you find yourself
feeling drawn (or not drawn)
to other people.



SEXUAL ORIENTATION



6

GENDER & SEXUAL ORIENTATION

Sexual Orientation Vocabulary



RESPECT
is FREE!!

Using the correct vocabulary shows respect. It's a way of showing you care about how others feel and that you value their identity and experiences.

6

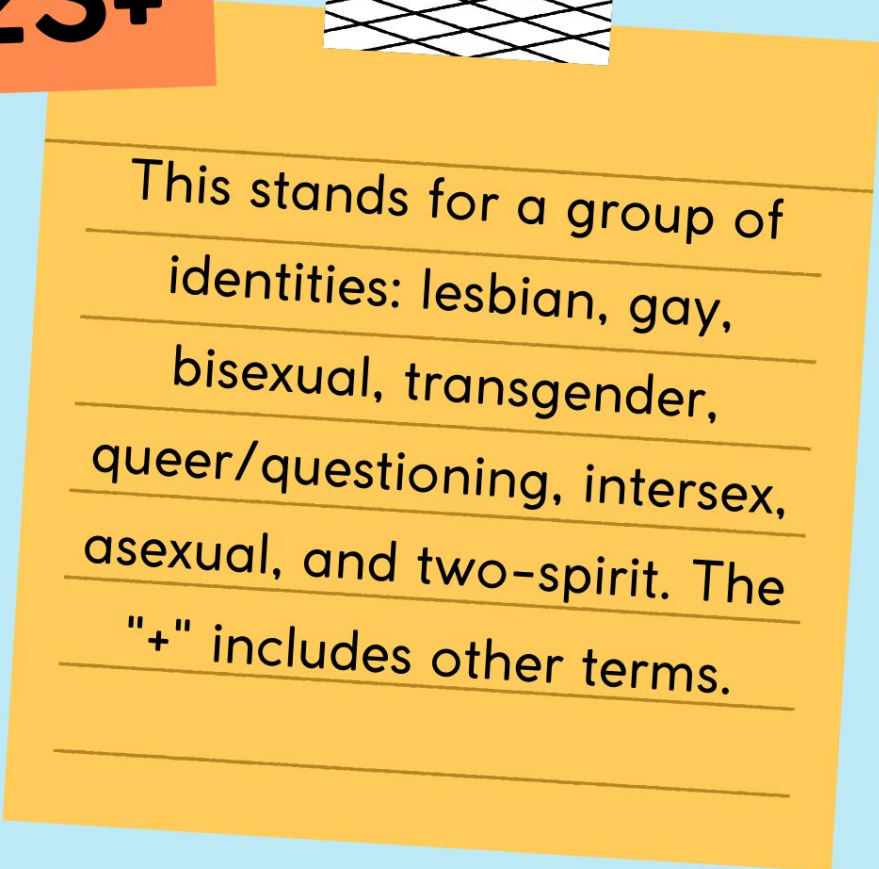
GENDER & SEXUAL ORIENTATION

Sexual Orientation Vocabulary

Sexual orientation is a natural feeling that describes who you are attracted to.

Note: sexual orientation $\neq$ gender identity.

LGBTQIA2S+

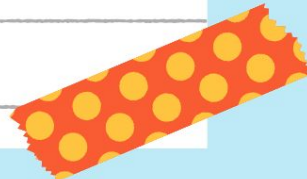
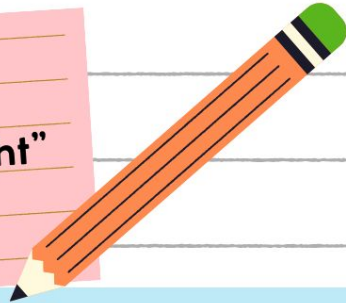


This stands for a group of identities: lesbian, gay, bisexual, transgender, queer/questioning, intersex, asexual, and two-spirit. The "+" includes other terms.

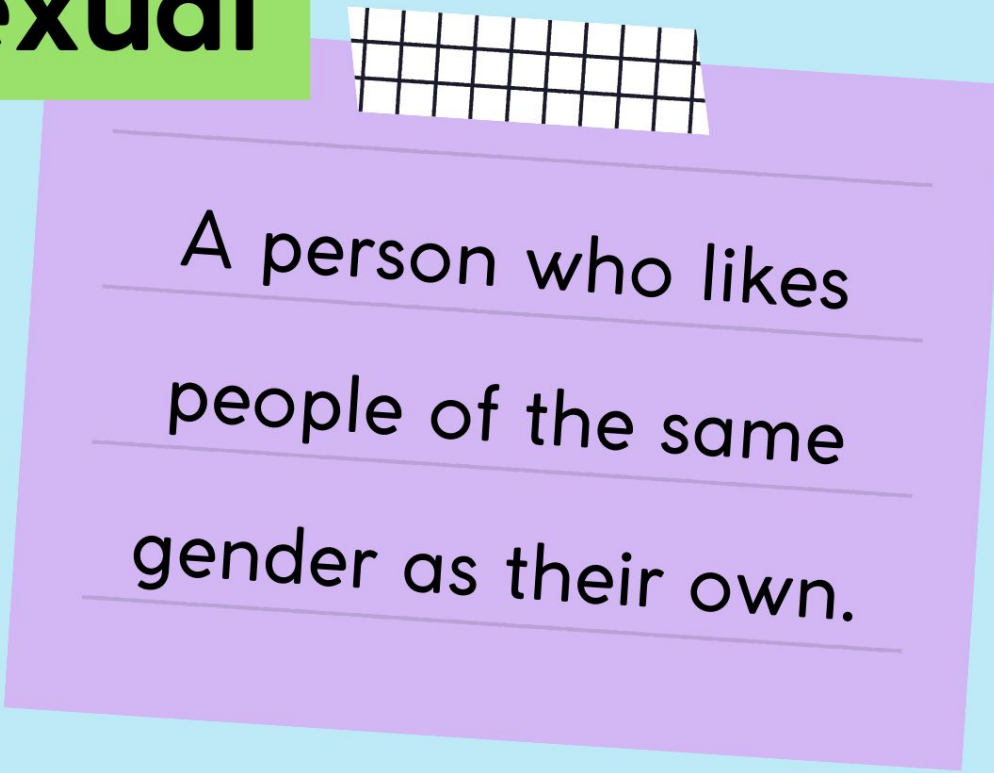
Heterosexual

A person who likes
people of a different
gender than their own.

“straight”



Homosexual



A person who likes
people of the same
gender as their own.

Bisexual



A person who likes
more than one
gender. This is
different from liking
only boys or only girls.

Gay

A word used for people
who like others of the
same gender.

• Most often describes men
who like other men.



Lesbian

A word used for
women who like
other women.



Queer

A word some people use to describe themselves if they feel different from usual ideas about who they like or how they see their gender.

Even though it was once used as an insult, many people in the LGBTQ+ community now use it as a positive or neutral word. It's a way to include many different experiences and identities.

Still have questions?



Still have questions?



REMEMBER

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health information is
accurate, trustworthy,
and reliable!





WHO ARE YOUR TRUSTED ADULTS?



Middle/High School

SMHS Sex Education Information

All information is gathered/created from ETR.org, our Health Smart curriculum provider, planned parenthood, NIH, and CDC.

Please note that the following course material is consistent with Massachusetts State Frameworks for Health Education and parents/students are allowed to opt out of any sexual education.

7th grade health

Students are taught the male and female reproductive systems and how the body systems work.

[Puberty Info.](#)

9th grade health

Students review the male and female reproductive systems. Topics discussed: consent, birth control options, signs/symptoms of STIs.

[Human Sexuality Info.](#)

[Consent](#)

[Birth Control Options](#)

[STI Info.](#)

Human Relations

Human Relations is an **elective course** offered to our **juniors and seniors**. In order for a student to enroll in this class, written approval by a parent/guardian is required. The topics discussed in this course are as follows:

1. **Introduction to Relationships:** Discussion topics include healthy and unhealthy relationship decision-making, different types of relationships (family, friends, etc), dating and marriage. A PG – 13 movie, *No One Would Tell*, will also be viewed.
2. **Self-Protection and Sexuality:** Discussions will include sexual harassment, sexual abuse, and rape prevention. A documentary, *The Hunting Ground*, will also be viewed.
3. **Reproductive Health:** Discussions will include male and female reproductive systems, preventative health through self-examination, reproductive disorders, birth control and contraceptives.
4. **Responsible Sexual Behavior:** Discussions will include abstinence, refusal skills, choices and consequences (unplanned pregnancies, STIs/STDs, HIV/AIDS). A documentary, *The Announcement*, will also be viewed.
5. **Responsible Parenthood:** Discussions will include responsibilities of parenthood, determining pregnancy, prenatal care, complications of pregnancy and childbirth. A PG – 13 movie, *What to Expect When You're Expecting*, will also be viewed.

7th Grade

Creating a respectful learning environment

Students might get embarrassed or silly when the class discusses issues related to puberty because...

Not comfortable

Funny topic to talk about

Not used to hearing about it

Awkward

time

Not talked about in school

Personal

Happening NOW!



Insecure

Inappropriate

not comfortable talking about body

People make jokes about it all the

It's private

With other people (boys and girls)

Weird to talk about this stuff

Creating a respectful learning environment

How do you think students should act so that everyone can feel comfortable and be more open to learning about Puberty?

- Calm
- Respectful
- open and comfortable
- Responsible and Quiet
- try not to be embarrassed
- Like good listeners
- not silly
- Unafraid to ask questions
- Serious
- No yelling out
- Kind
- Not childish
- like it's not a big deal
- No laughing
- appropriate so others can learn
- Do not laugh at questions
 - What is said in room stays in room
- Respect others
 - Do not use anyone's name
- Remember things happen for a purpose
- Do not overreact about the topic
- Do not call anyone out and do not judge
- Have a question box
- Remain silent when teacher is talking, don't interrupt
- Be good listeners
- Don't share in front of everyone, talk to the teacher in private if personal

Puberty



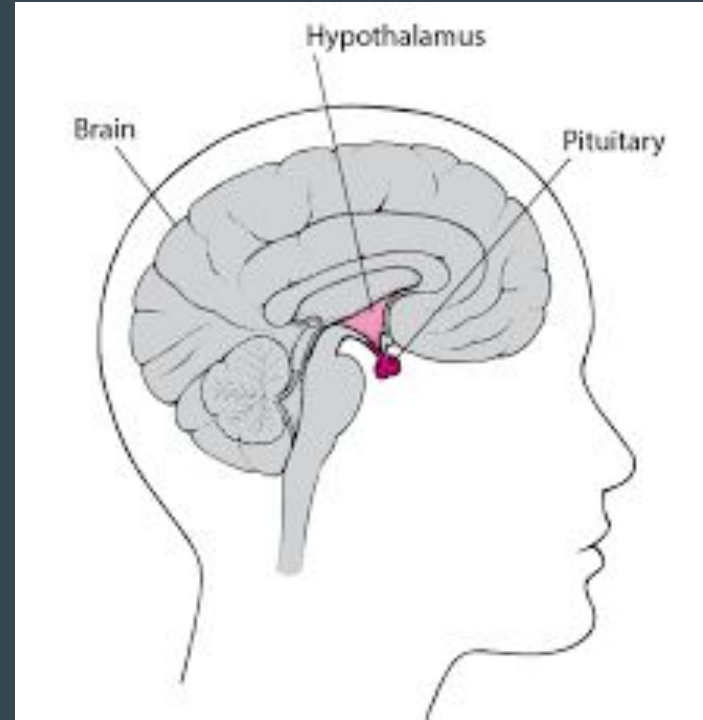
The process of physically changing from a child to adult, and being able to reproduce:

Why do we change?

- To reproduce the human species
 - (Have children of your own if you choose to do so)
- Reproduction is common to all living things
- Adolescence is the second fastest period of physical growth
- The physical, mental/emotional, and social changes help you to prepare for adulthood

How does puberty begin

- The pituitary gland in the brain begins to release hormones
- These hormones are special chemicals that are released into the bloodstream
- The hormones released carry messages to the rest of the body and tells the body to start to change



IT'S IMPORTANT TO KNOW.....

- Both boys and girls develop at different rates
- For girls it can begin as early as 8 years and as late as 16 years of age
- Boys can go through it as early as 10 and as late as 18 years of age
- The average for both is between 9 and 14 years of age

Changes in our bodies

Major growth spurt - up to 4 inches per year for 2-3 years

Both

- Emotions
- Acne
- Hair growth
- Body odor
- Voice cracks

Men

- Wider shoulders - testicular/ reproductive organ growth
- Voice deepens
- More muscular
- Begin production of semen

Woman

- Curvier body - weight gain in hips
- Breast tissue growth - not always at same rate
- Menstrual Cycle (production of eggs) - 2-3 years after breast tissue growth begins

Males vs. Females

- <https://www.youtube.com/watch?v=Yvw7QGytgNQ>
- https://www.youtube.com/watch?v=j_mFJ2d0qxQ



Reproductive Systems

...

Why do we change?

- To reproduce the human species
 - (Have children of your own if you choose to do so)
- Reproduction is common to all living things
- Adolescence is the second fastest period of physical growth
- The physical, mental/emotional, and social changes help you to prepare for adulthood

Warm-up: Sort the words in two lists - One for the male system, one for the female system

MALE

Sperm

Vagina

FEMALE

Scrotum

Testes

Ovary

Fallopian Tubes

Uterus

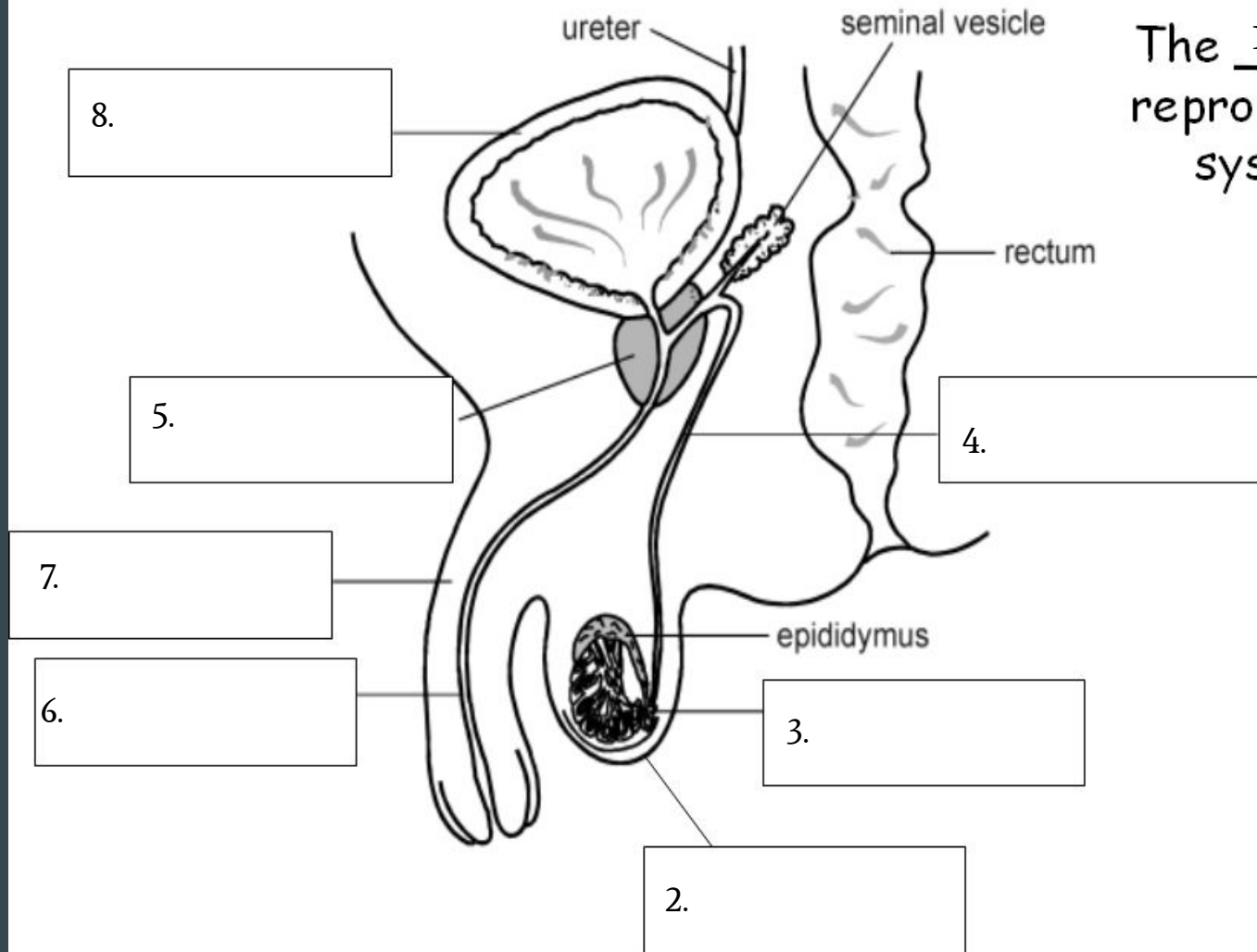
Cervix

Ovum

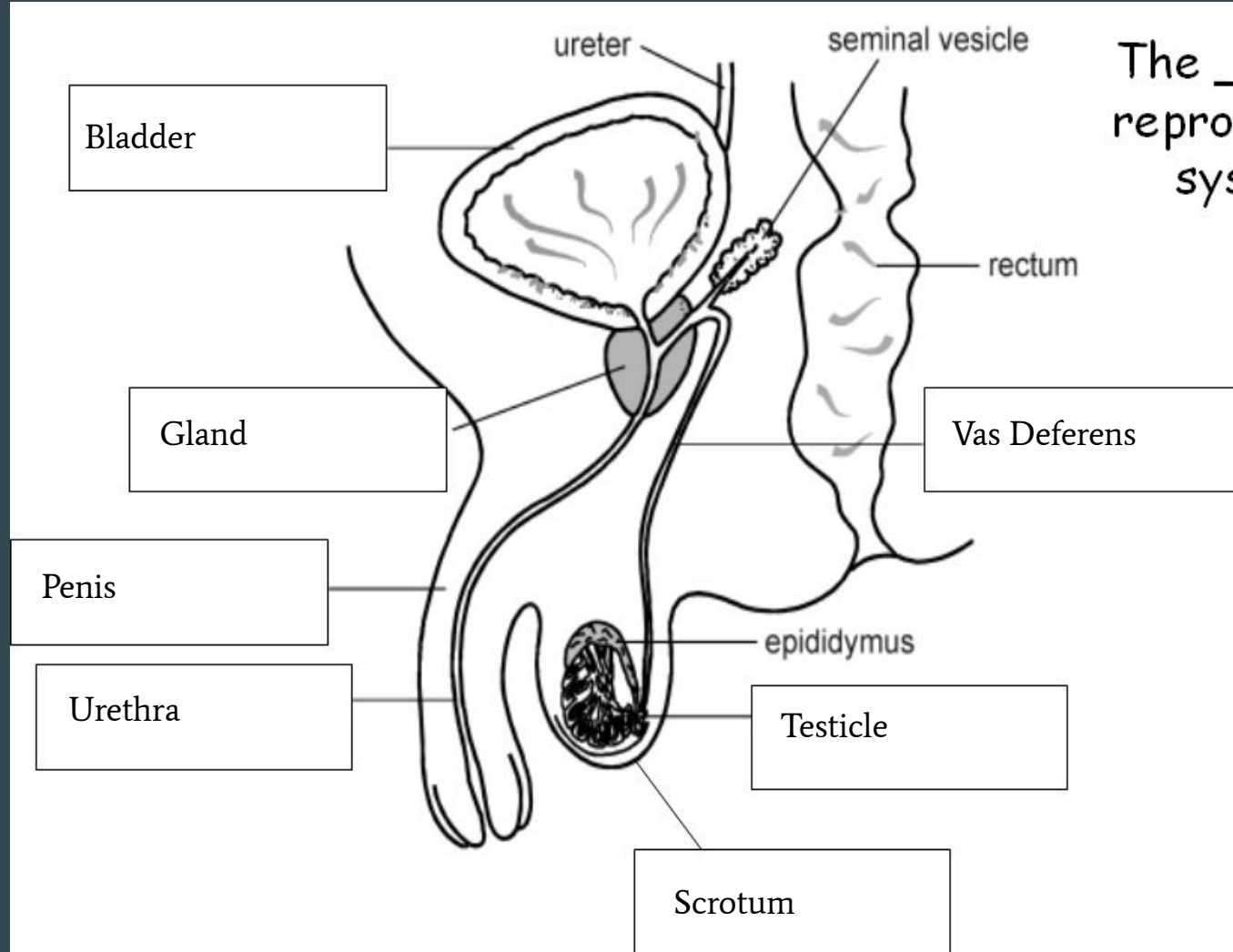
Penis

Vas Deferens

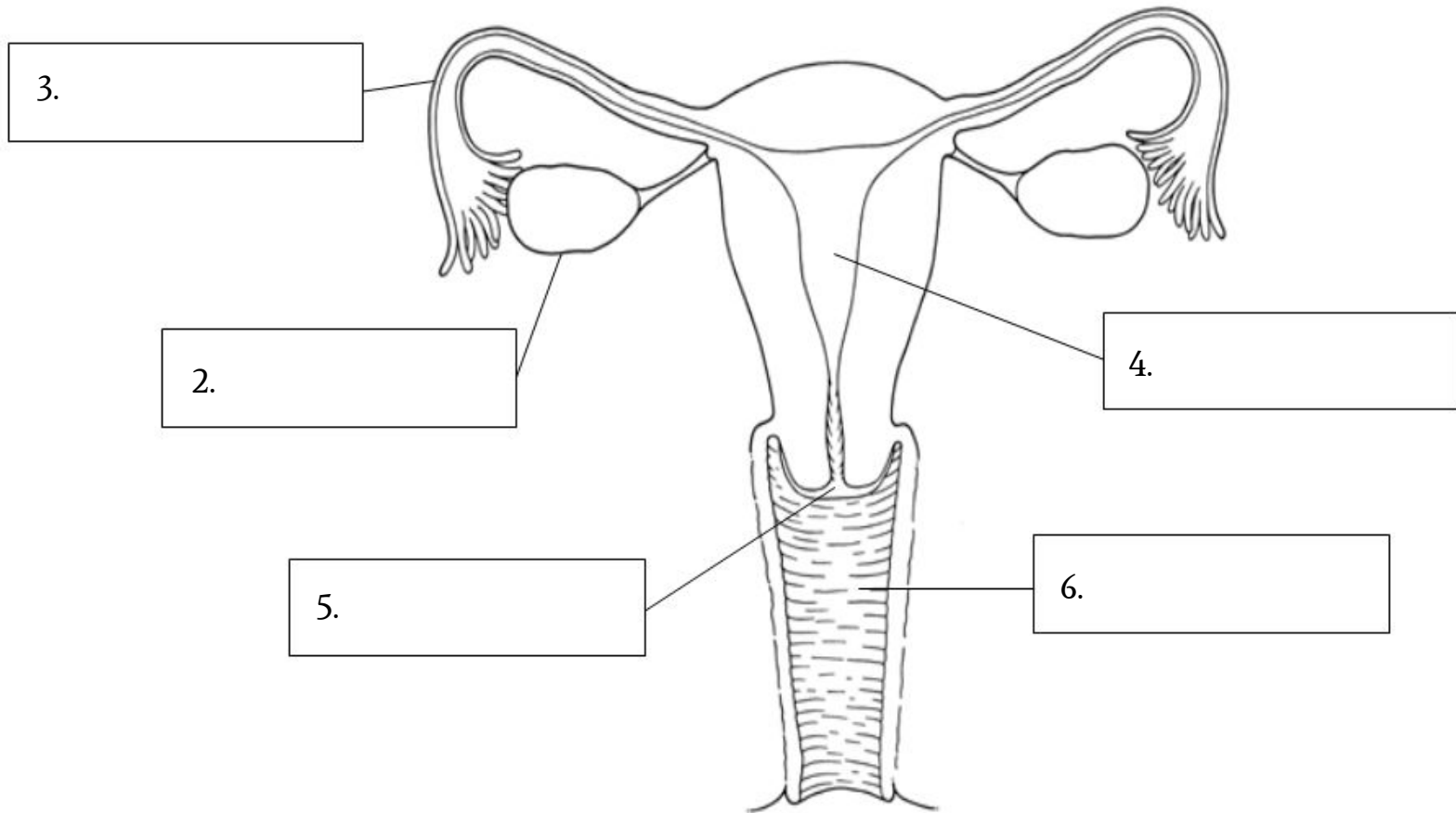
The 1.
reproductive
system



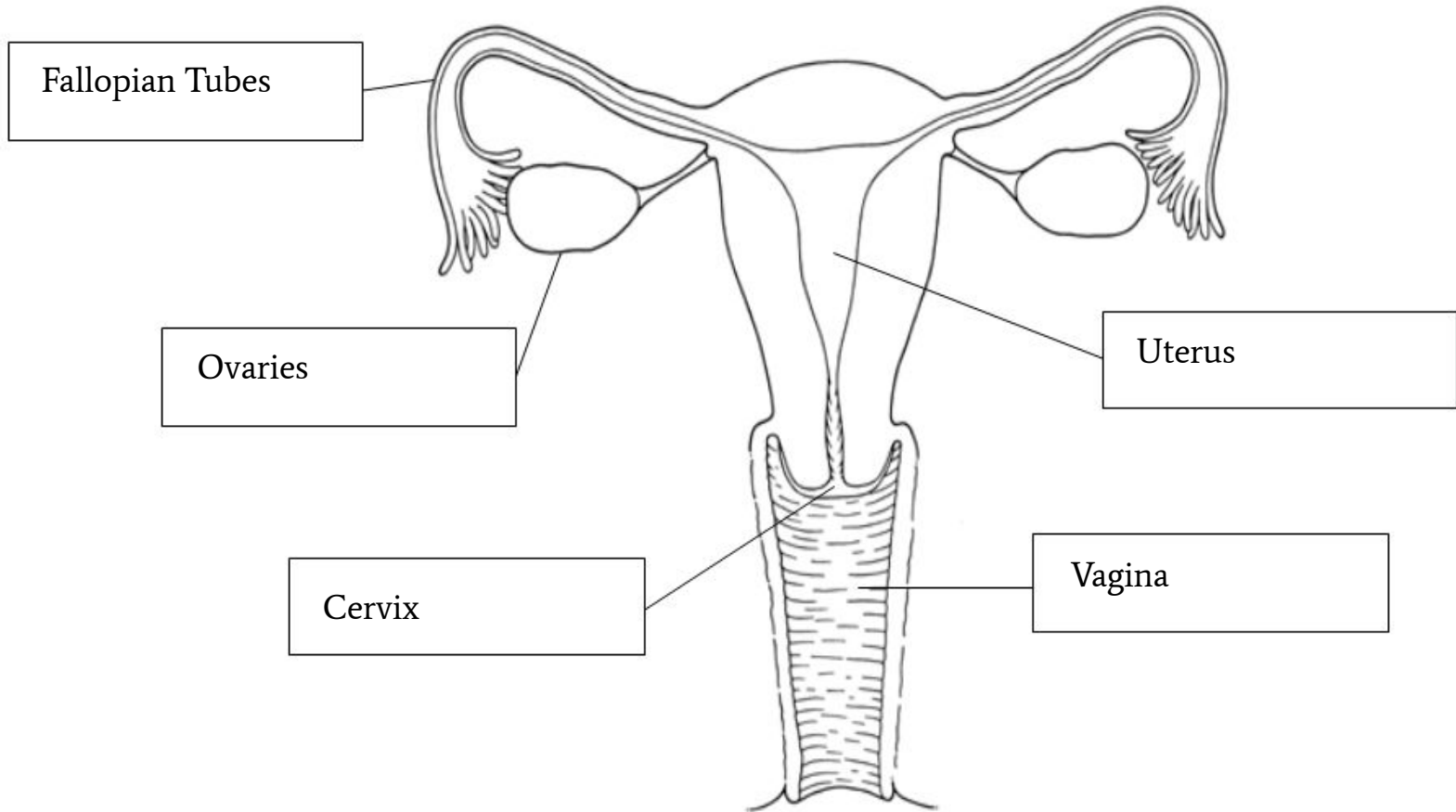
The Male reproductive system



The 1. reproductive system



The Female reproductive system



1. Uterus Sometimes called the womb - if an egg is fertilized it will implant in the wall of this organ and develop into a fetus.
2. Cervix The opening of the uterus that connects to the top of the vagina.
3. Vagina A flexible muscular canal that extends from the outside of the body to the cervix.
4. Ovum The female sex cell - usually called the egg.
5. Ovary After puberty, an egg or ovum is released from here once every 28 days or so.
6. Fallopian Tubes Carries the ovum from the ovary to the uterus-- the egg is fertilized here.
7. Sperm The male sex cell--- it is adapted to “swim” from the vagina to the egg.
8. Testicles After puberty, these make sperm continuously.
9. Scrotum A sac of skin which holds the testicles in place.
10. Vas Deferens A tube extending from the testes into the male body, transporting mature sperm.
11. Penis The primary male sex organ.
12. Urethra The tube extending from bladder to opening, where urine and semen leave the body

Menstrual Cycle

The cyclical changes the uterus undergoes on a "monthly" basis which prepares it to receive and nourish a fertilized egg.

1. An ovary releases an egg.
2. The lining of the uterus thickens (to nourish).
3. The egg is NOT fertilized in the fallopian tube.
4. The egg begins to break down after 12-24 hours.
5. The thickened uterine lining breaks down, and menstrual fluid is released from the body.

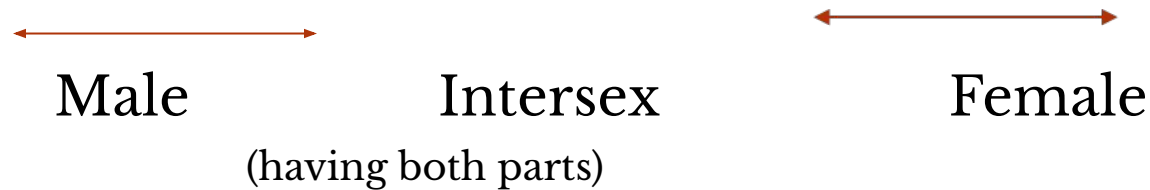
Human Sexuality & Puberty

Objectives: SWBAT

1. Define, sex, gender, sexuality and identity.
2. Define puberty
3. Explain the changes to the body during puberty.
4. Identify Male and Female reproductive structures and how the system functions.
5. Describe why and how the menstrual cycle works.

Sex vs Gender

- A person's sex is determined by their biology – whether they have male or female reproductive parts



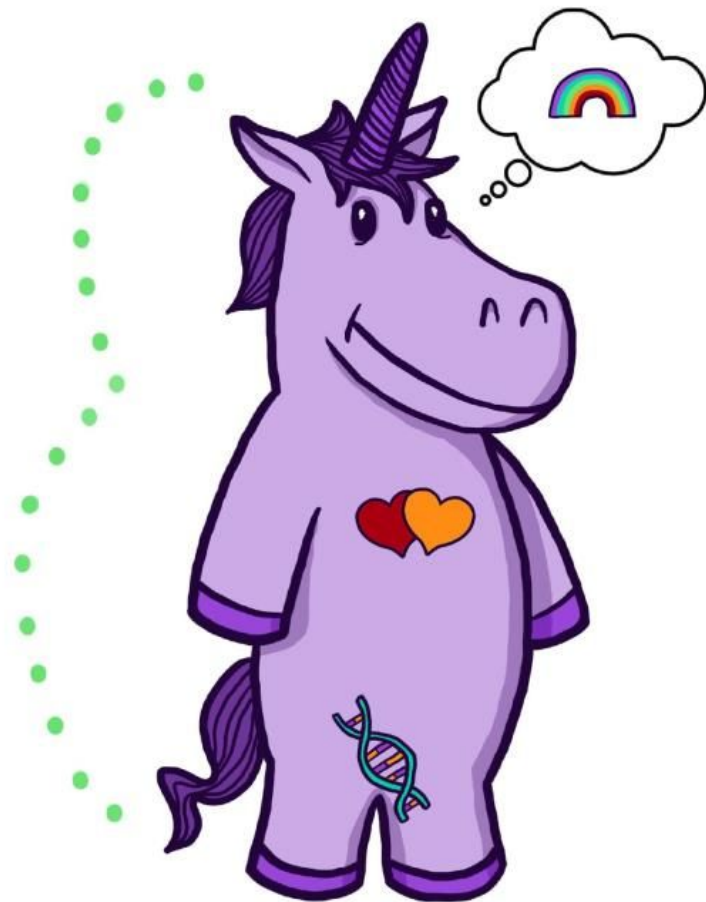
- Intersex is an umbrella term that describes bodies that fall outside the strict male/female binary. There are lots of ways someone can be intersex.
- Intersex is a general term used for a variety of situations in which a person is born with reproductive or sexual anatomy that doesn't fit the boxes of "female" or "male."
- such as a person with both ovarian and testicular tissues. Other intersex people have combinations of chromosomes that are different than XY (usually associated with male) and XX (usually associated with female), like XXY.

Gender

- Gender – is a social concept his, her, they, them,
 - Acquired through interaction in a social world
 - Changes over time
- Gender identity – concept of yourself as a man or women, this is who people feel they are, it is not measurable (transgender, transitioning)
- Expression – outward expression of gender
 - How you dress
 - How you act

Sexuality

- Sexuality or sexual orientation – refers to people's sexual interests
 - heterosexual
 - homosexual
 - bisexual
 - questioning
 - queer
 - asexual
- Healthy sexuality is about:
 - Knowing yourself and your values
 - Treating others with respect
 - Making responsible choices about sexual behaviors



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore



Gender Identity



Gender Expression



Sex Assigned at Birth

Female



Male



Other / Intersex



Physically Attracted to



Emotionally Attracted to



What is puberty?

- The period of growing and changing from a child to an adult. When a person becomes physiologically or biologically able to reproduce.

How does it happen?

- The pituitary gland releases hormones into the bloodstream that send messages to certain parts of the body to tell them to change.
- The two main hormones are:
 - Estrogen
 - Testosterone

When does it happen?

- Girls: anytime between the ages of 7 and 14
- Boys: anytime between the ages of 9 and 16
 - NOTE: Every website, book, and medical magazine has a different answer. So remember...
- Everyone changes at his/her own rate.

Common Changes

- SKIN

- Acne:
- At puberty and all during adolescence, glands secrete an increased amount of oil.
- Increased hormones are responsible for this change.
- Pores get clogged with oil and dirt.
- The blocked area can form a pimple.
- Everyone will get a few pimples.

- BODY HAIR

- Hair on head: May get oilier
- Increased oil secretion on scalp, due to hormones
- Increased growth in underarm hair and
- Growth of pubic hairs

SIMILARITIES AND DIFFERENCES

- MALE

- acne
- perspiration
- hair
- grow taller
- shoulders and chest broaden
- muscles
- voice deepens
- genitals grow larger

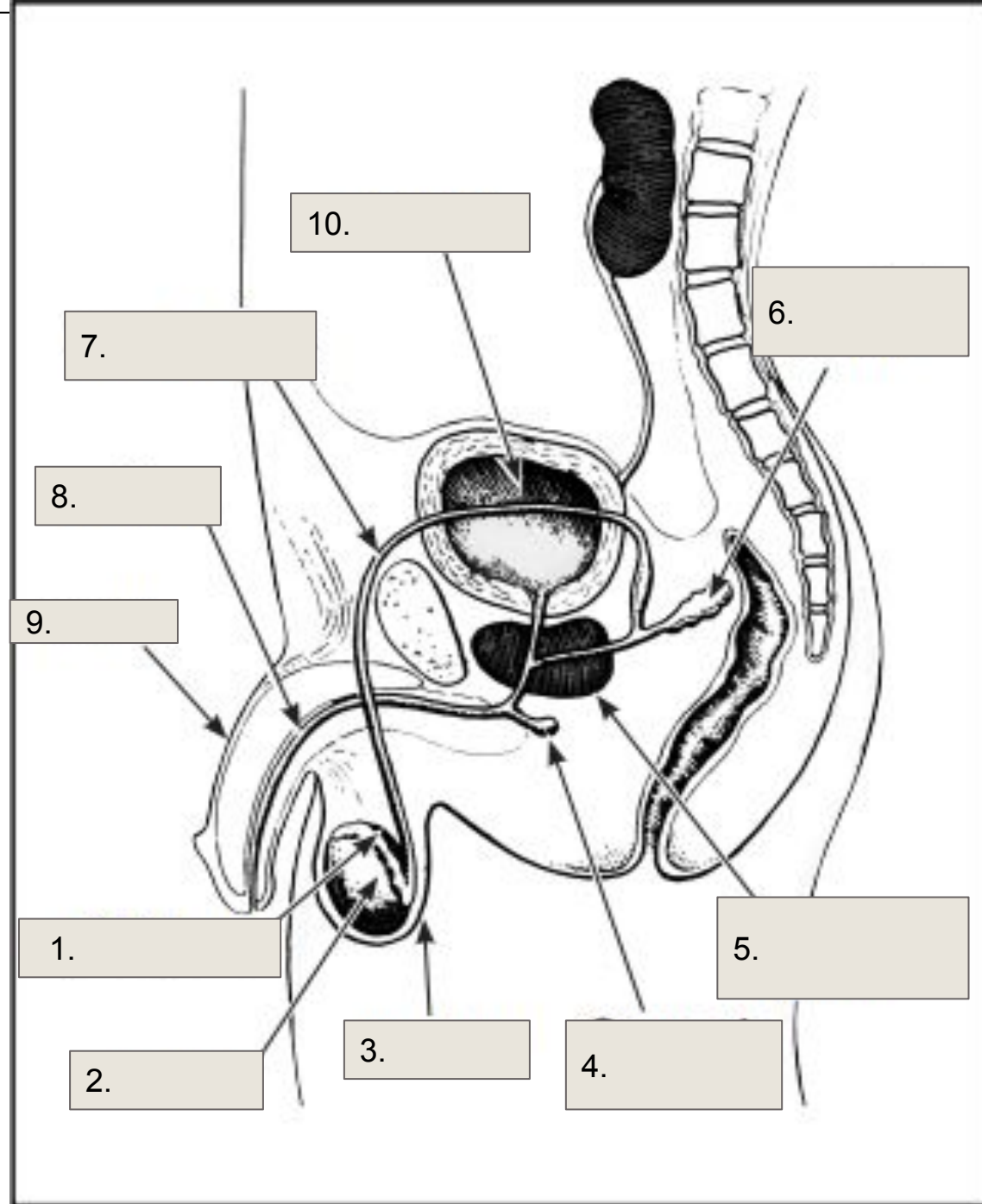
- FEMALE

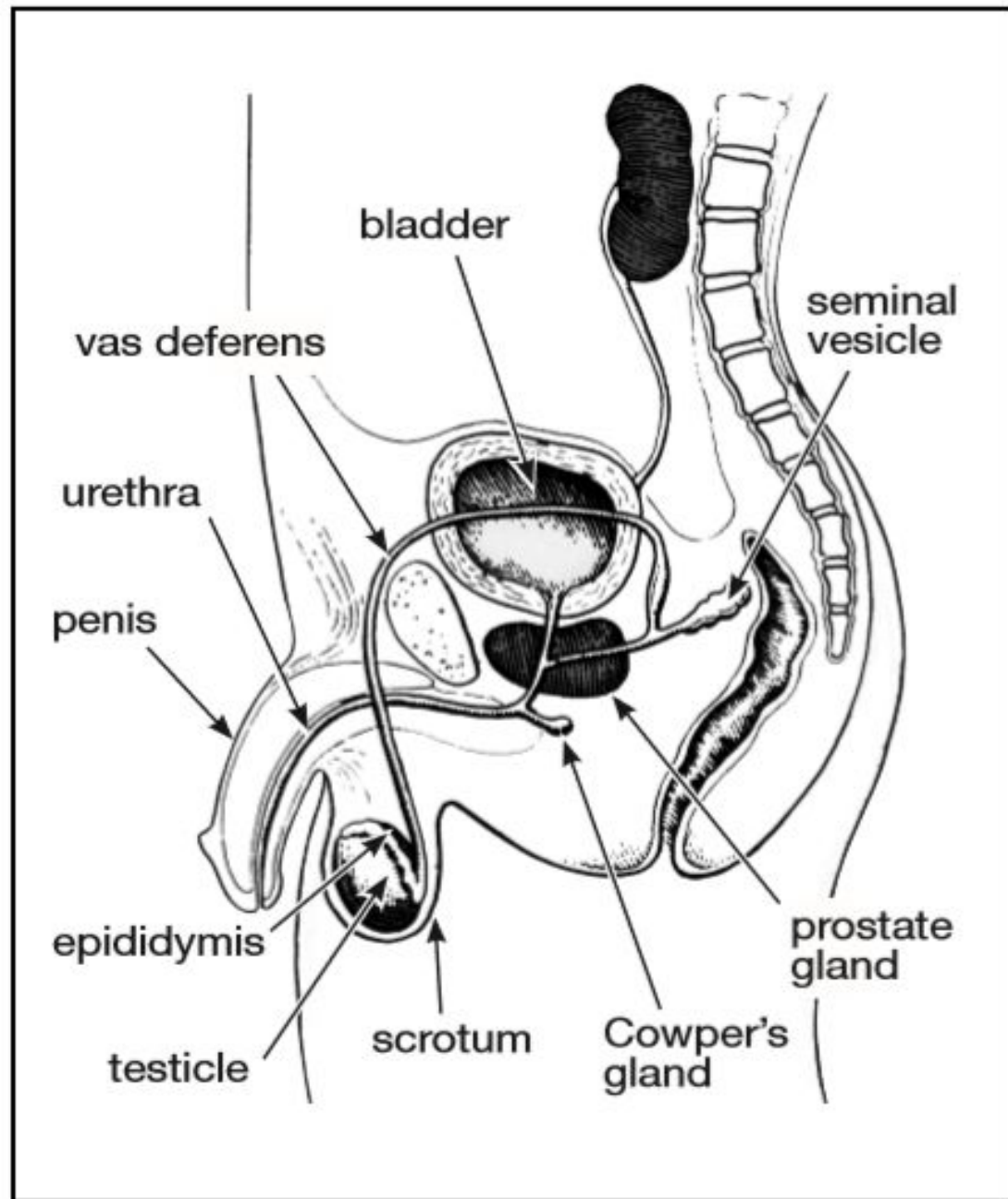
- acne
- perspiration
- hair
- grow taller
- breasts develop
- hips widen
- voice deepens
- genitals grow larger (as the body grows)

Reproductive System

Word Bank:

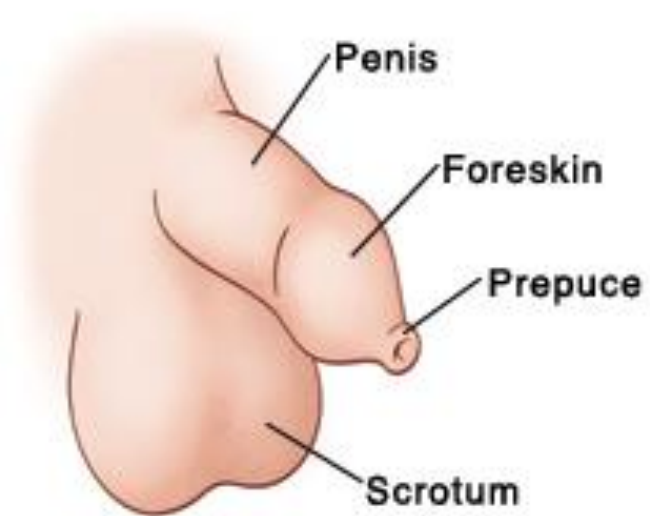
- Testicle
- Prostate Gland
- Epididymis
- Bladder
- Penis
- Urethra
- Scrotum
- Vas Deferens
- Cowper's Gland
- Seminal Vesicle





Answers

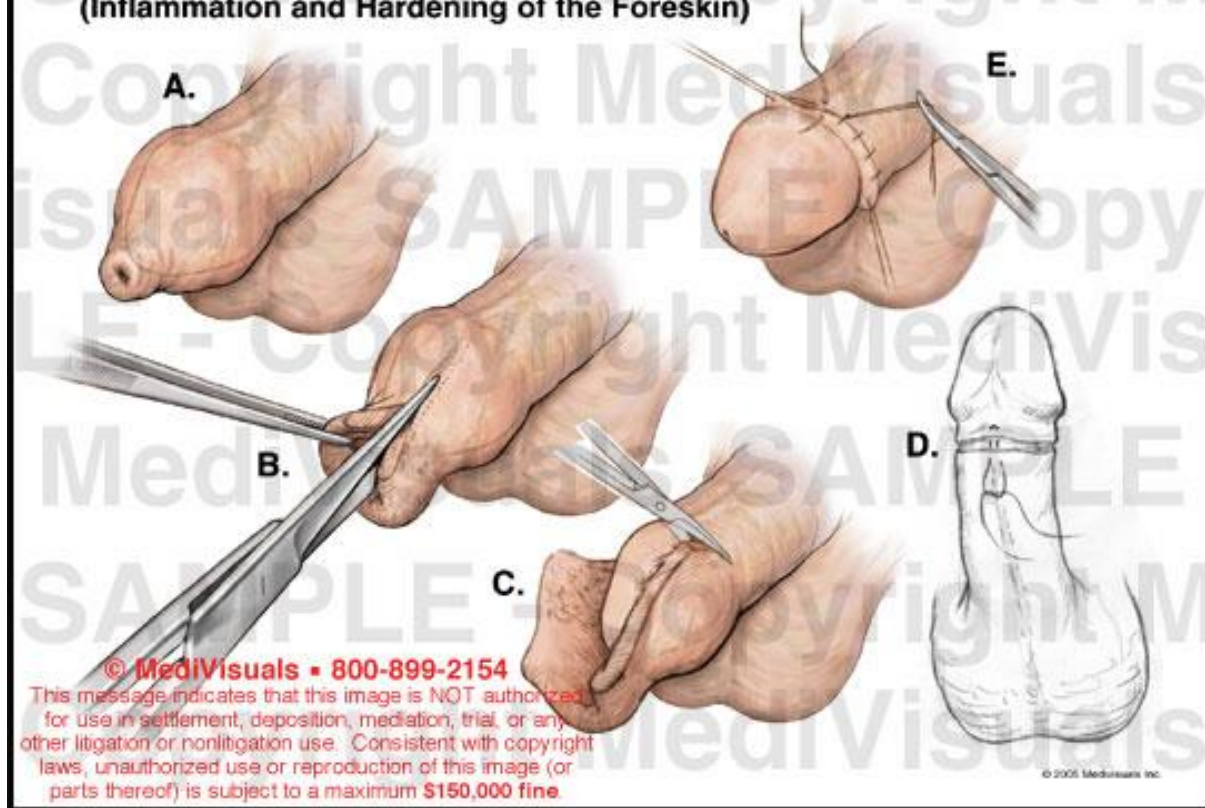
1. Egg-shaped organs that make testosterone and sperm: testicle
 2. A tightly coiled tube where sperm mature: epididymis
 3. This pouch makes a fluid that gives sperm energy and helps them move: seminal vesicle
 4. This organ is made up of spongy tissue when a man becomes sexually excited, the tissue fills with blood and becomes erect: penis
 5. This loose sac of skin holds the testicles and keeps them at the right temperature for making sperm: Scrotum
 6. The tube that carries mature sperm away from the testicles and holds them until they leave the body: Vas Deferens
 7. This gland makes a clear fluid that cleans the urethra before sperm pass through it: Cowper's gland
 8. This walnut-sized gland makes fluid that mixes with the sperm to form semen: prostate gland
 9. The tube that carries sperm and urine out of the body: urethra
- **Foreskin** – protects the glands of the penis, males who have been circumcised don't have one



What is circumcision

- Boys are born with a hood of skin, called the foreskin, covering the head (also called the glands) of the penis. In circumcision, the foreskin is surgically removed, exposing the end of the penis.
- Parents who choose circumcision often do so based on religious beliefs, concerns about hygiene, or cultural or social reasons, such as the wish to have their son look like other men in the family.

Sclerosing Balanoposthitis
(Inflammation and Hardening of the Foreskin)



Exhibit# 400157_01X

Benefits

- A decreased risk of urinary tract infections.
- A reduced risk of some sexually transmitted diseases in men.
- Protection against penile cancer and a reduced risk of cervical cancer in female sex partners.
- Prevention of balanitis (inflammation of the glans) and balanoposthitis (inflammation of the glans and foreskin).
- Prevention of phimosis (the inability to retract the foreskin) and paraphimosis (the inability to return the foreskin to its original location).
- Lower HIV risks?

Risks

- Pain
- Risk of bleeding and infection at the site of the circumcision
- Irritation of the glans
- Increased risk of meatitis (inflammation of the opening of the penis)
- Risk of injury to the penis
- Mutilation ?
- Violation of boys rights?
- Desensitization?

The AAP Position

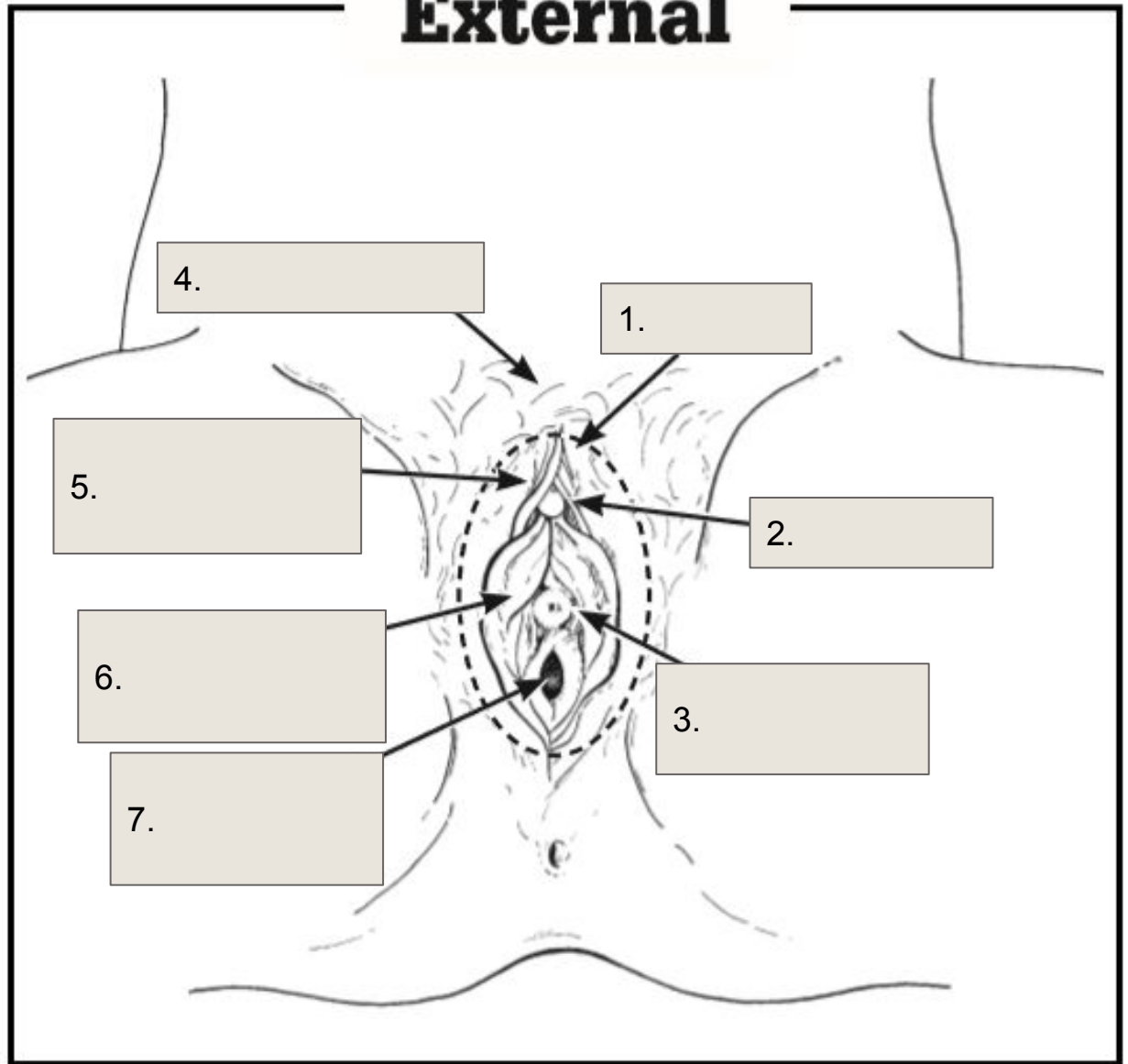
- The American Academy of Pediatrics (AAP) found that the health benefits of newborn male circumcision outweigh the risks, but the benefits are not great enough to recommend *universal* newborn circumcision.

Female System

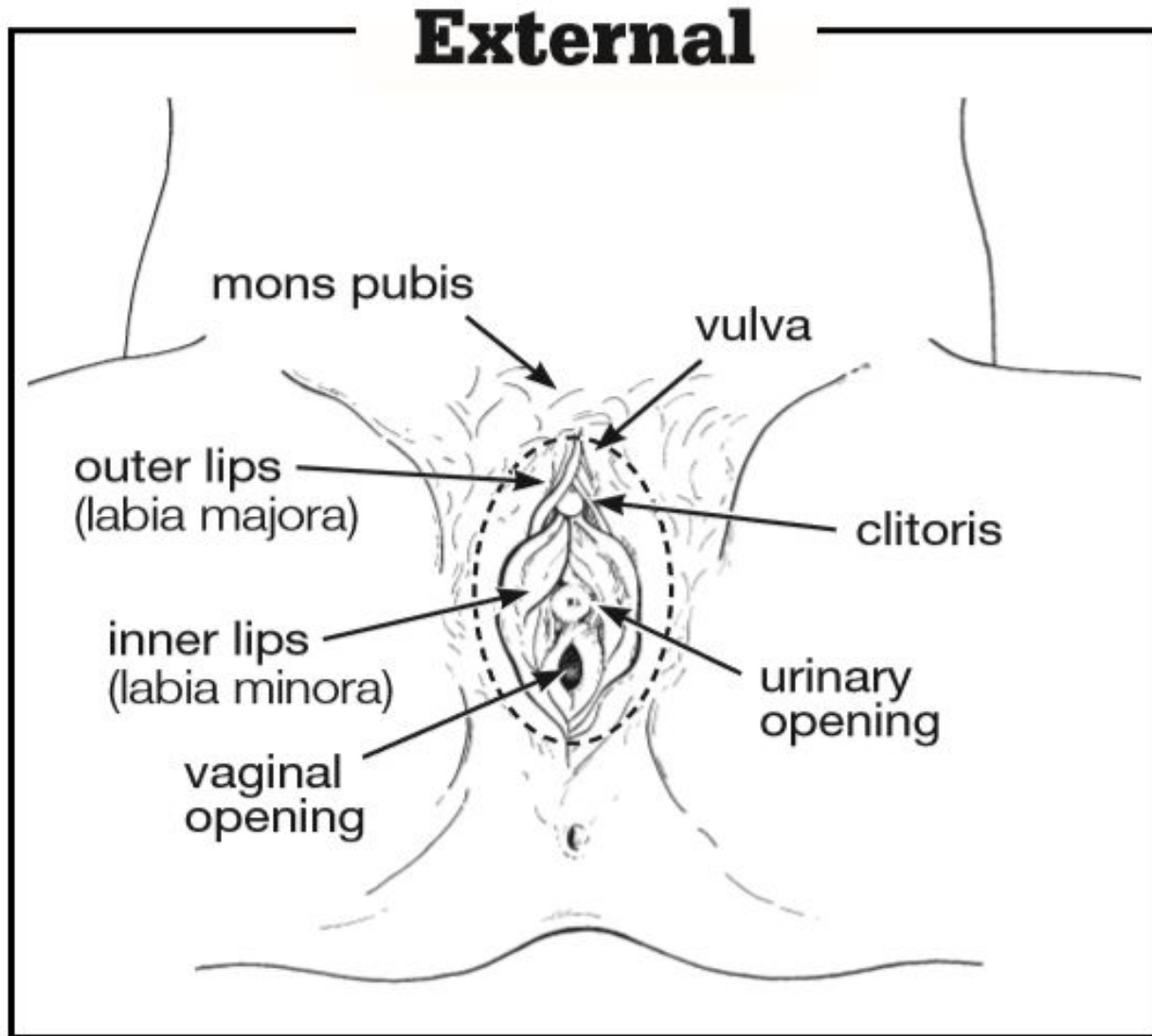
External

Word Bank:

- Vaginal Opening
- Urinary Opening
- Clitoris
- Vulva
- Mons Pubis
- Labia Majora
- Labia Minora



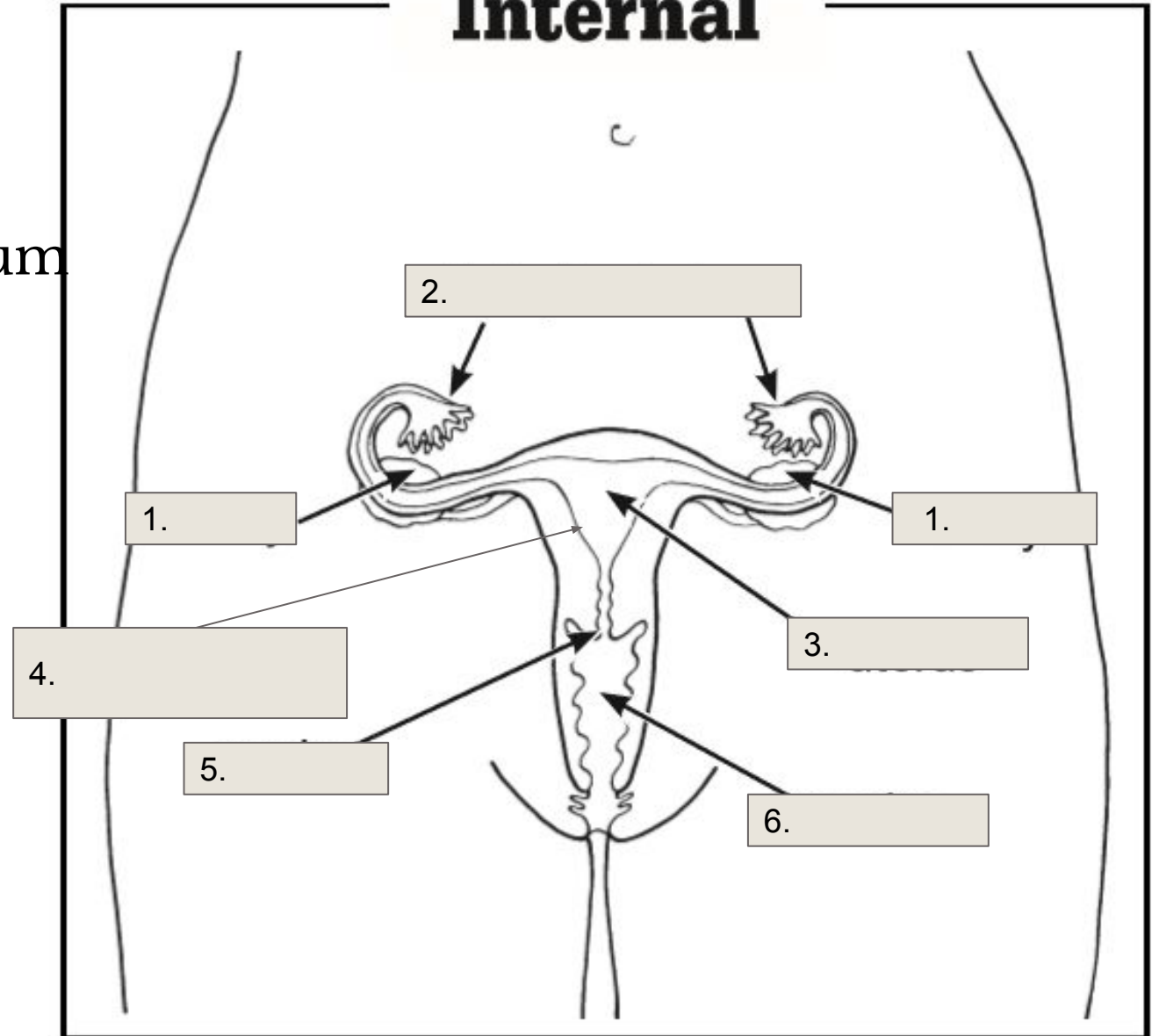
External Female Organs



Internal

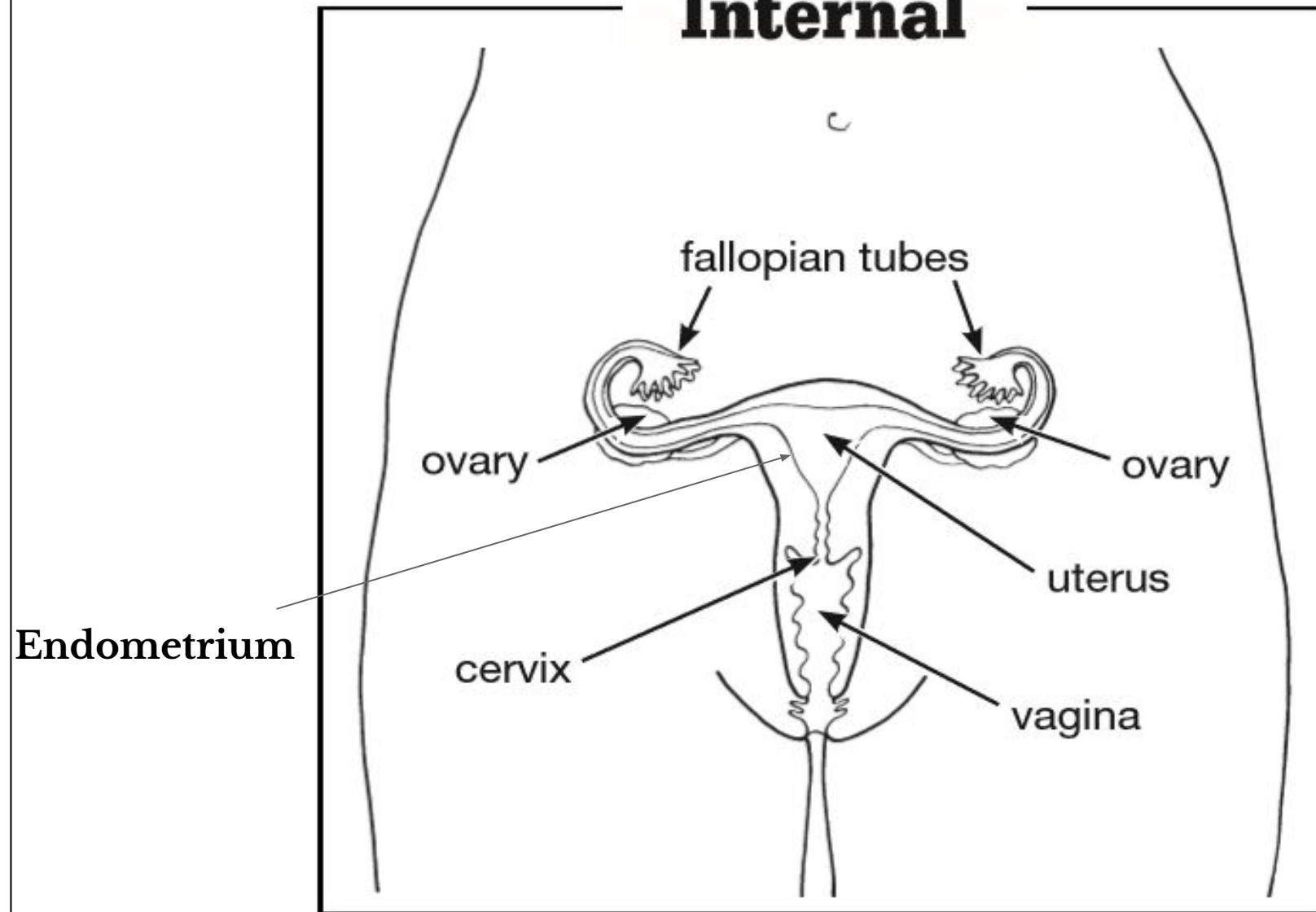
Word Bank:

- Endometrium
- Vagina
- Uterus
- Fallopian Tubes
- Cervix
- Ovary



Female Internal Organs

Internal



Female Definitions

1. The name for all of the external female reproductive organs: Vulva
2. The fatty tissue covering the pubic bone, above the vulva: Mons Pubis
3. Inner folds of skin that cover and protect the vaginal and urinary openings: Inner lips/labia minora
4. Outer folds of skin that surround and protect the other external organs: outer lips/labia majora
5. A pea-shaped organ full of nerve endings. Its purpose is to provide sexual pleasure: Clitoris
6. Urine leaves the body through this opening: urinary opening
7. A muscular tunnel that connects the external and internal reproductive organs: Vagina
8. A pear-shaped organ, about the size of a fist, it's where a fertilized egg grows and develops while a woman is pregnant: Uterus
9. Almond-sized organs that make female hormones and hold eggs: Ovary
10. Tubes that carry eggs from the ovaries to the uterus: Fallopian tubes
11. The end of the uterus that connects it to the vagina: cervix

Menstrual Cycle

The cyclical changes the uterus undergoes on a "monthly" basis which prepares it to receive and nourish a fertilized egg.

1. An ovary releases an egg.
2. The lining of the uterus thickens (to nourish).
3. The egg is NOT fertilized in the fallopian tube.
4. The egg begins to break down after 12-24 hours.
5. The thickened uterine lining breaks down, and menstrual fluid is released from the body.

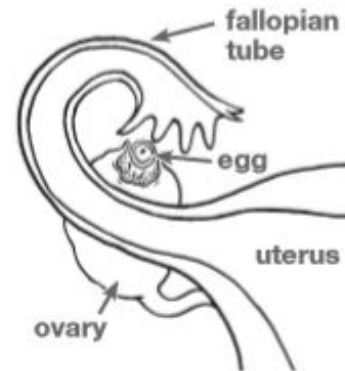
Cont...

- **Menstrual fluid**- varies from one to more than 8 tablespoons.
- **Menstrual cycle** (time between 1st day of menstrual period to 1st day of next period) vary; on average, 28 days (generally ranges from 21-35 days)
- **Menstrual period** can last 2-7+ days

The Menstrual Cycle

Ovulation

- 1** Egg is released from ovary.



- 2** Finger-like structures pull egg into fallopian tube.



- 3** Egg travels through fallopian tube to the uterus.



- 4** If an egg has been fertilized, it attaches itself to the lining of the uterus.



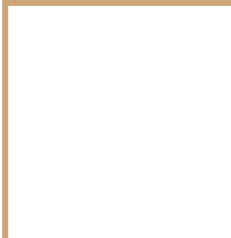
Menstrual Cycle



Egg Path & Sperm Path Activity

Put the steps, structure and function in the correct order/path that the egg and sperm leave the body

- Using your notes create a list showing the path the egg & sperm take to leave the body...
- Example: #1 Egg is matured in the ovaries...
#1 sperm is produced in the coils of the testicles.



Giving Consent



What is Sexual Consent?

Sexual consent is an verbal agreement or approval between two people.

1. Make sure you and your partner are able to give consent.

- Cannot be under the age of consent
- Can't be drunk/under the influence..
- Or unconscious!!!
- Temporary or permanent mental or physical incapacity (disabled)

2. Take into consideration information – you and your partner need to be **fully** informed at all times (STDs/HIV).

3. When you ask for consent the answer has not been forced.

Age of Consent

- Every state has laws which dictate at what age a person can legally consent to sex, called “age of consent” laws. If a person has sex with someone who is [below the age of consent](#), they are guilty of [statutory rape](#). Essentially, they have had sex with someone who, according to the law, could not possibly consent to the act. Since rape is sex without consent, they are guilty of a form of rape.
- In some states, there is an exception to the age of consent law if the two partners are close to the same age (usually a 2 or 3 year difference)
- Massachusetts Age: 16 with no age gape
- <https://www.bhwlawfirm.com/legal-age-consent-united-states-map/>
-

Not Consent

Nonverbal No:

- Pushing away
- Avoiding eye contact
- Crossing arms
- Turning body away
- Not reciprocating
- Silence



Verbal No:

- "Not now"
- "I'm not sure..."
- "I don't think..."
- "Wait"
- "I like this, but..."
- "Please stop"

Picking Sexual Partners

Should be someone...

- You trust
- You respect
- You share the same values
- You agree on safe sex measures together
- You have open communication with

Should not be someone...

- Much older than you
- Has a place of power in your life
- Threatening or pressuring you into a sexual relationship
- Asking for sex in return for something

Contraception Options

Objectives: SWBAT-

1. List steps for condom use
2. Identify different Contraceptive Options
3. Explain the effectiveness of different contraceptive options
4. Identify how each contraceptive option works.
5. List side effects of options
6. List reasons for abstinence

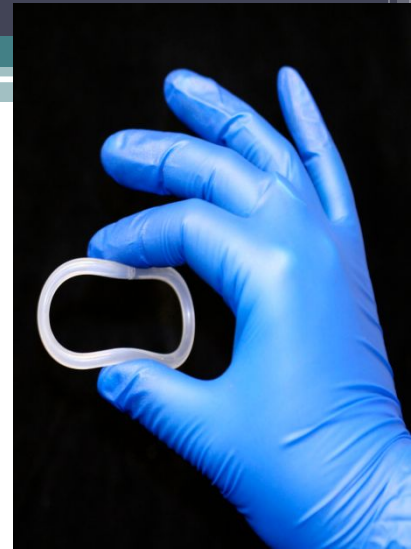
A



D



G



B



E



H



C



F



I



Answers

A - Female Condom

B- Spermicide

C-Cervical sponge

D- Norplant

E- Cervical Cap

F- IUD

G- Ring

H- Diaphragm

I - Dental Dam

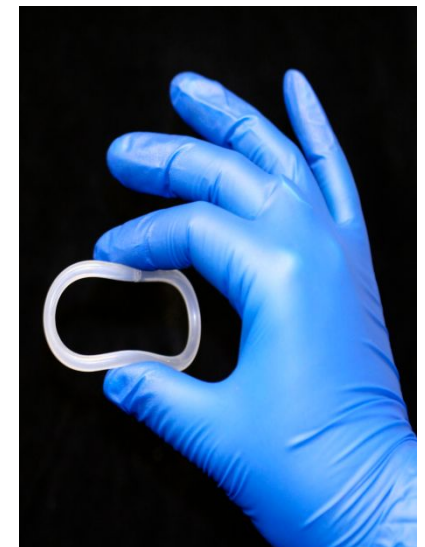
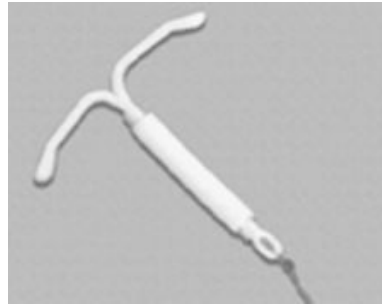
Let's put it into context ...

- 43 million or 7 in 10 women of reproductive age are sexually active & do not want to become pregnant
- Nearly half of America's 6 million annual pregnancies are accidental
- 74 to 95 percent of teen pregnancies are unintended

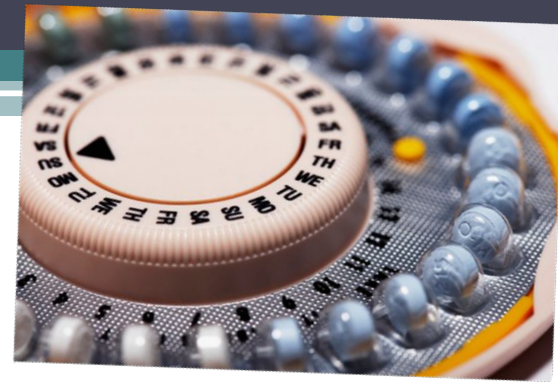
Types of Contraception

- Hormonal Methods
- Emergency contraception
- Barrier Methods
- Sterilization/Permanent Methods
- Behavioral Methods

Hormonal Methods



Oral Contraceptives



Description	A monthly series of pills taken once a day. Synthetic hormones regulate menstrual cycle & prevent the ovaries from releasing eggs. May also thicken cervical mucous and prevent egg from implanting in the uterus
% Effectiveness	97%
Side Effects	Spotting, breast tenderness, nausea or vomiting, weight loss or gain, depression
Other Issues	Must be taken every day at the same time No protection against STI's New Pills – 3 months of active pills instead of 3 weeks (seasonale)

Implant



Description	6 Soft capsules under the skin on the inner arm, synthetic hormones, a small amount of hormone is constantly released
% Effectiveness	99%
Side Effects	Spotting, breast tenderness, nausea or vomiting, weight loss or gain, Dizziness, decreased sex drive, decreased lubrication, facial hair
Other Issues	Testing on poverty stricken women in Africa More difficult to remove than insert –scar tissue build up No protection against STI's Don't have to remember to use, long lasting

The Patch



Description	Thin, beige, plastic patch that sticks to the skin Placed on the skin of: buttocks, stomach, upper or outer arm, or upper torso Once a week for 3 out of 4 weeks 4th week no patch
% Effectiveness	99%
Side Effects	Nausea, rare vomiting, weight loss or gain, changes in mood, skin reactions to the patch
Other Issues	No long term research Researchers ASSUME it is the same as the pill



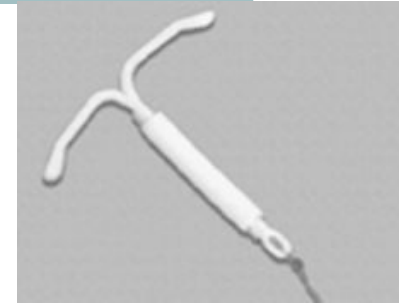
Vaginal Ring

Description	Small flexible ring that is inserted into the vagina Left in for 3 weeks and taken out on the 4 th week
% Effectiveness	99%
Side Effects	Nausea, rare vomiting, weight loss or gain, changes in mood,
Other issues	No long term research Researchers ASSUME it is the same as the pill

Birth Control Shot (Depo-Provera)

Description	A shot of hormones in the arm that prevents pregnancy Easy to get with a prescription Lasts for three months
% Effectiveness	99%
Side Effects	Irregular bleeding is the most common side effect, especially in the first 6 to 12 months of use.
Other issues	change in sex drive, change in appetite or weight gain, depression, hair loss or increased hair on the face or body, headache, nausea, sore breasts

Intrauterine Device IUD



Description	Plastic or Copper object placed in the walls of the uterus String hangs down the cervix into the vagina String should be checked after menstruation to be sure it is in place
% Effectiveness	99%
Side Effects	Cramping, spotting, increased menstrual flow
Other Issues	Chances of ectopic pregnancy increased - a pregnancy in which the fetus develops outside the uterus, typically in a Fallopian tube.

Emergency Contraception

Description	Large dose of hormonal pill taken within 120 hours of “unprotected” sexual intercourse Double dose taken 12 hours apart Prevents ovulation, fertilization, and/or implantation
% Effectiveness	75-99% of pregnancies are prevented depending on how quickly the pill is taken after intercourse
Side effects	Severe nausea, vomiting, and cramping
Other issues	Morning After Pill (Plan B) Some oppose this method b/c it promotes abortion and encourages irresponsibility May be used after a women is raped Some pharmacies or hospitals do not carry or prescribe it No protection for STI's

Barrier Methods



Male Condom



Description	Sheath over the penis that collects semen before, during and after ejaculation
% Effectiveness	97%
Side Effects	Allergies: Latex or spermicides May decrease sensation May cause vaginal or penile irritation
Other Issues	Not reusable May slip off Expiration date Use water-based lubrication only

How to...

- **Condoms are highly effective when used consistently and correctly**
 - They are the only proven contraceptive method that also prevents or significantly reduces risk of STDs
 - They provide a flexible and user-friendly option for contraception
 - They provide a strong barrier to STD pathogens, especially those transmitted in areas covered by the condom
- **Condoms are FDA-regulated medical devices**
 - Latex condoms form an impermeable barrier to even the smallest pathogens
 - Condoms are manufactured and packaged under high quality assurance standards

Female Condom



Description	Polyurethane sheath or pouch with rings on both ends; fitted into vagina. Pouch collects semen before, during, and after ejaculation.
% Effectiveness	95%
Side Effects	May cause vaginal or penile irritation
Other Issues	May make noise during coitus Extra protection for women against STI'

Foams, Creams, Suppositories, Jellies & Films

Description	Insert 10-30min prior to intercourse, and re-foam jelly or film, if engaging in multiple intercourse sessions
% Effectiveness	95%
Side Effects	May cause irritation in the vagina Can increase the risk of STI transmission
Other Issues	Spermicide= chemical method of contraception barrier= prevents sperm from passing through the cervix

Diaphragm



Description	Shallow, dome shaped cup fitted over the cervix Must coat rim or diaphragm with spermicidal foam or jelly
% Effectiveness	94%
Side Effects	UTI's possible Unpleasant odor
Other Issues	Re-foam/jelly during multiple intercourse sessions May insert up to 6 hours ahead of time, leave in 6-24hrs after

Cervical Sponge



Description	Shallow, dome shaped sponge that rests on the cervix Must wet the sponge with water prior to insertion to activate the spermicide
% Effectiveness	84-91%
Side Effects	UTI's possible Unpleasant odor
Other Issues	May insert up to 24 hrs ahead of time, leave in 6-24 hours after One size fits all

Cervical Cap



Description	Thimble shaped cup fitted over the cervix, tight fit, suction involved
% Effectiveness	71-91%
Side Effects	UTI's possible Unpleasant odor
Other Issues	Replace cervical cap 1 year Re-foam/jelly during multiple intercourse sessions May insert up to 6 hours ahead of time, leave in 6-24hrs after

Permanent Methods

Tubal Ligation & Vasectomy

Description	Blocks fallopian tubes Blocks vas deferens
% Effectiveness	99%
Side Effects	Mild bleeding, infection, bruising Tenderness near testicles Swelling
Other Issues	No protection from STI's Effective immediately Ectopic pregnancy 15 ejaculations until sperm is used up

Behavioral Methods

- Withdrawal – 81-91% effective
- Calendar – 80-91% effective (women do not have intercourse during their “unsafe” days)
 - No protection against STI's
- Abstinence – refraining from sexual intercourse
 - 100%

Abstinence

- People define abstinence in many different ways.
 - May mean NO physical contact with a partner
 - No kissing
 - No hand holding
 - For others it may mean abstaining from one particular behavior
 - Vaginal intercourse (to avoid pregnancy)
 - Oral intercourse
 - Anal intercourse

Abstinence

- is highly recommended and our only 100% effective method available to prevent pregnancy and STD's

Reasons why people choose Abstinence

- wait until they feel ready for a sexual relationship (physically, emotionally and mentally)
- wait to find the right partner
- follow their personal, moral, or religious beliefs and values

Sexual Transmitted Infections

STI's & HIV

Objectives:

1. Students will be able to describe STI's and HIV/AIDS and their symptoms.
2. Students will be able to identify ways to prevent HIV transmission.
3. Students will be able to identify behaviors that increase risk of HIV transmission.

Key Points

- Anyone can get an STI
- Many STI's have no symptoms
- Females tend to have more severe problems
- Most STI's can be treated, some you are stuck with for life

Bacterial STI's

- Can occur more than once
- Uncomfortable
- Infertility
- Permanent damage if not treated
- Can be cured w/ antibiotics

Symptoms of Gonorrhea

■ Male

- Usually has symptoms
- Discharge from penis
- Burning when urinating

■ Female

- Most have NO symptoms
- Abnormal vaginal discharge
- Pain or burning when urinating

Complications of Gonorrhea

■ Male

- Swelling of head of penis
- Inflammation of prostate, bladder, & epididymis

■ Female

- Bleeding between periods
- Boils on lubricating glands
- PID
 - Pelvic inflammatory disease
- Infection of newborn

Complications of Gonorrhea

■ Male and Female

- Serious infection of joints, heart valves, or brain
- Serious infection of genital organs
- Males and female can become sterile
- Death (from untreated infections)

Symptoms of Chlamydia

■ Male

- 1 in 4 have no symptoms
- Discharge from penis
- Urethra itches

■ Female

- Most have no symptoms
- Painful urination
- Abnormal vaginal discharge
- Irregular vaginal bleeding
- Painful sexual intercourse

Complications of Chlamydia

■ Male

- Acute & very painful inflammation of testicle
- Sterility

■ Female

- PID
 - Pelvic inflammatory disease
- Infection in newborn baby

Symptoms & Complications of PID

■ Symptoms

- Painful intercourse
- Lower abdominal pain or tenderness, especially during exercise
- Nausea and/or fever

■ Complications

- Scarring of fallopian tubes
- Tubal pregnancy
- Infertility

Symptoms of Syphilis

- Painless sore that heals by itself
- Skin rash
- Mild fever, headache, sore throat
- Tiredness, swollen lymph nodes
- Patchy hair loss

Complications of Syphilis

- Syphilis of the brain or heart
 - Dementia
 - Numbness
 - Muscle movement problems
- Infection of the baby in the uterus
 - Low birth weight
 - Premature
 - Still born
- Death

STI's caused by Viruses

- Can be treated but never cured
- Once you have an STI cause by a virus you will have it for

LIFE.

- The following STI's are caused by a virus

Types of Herpes

- Type 1 – Oral
 - causes sores around the mouth and lips (sometimes called fever blisters or cold sores).
 - Can cause type 2 but not always
- Type 2 – Genital
 - may have sores around the genitals or rectum. sores may occur in other locations, these sores usually are found below the waist.
- Transmitted through
 - Oral secretions
 - Secretions from sores
 - Sexual intercourse

Symptoms of Herpes

- Itching & burning
- Small red blisters
- Fever, headache, muscle aches
- Pain in legs, buttocks, or genitals
- Feeling of pressure in abdomen
- Vaginal discharge
- Painful or difficult urination
- Swollen glands in groin area

Complications of Herpes

- Can be passed from mother to baby
- Risk is highest if mother is having first outbreak

Living with Herpes

- Medication may:
 - Help the pain
 - Decrease length of outbreaks
 - Decrease frequency of outbreaks

HPV & Genital Warts

- Human papillomavirus
 - HPV is the most common sexually transmitted infection
- Symptom can be genital warts
 - May have no symptoms, yet have complications later
 - Warts come in all shapes & sizes

Complications of HPV

- Cervical cancer, vulvar cancer, anal cancer
- Warts may enlarge during pregnancy
- Can pass to fetus during pregnancy
 - Warts in throat of infant

Living w/ HPV & Genital Warts

- Treatment available
- No cure
- Vaccines
 - Gardasil
 - Recommended that teen girls get these vaccines now

Non-Sexual Triggers –Yeast Infection

- Pregnancy
- Uncontrolled diabetes
- Oral contraceptives
- Antibiotics
- Feminine hygiene sprays
- Clothing
- Stress

Symptoms of Yeast Infection

MALE

- Often w/ out symptoms
- Irritation of tip of penis
- Slight discharge from urethra

FEMALE

- Itching, burning, irritation of vulva
- White, cheesy vaginal discharge
- Painful intercourse
- Painful urination

Parasites

CRABS (PUBIC LICE)

- Symptoms
 - Itching
 - Blue or gray spots on skin
 - Insects or eggs in pubic hair
 - Tiny blood spots on underwear

SCABIES

- Small lines or red bumps on:
 - Genital organs, buttocks & nipples
 - Palms of hands, between fingers
 - Legs, ankles, feet
 - Around belt line, stomach, wrists & elbows
- NOT ALWAYS TRANSMITTED THROUGH SEXUAL INTERCOURSE

Human Immunodeficiency Virus

- **H** – Human – This particular *virus* can only infect human beings.
- **I** – Immunodeficiency – HIV weakens your *immune system* by destroying important cells that fight disease and infection. A "deficient" immune system can't protect you.
- **V** – Virus – A virus can only reproduce itself by taking over a cell in the body of its host.

How is HIV transmitted?

- These body fluids:
 - Blood
 - Semen
 - Pre-seminal fluid (pre-cum)
 - Rectal fluids
 - Vaginal fluids
 - Breast milk

That means...

- During
 - Vaginal, oral, or anal sex
- Sharing needles:
 - To inject drugs
 - Tattoos & piercings
 - Inject steroids & vitamins
- From your mother
 - During pregnancy
 - Childbirth
 - Breast feeding

...You Can transmit HIV.

HIV is NOT transmitted

- Air or water
- Insects, including mosquitoes or ticks
- Saliva, tears, or sweat
- Casual contact, like shaking hands, hugging or sharing dishes/drinking glasses
- Drinking fountains
- Toilet seats
- Donating blood

Symptoms of HIV

■ Early Stages:

- Fever (this is the most common symptom)
- Swollen glands
- Sore throat
- Rash
- Fatigue
- Muscle and joint aches and pains
- Headache

■ Latency Stage

- No symptoms
- Can be controlled with ART:
 - *antiretroviral therapy*
- Can live a long life

■ Last Stage:

- AIDS

Acquired Immunodeficiency Syndrome

- **A** – Acquired – AIDS is not something you inherit from your parents. You **acquire** AIDS after birth.
- **I** – Immuno – Your body's immune system includes all the organs and cells that work to fight off infection or disease.
- **D** – Deficiency – You get AIDS when your immune system is "deficient," or isn't working the way it should.
- **S** – Syndrome – A syndrome is a collection of symptoms and signs of disease. AIDS is a syndrome, rather than a single disease, because it is a complex illness with a wide range of complications and symptoms.

Symptoms of AIDS

- Rapid weight loss
- Recurring fever or profuse night sweats
- Extreme and unexplained tiredness
- Prolonged swelling of the lymph glands in the armpits, groin, or neck
- Diarrhea that lasts for more than a week
- Sores of the mouth, anus, or genitals
- Pneumonia
- Red, brown, pink, or purplish blotches on or under the skin or inside the mouth, nose, or eyelids
- Memory loss, depression, and other neurologic disorders.