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# Decision Making and Conception

## **Session 4:**

### Decision Making and Conception

#### **Goals:**

- Describe the reproductive process
- Learn what abstinence is

#### **Objectives:**

- Describe the biological process of conception in general terms
- Describe the role of menstruation in the reproductive process
- Learn about ways to protect themselves from STIs and/or pregnancy

# Anonymous Question Box

## Introduction to the Anonymous Question Box:

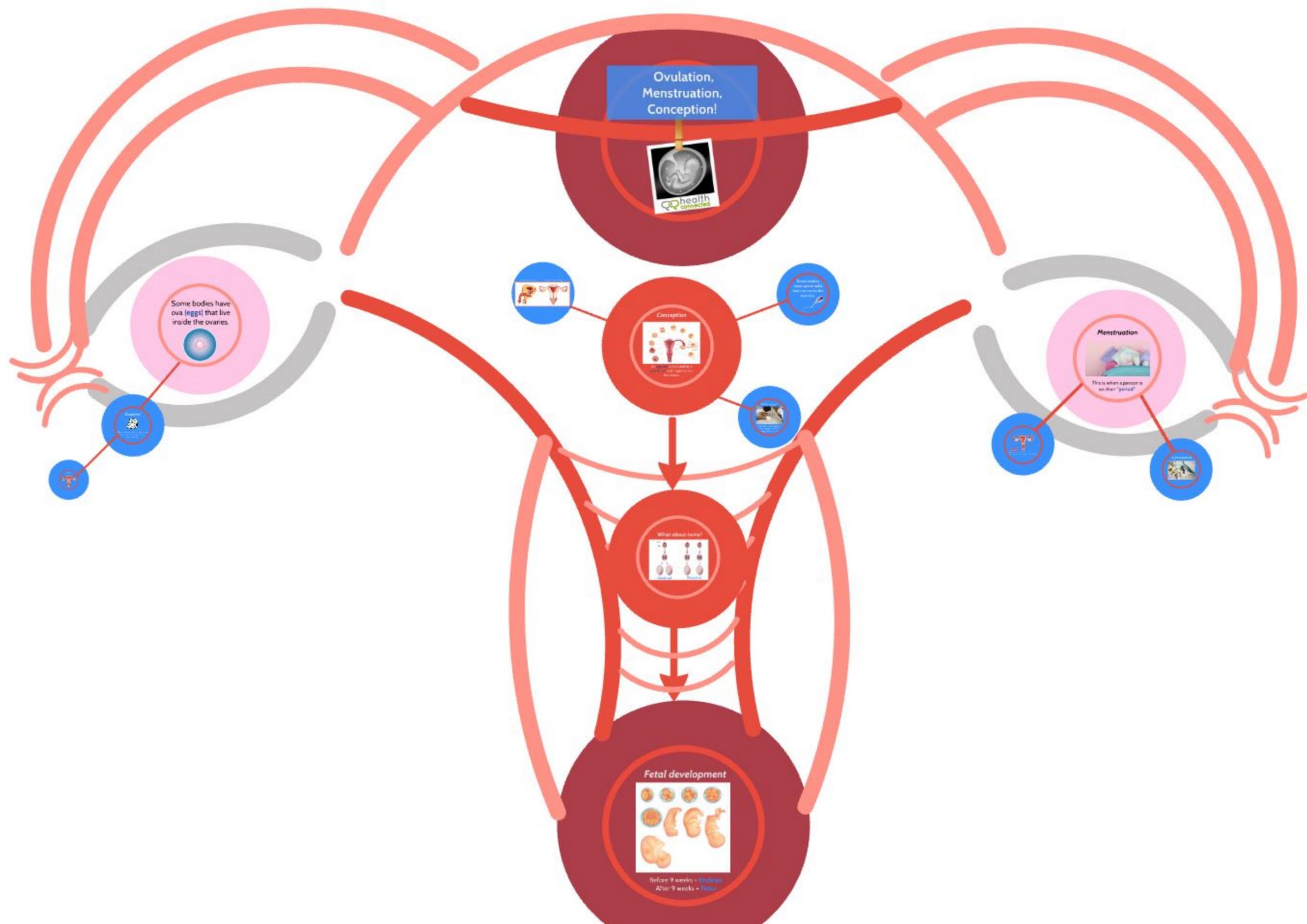
The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of questions during class time as well.

## Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a questions at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write "no question". This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used t hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

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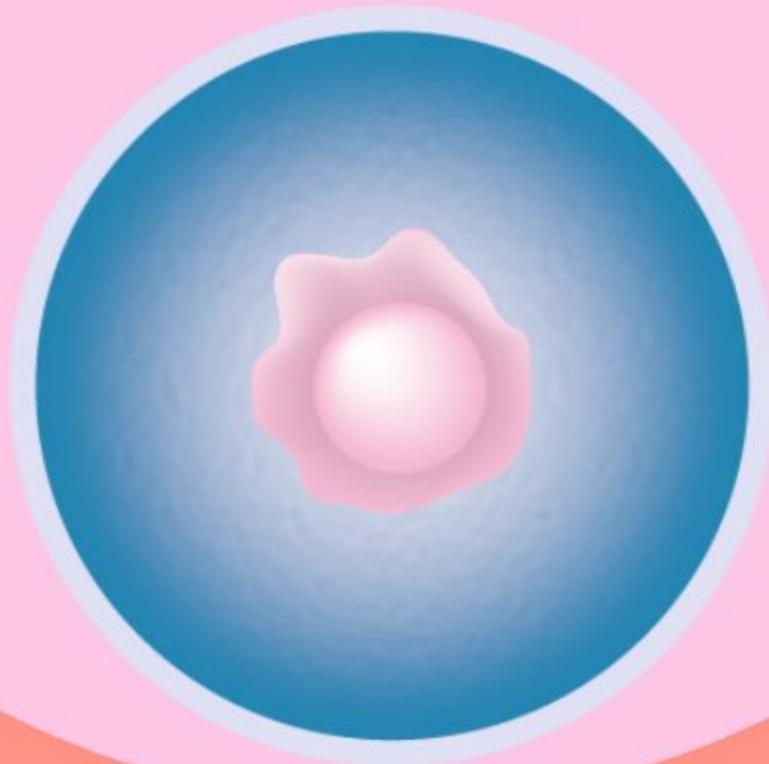
# Ovulation, Menstration, Conception



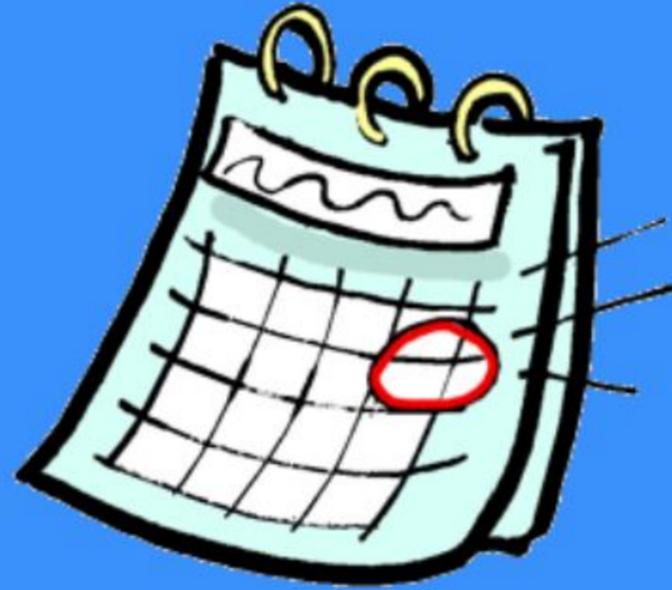
# Ovulation, Menstruation, Conception!



Some bodies have  
ova (**eggs**) that live  
inside the ovaries.

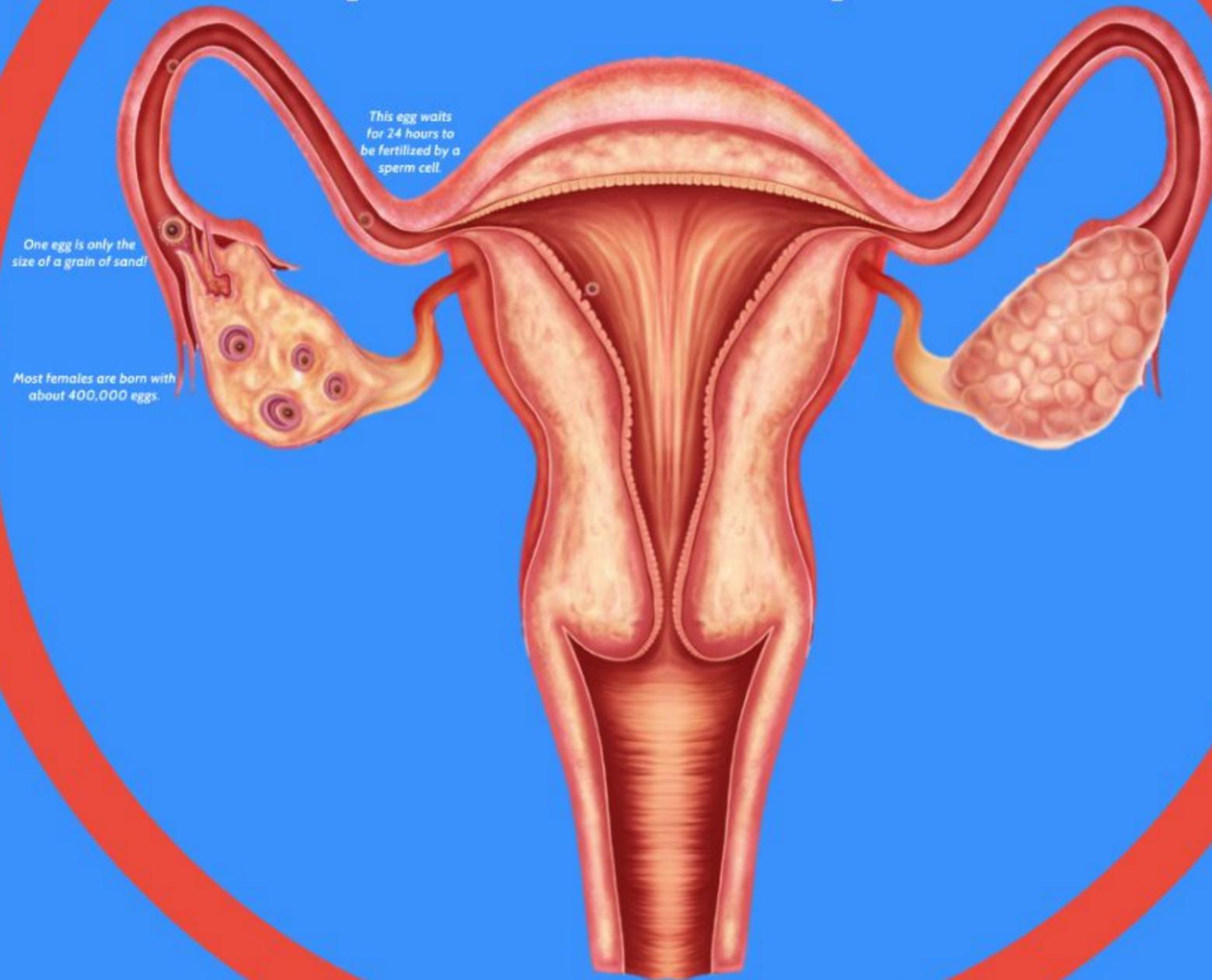


# Ovulation



About **once a month**, an ovary may release an ovum (egg) into the fallopian tube.

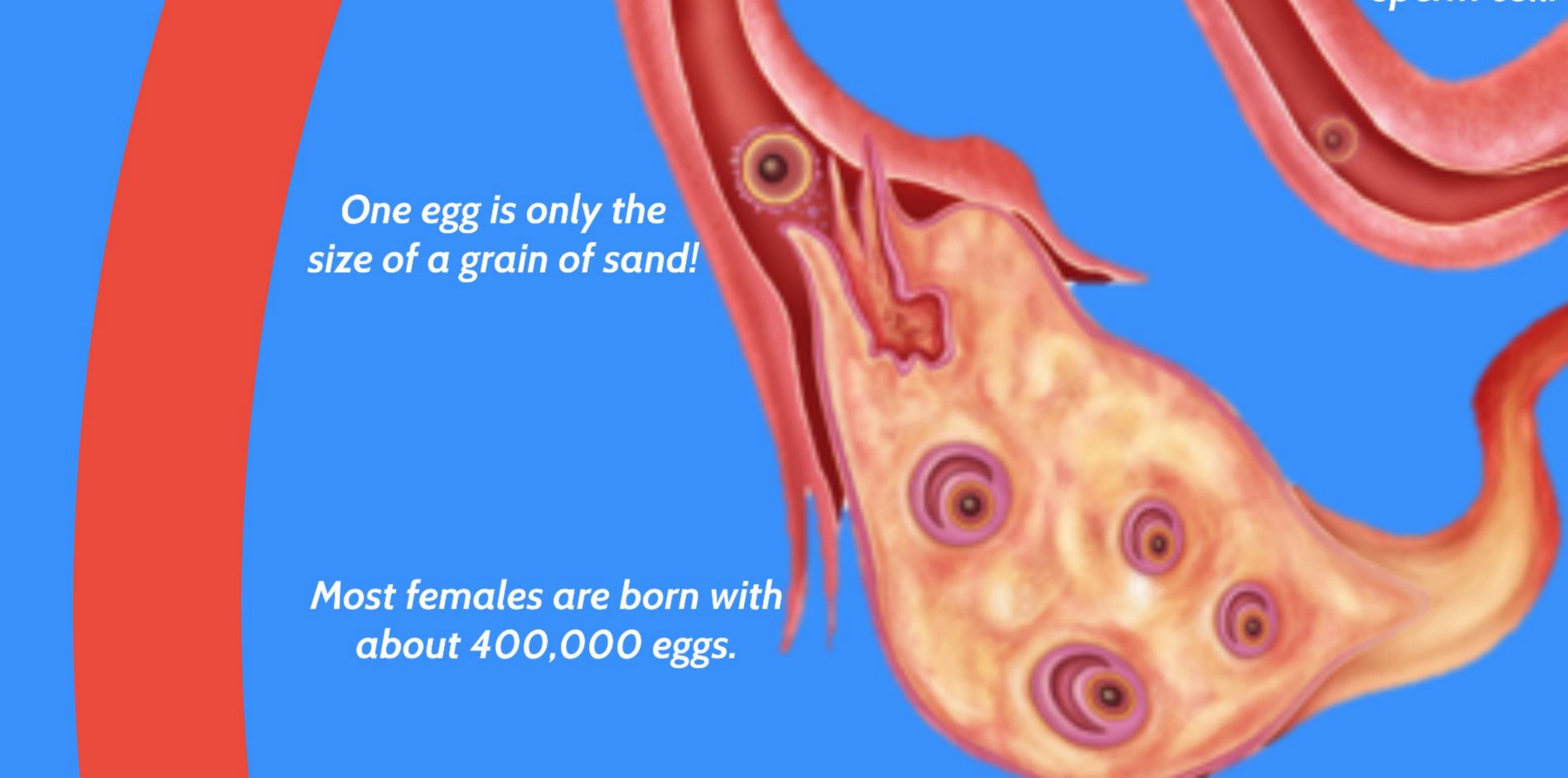
# Female Reproductive System



This egg waits  
for 24 hours to  
be fertilized by a  
sperm cell.

One egg is only the  
size of a grain of sand!

Most females are born with  
about 400,000 eggs.



*One egg is only the size of a grain of sand!*

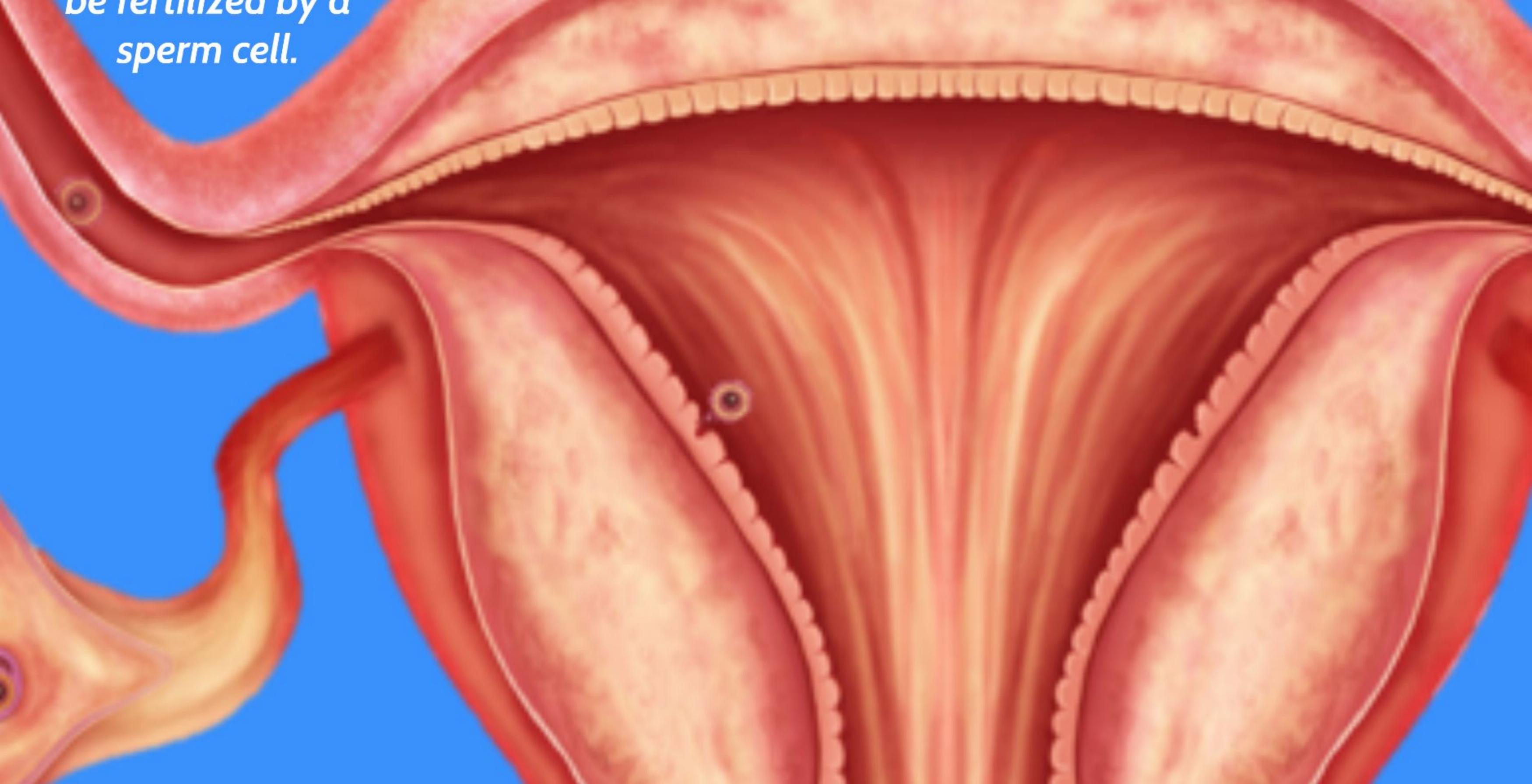
*Most females are born with about 400,000 eggs.*



An anatomical illustration of the female reproductive system. The fallopian tube is shown on the left, curving towards the center. The uterus is on the right, with a fallopian tube extending from it. The background is a solid blue color. The text is centered in the upper half of the image.

*This egg waits  
for 24 hours to  
be fertilized by a  
sperm cell.*

be fertilized by a  
sperm cell.

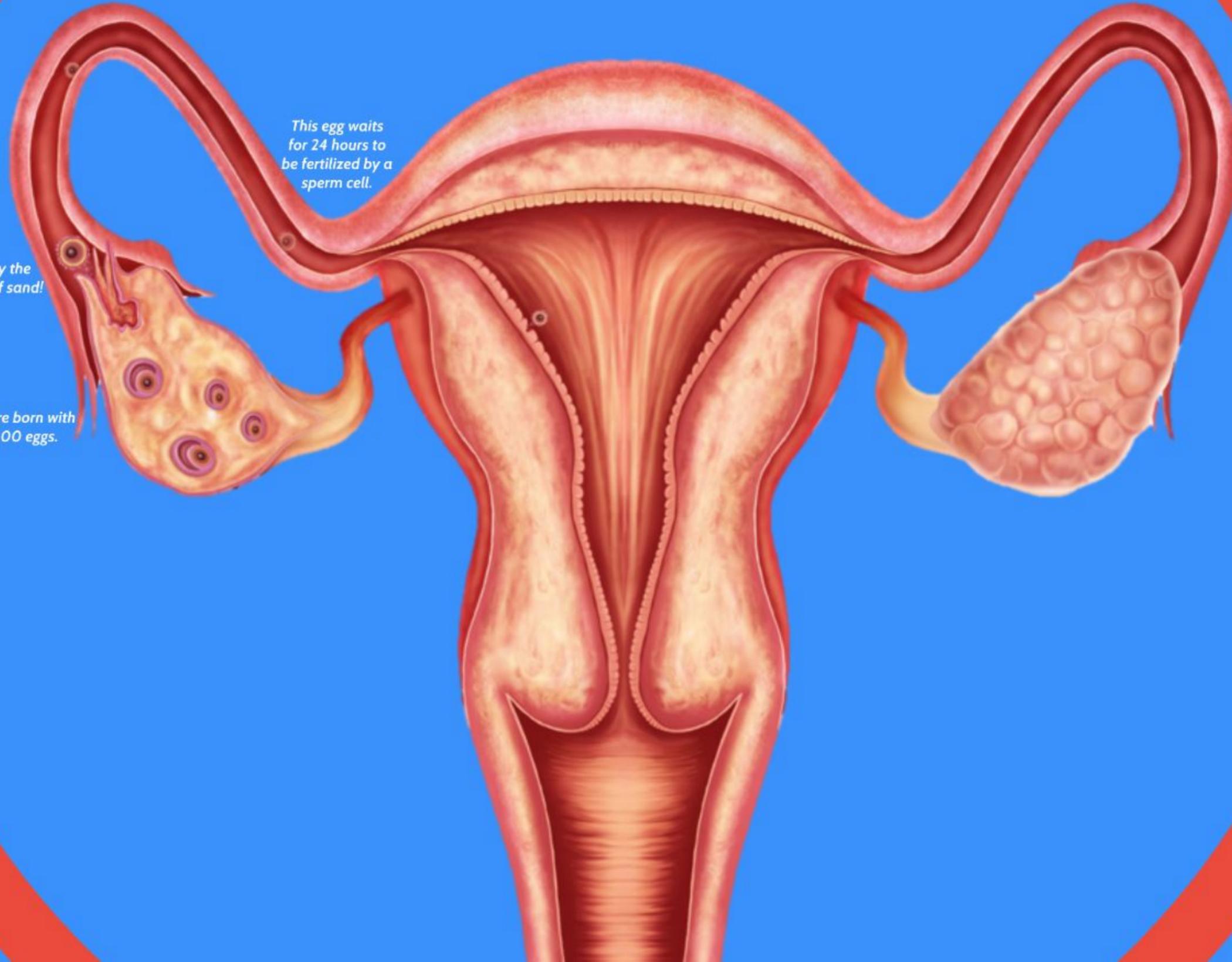


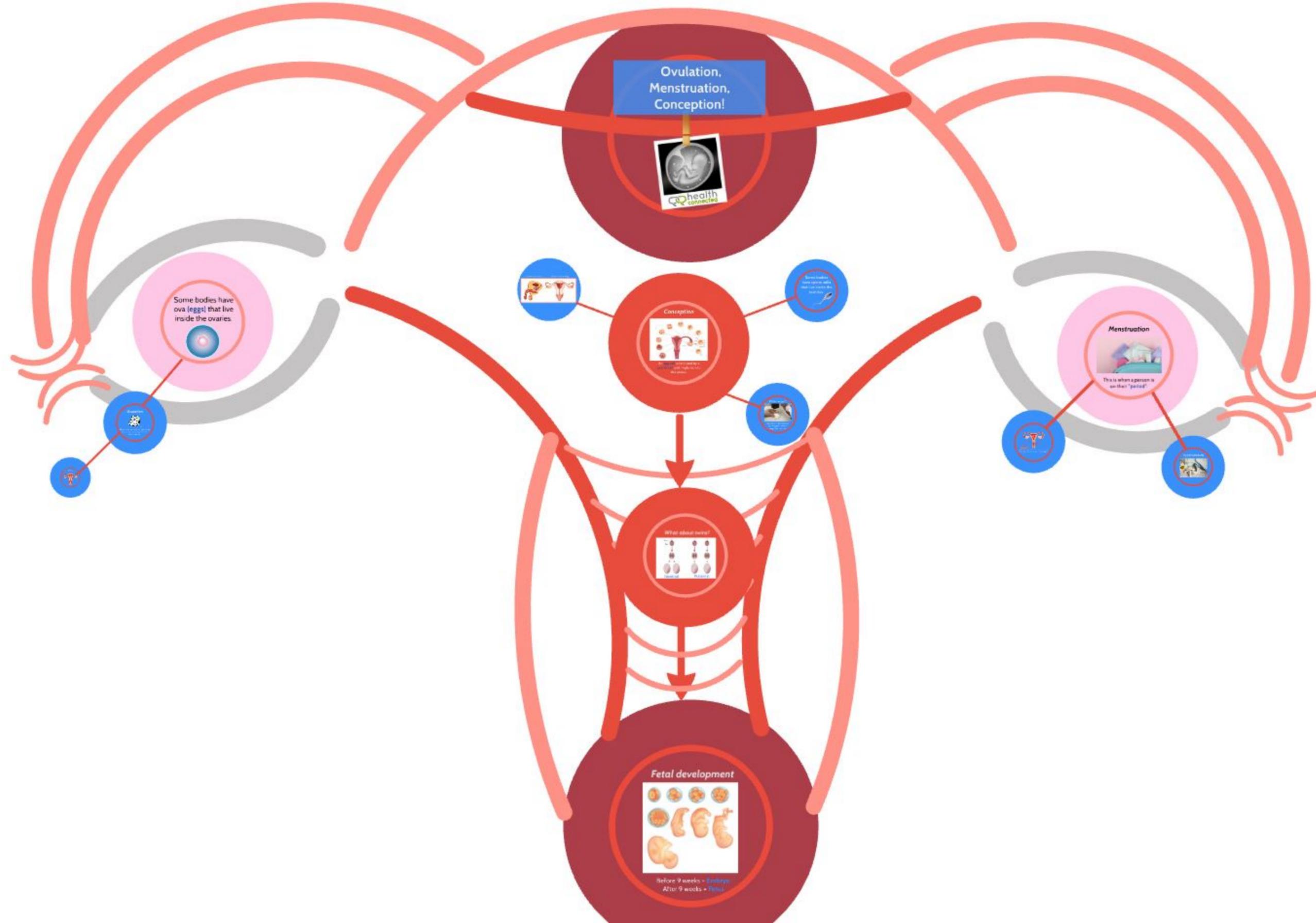
# Reproductive System

One egg is only the size of a grain of sand!

Most females are born with about 400,000 eggs.

This egg waits for 24 hours to be fertilized by a sperm cell.

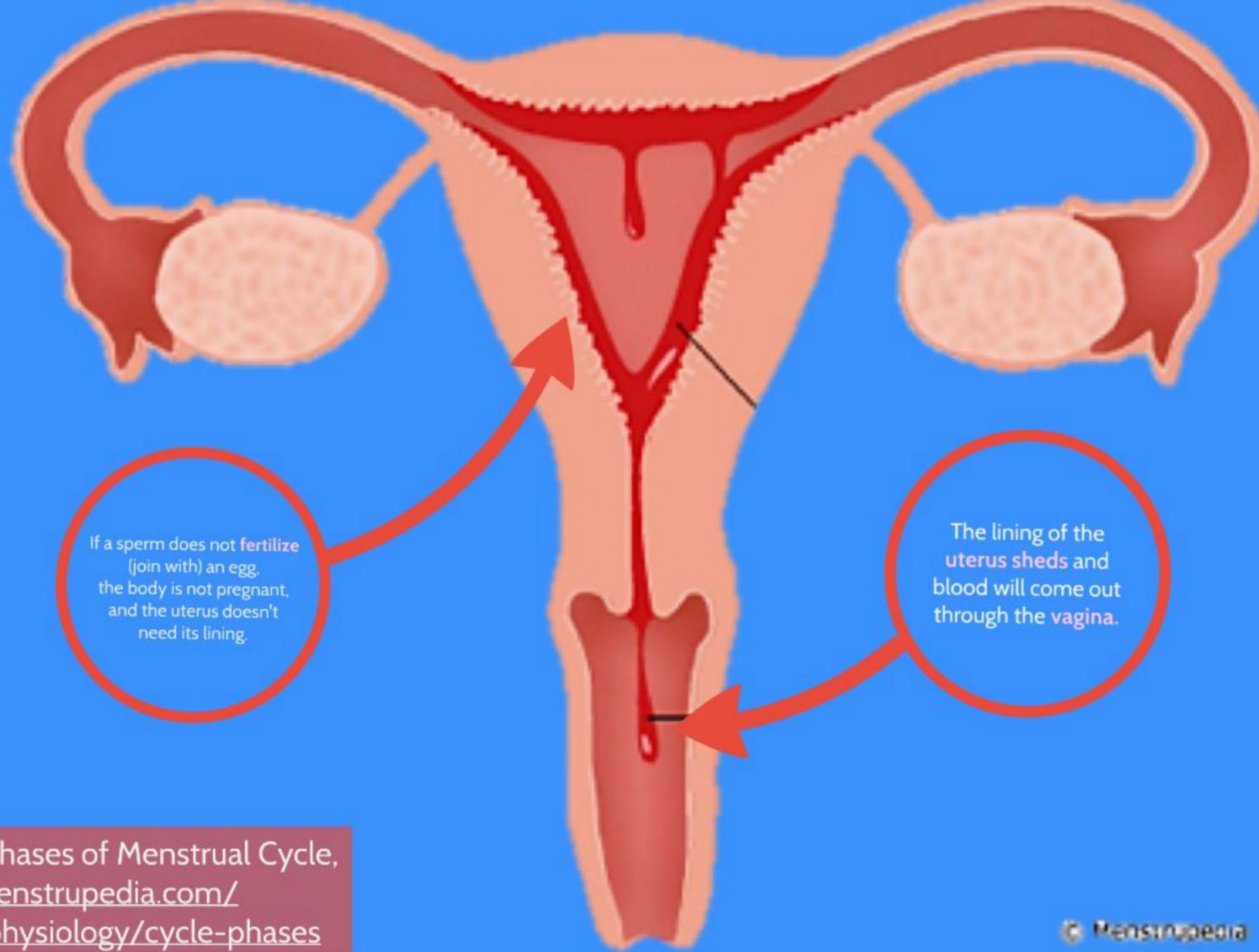




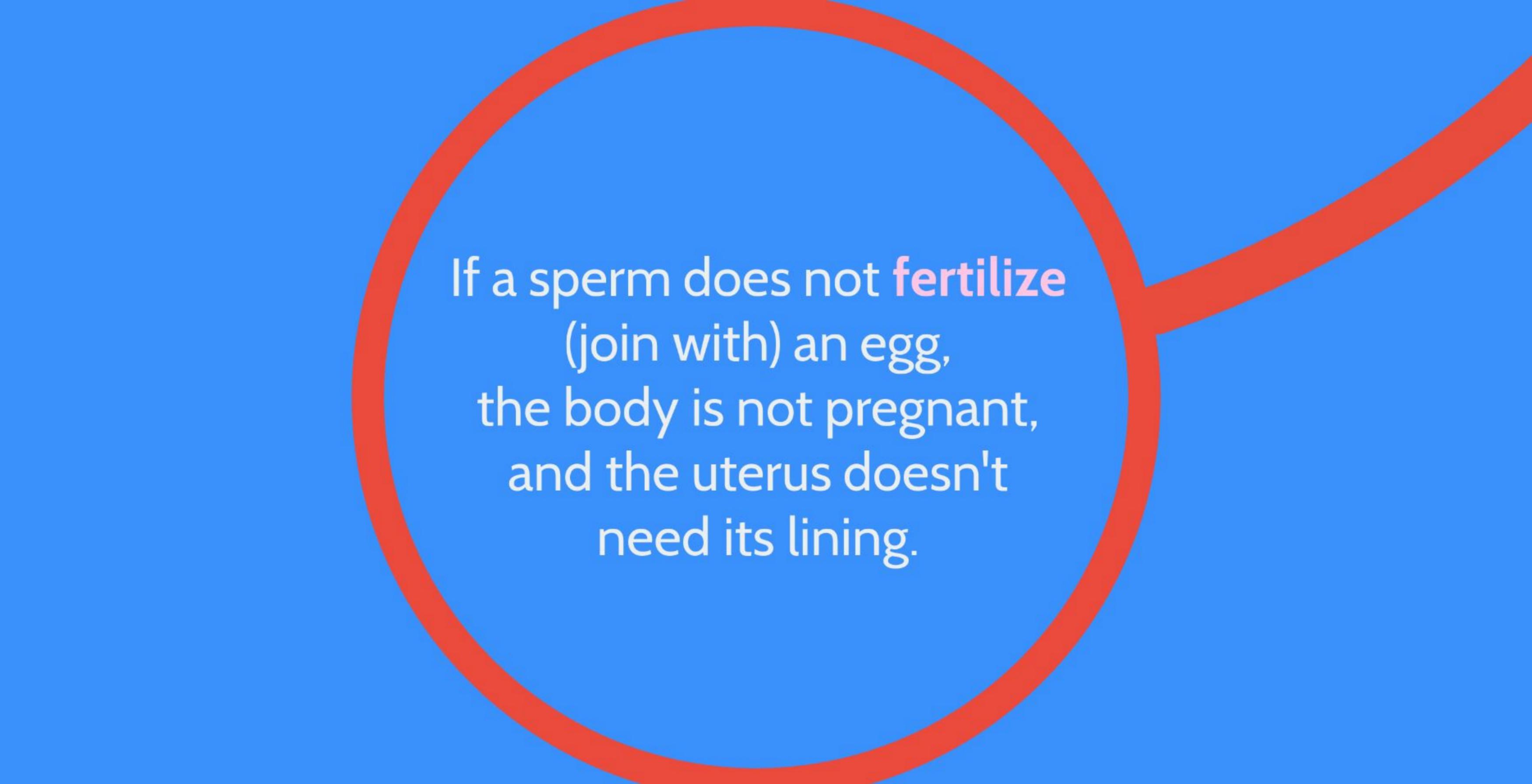
# ***Menstruation***



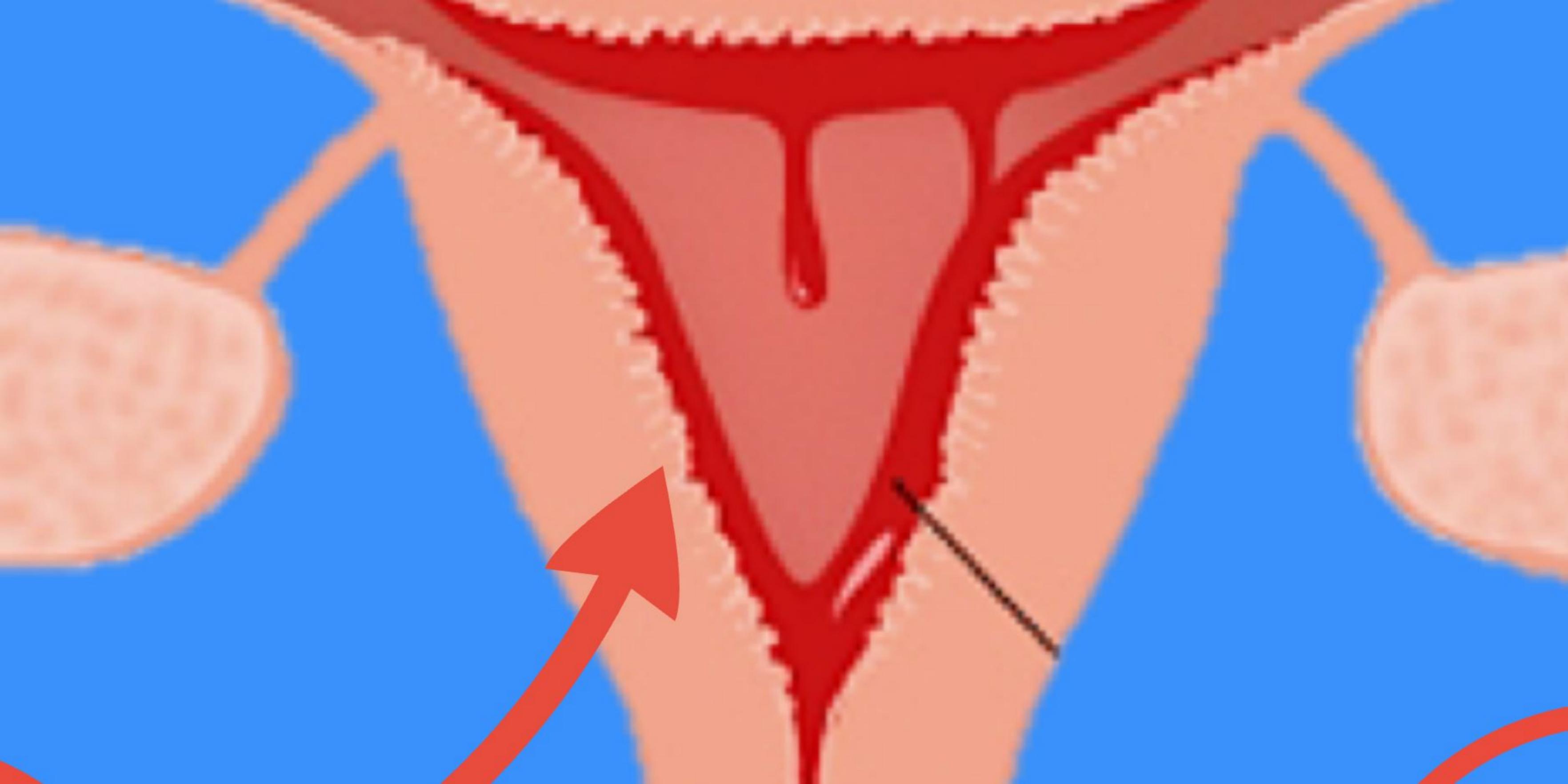
This is when a person is on their "**period**".

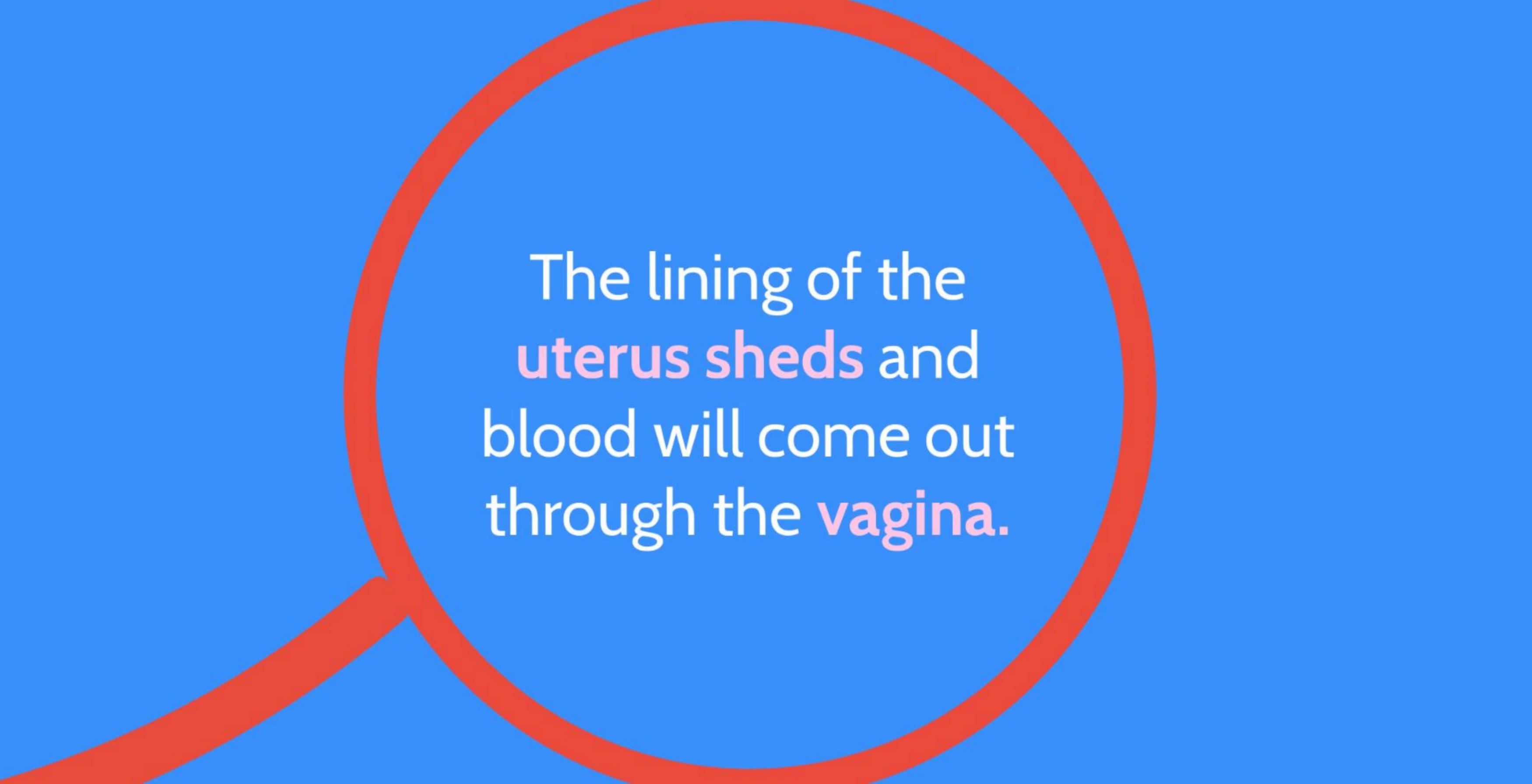


A person with a **uterus** (who is not pregnant) usually gets their period about **every 28 days**.



If a sperm does not **fertilize**  
(join with) an egg,  
the body is not pregnant,  
and the uterus doesn't  
need its lining.

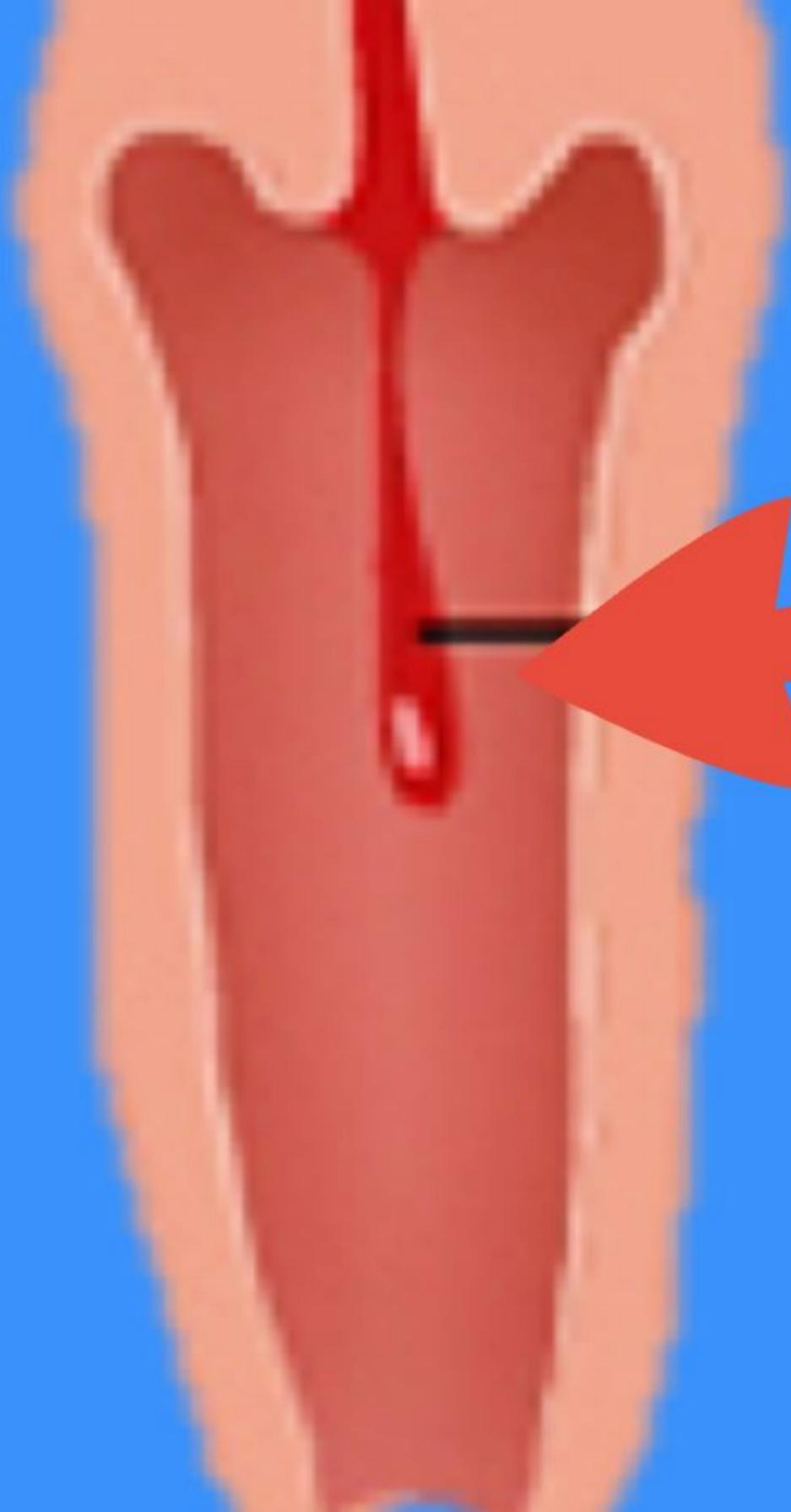




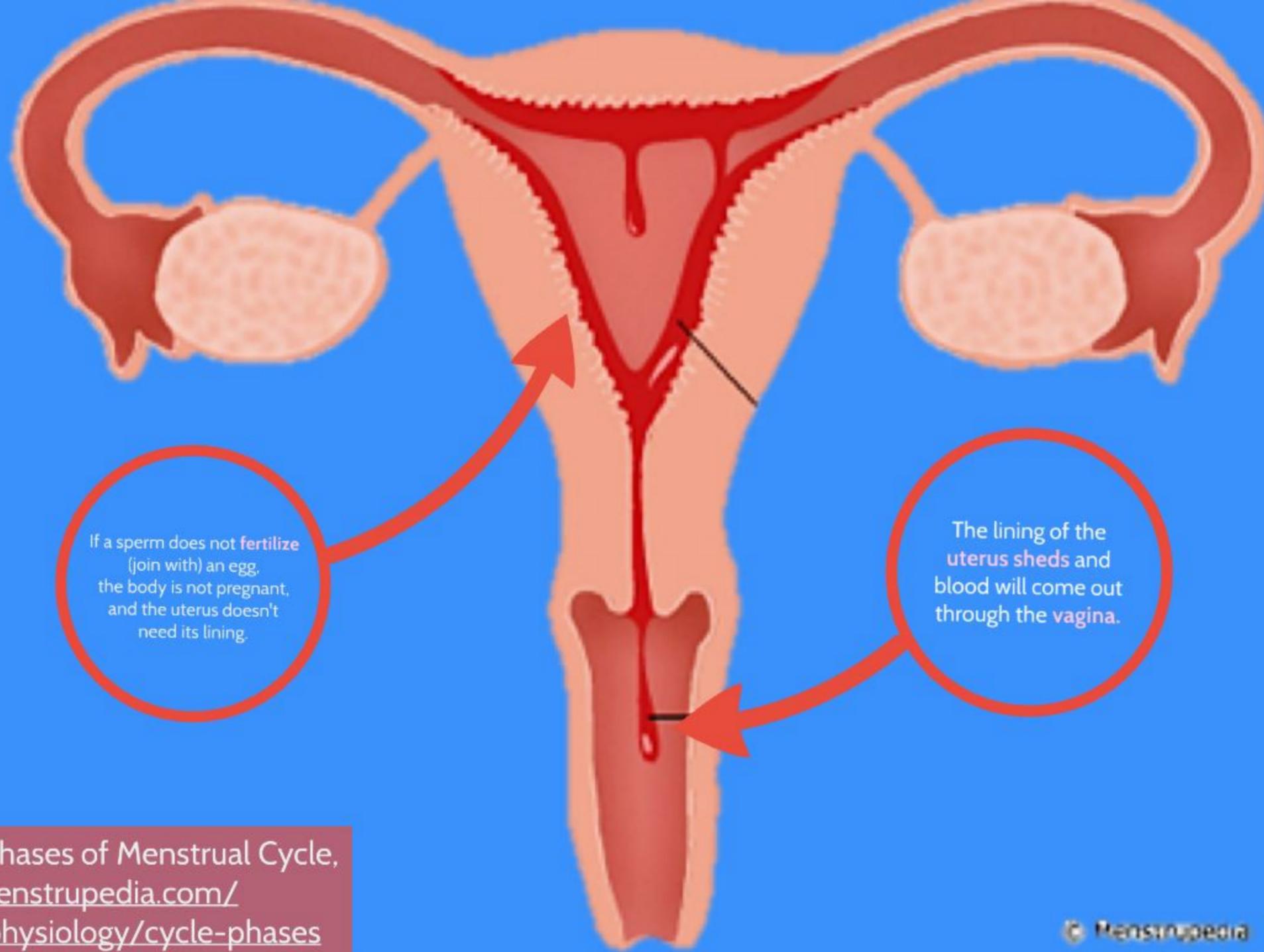
The lining of the  
**uterus sheds** and  
blood will come out  
through the **vagina.**

ycle,

ses



uterus s  
blood wil  
through t



Source: Phases of Menstrual Cycle,  
[http://menstrupedia.com/  
articles/physiology/cycle-phases](http://menstrupedia.com/articles/physiology/cycle-phases)

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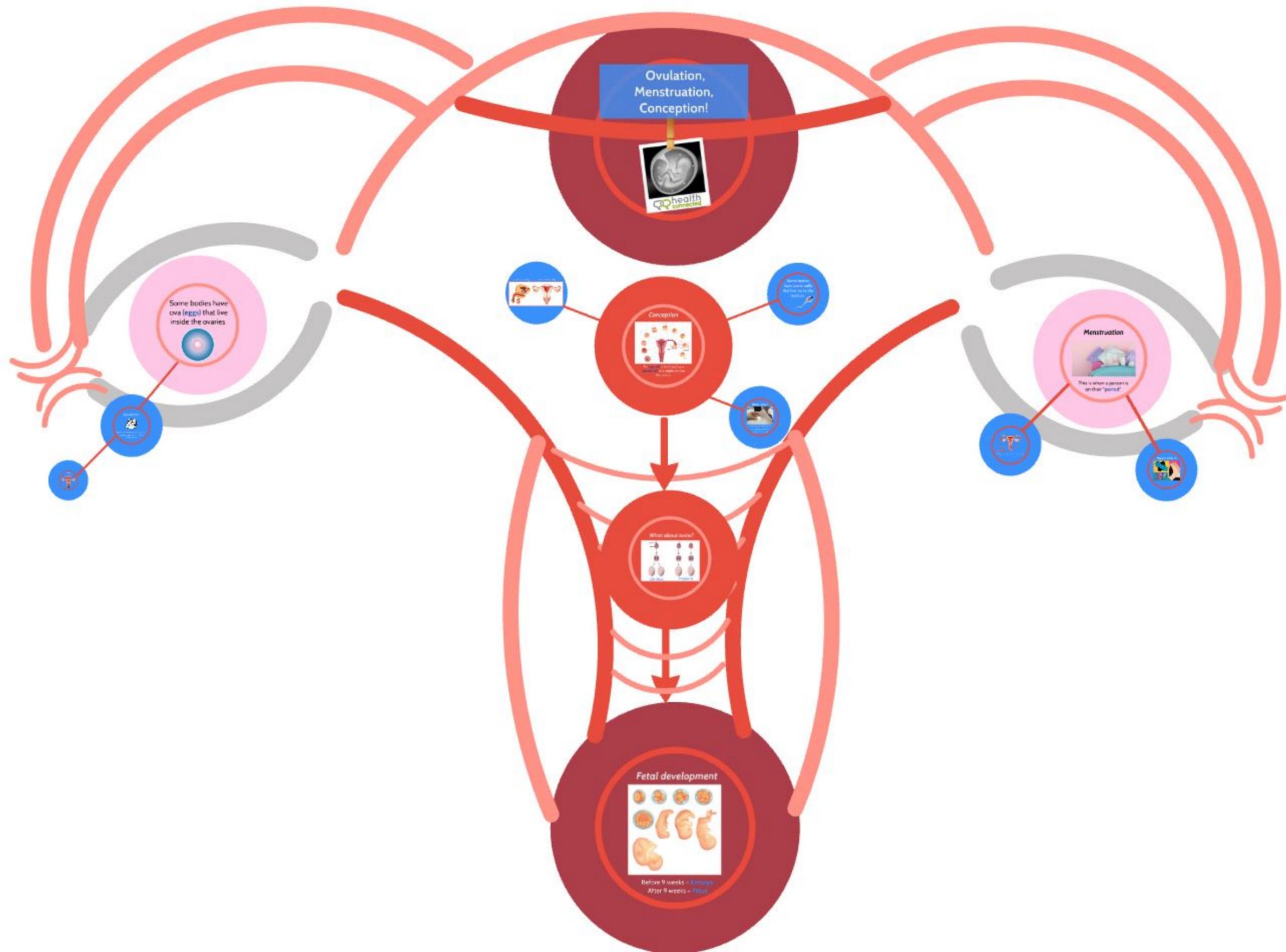
A person with a **uterus** (who is not pregnant) usually gets their period about **every 28 days**.

# *Hygiene products*



# Hygiene products





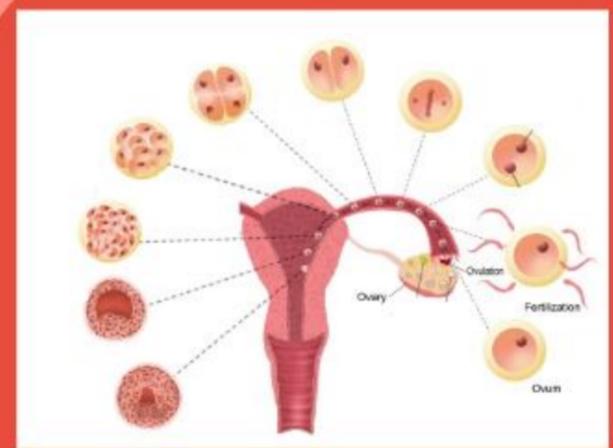
Internal male body      Internal female body



Some bodies have **sperm cells** that live inside the testicles.



## Conception



An **egg cell** is fertilized by a **sperm cell** and implants into the uterus.

### Other ways?

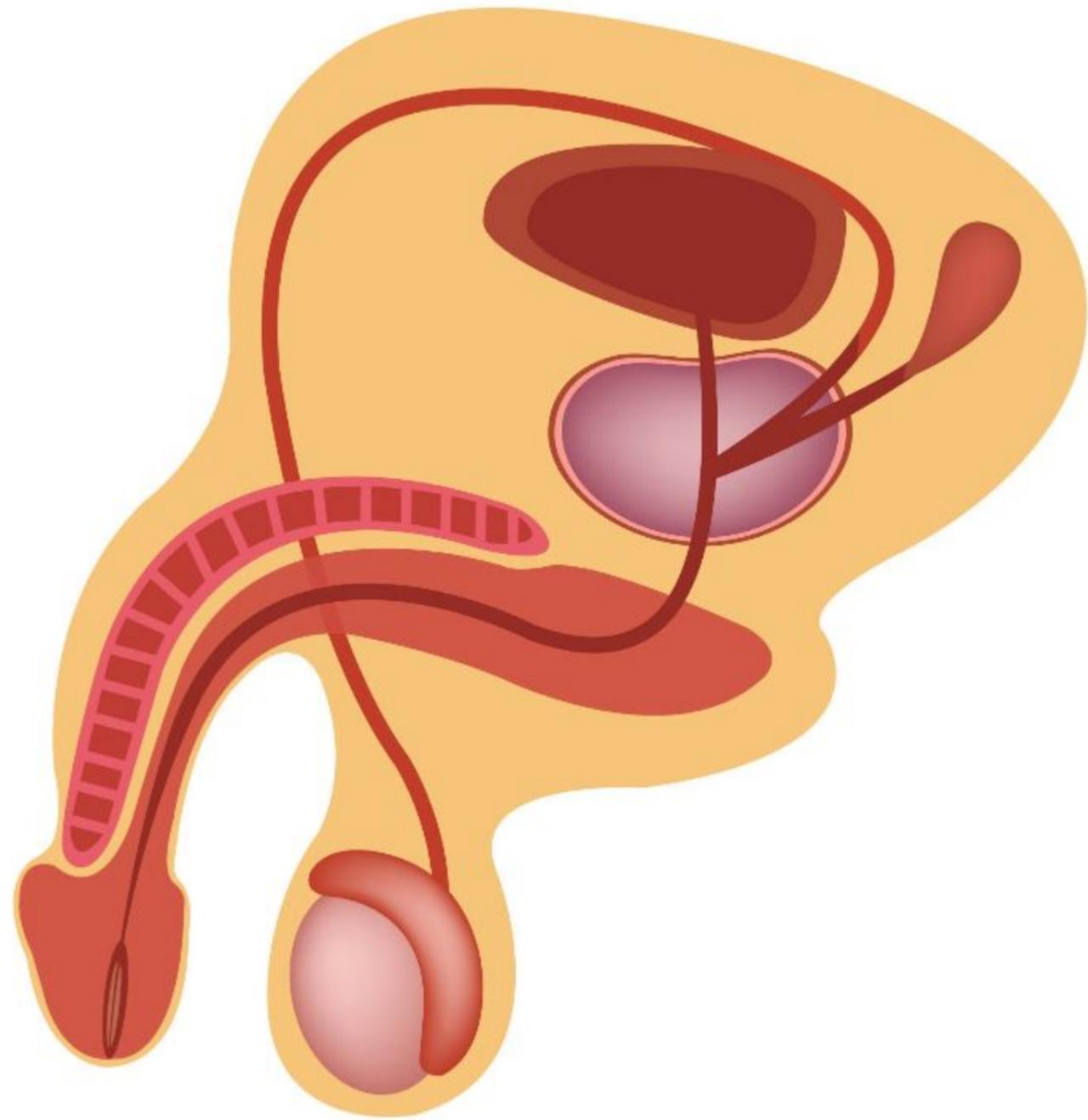


Sometimes fertilization can happen in other ways, like in a lab

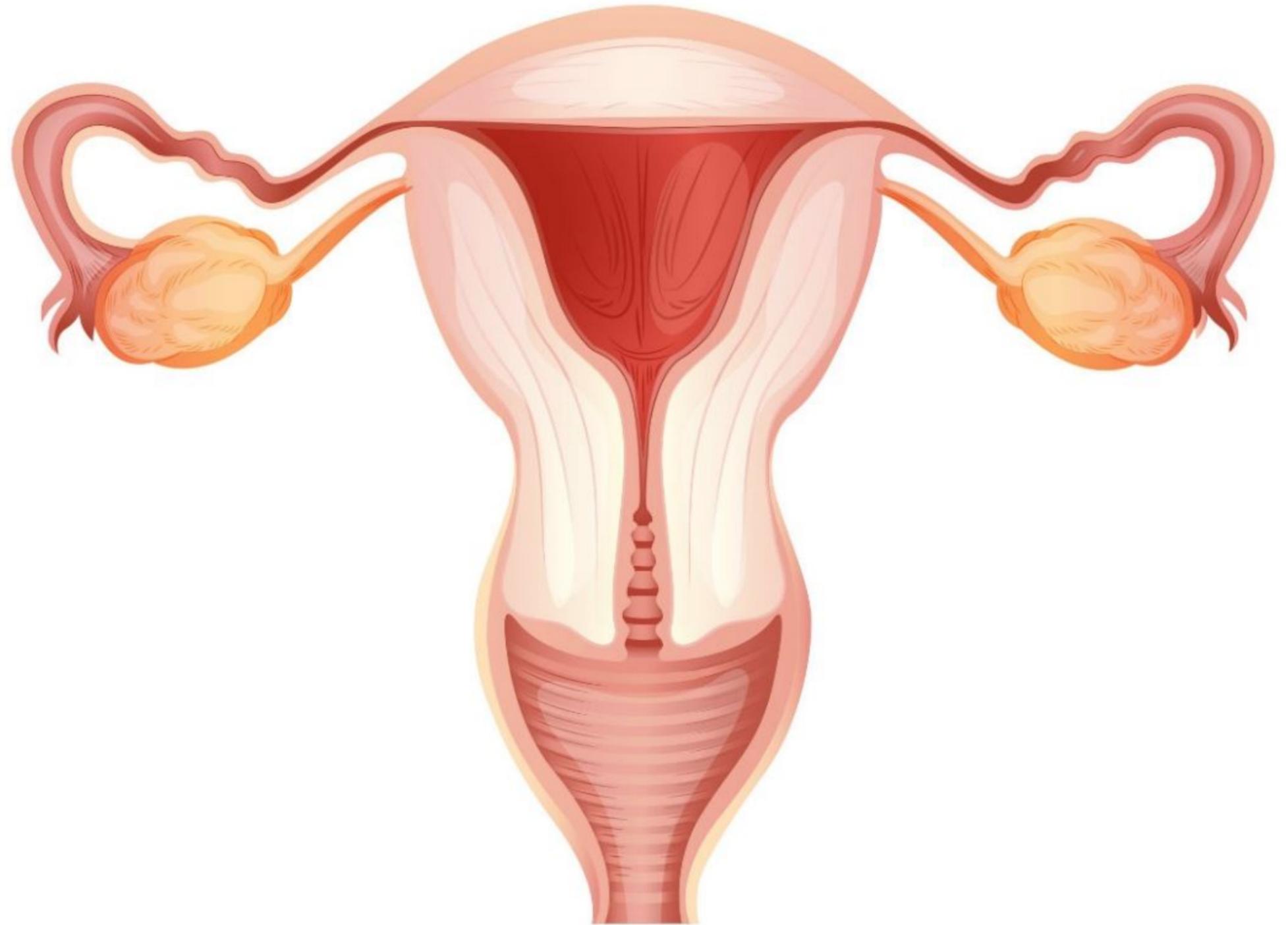
Some bodies  
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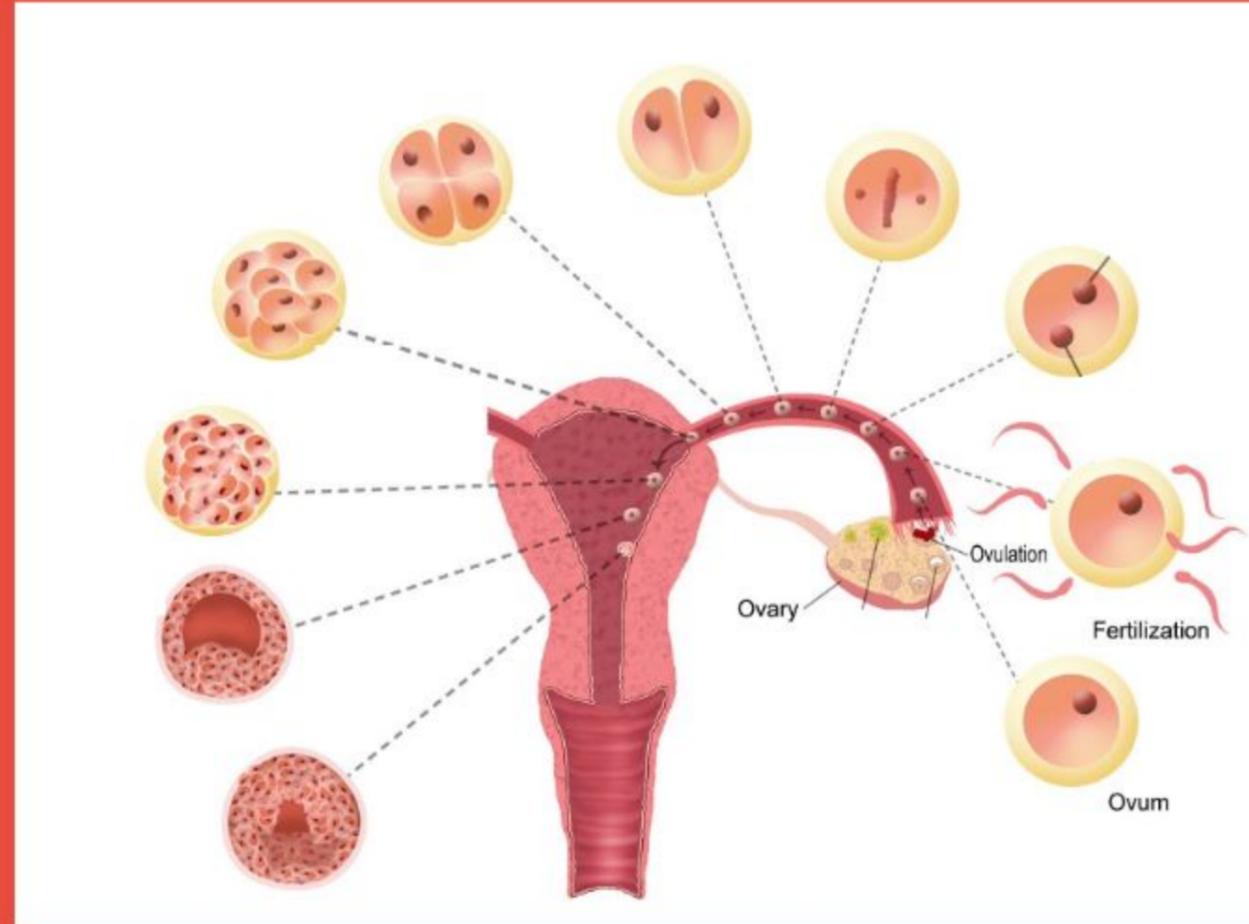
# Internal male body



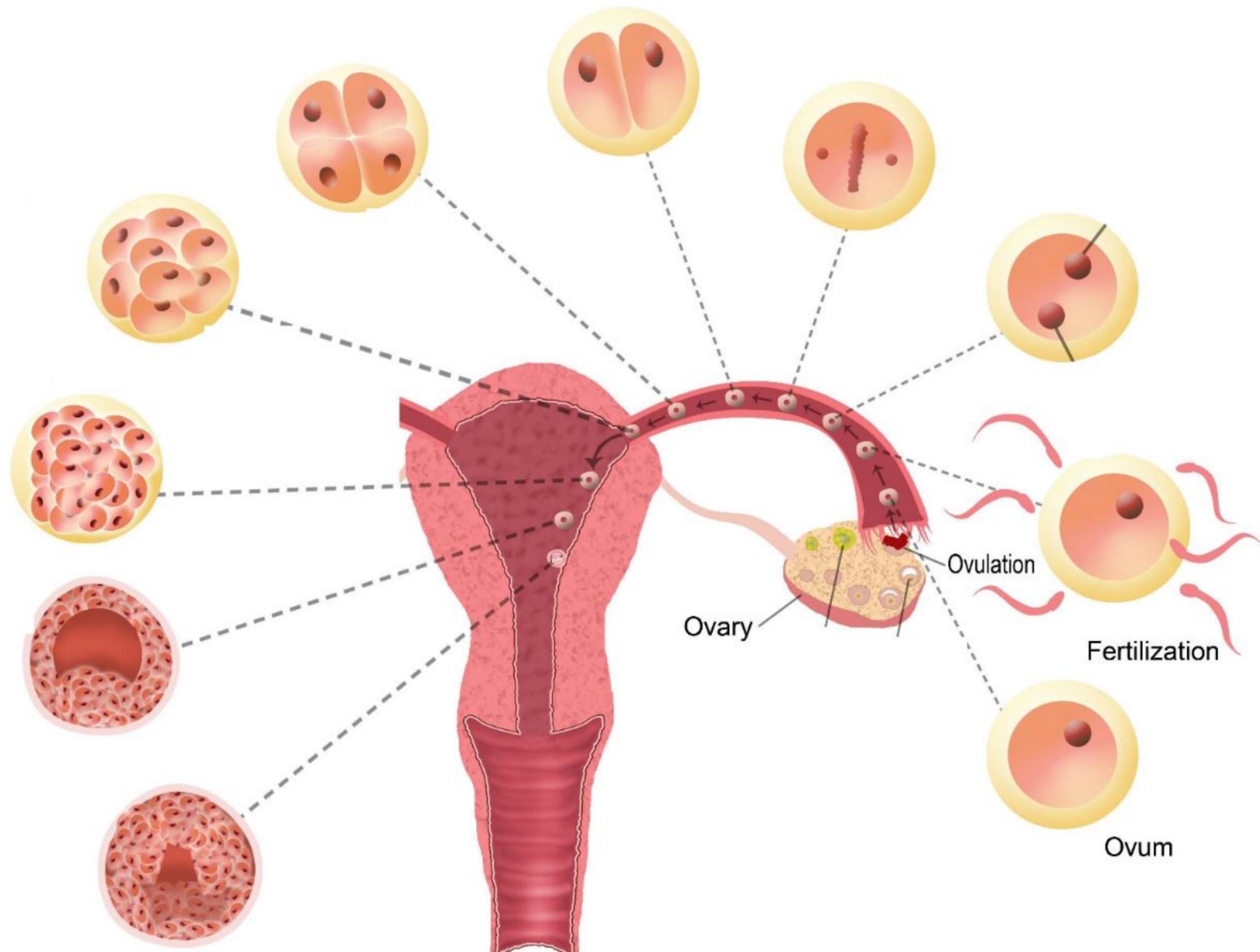
# Internal female body

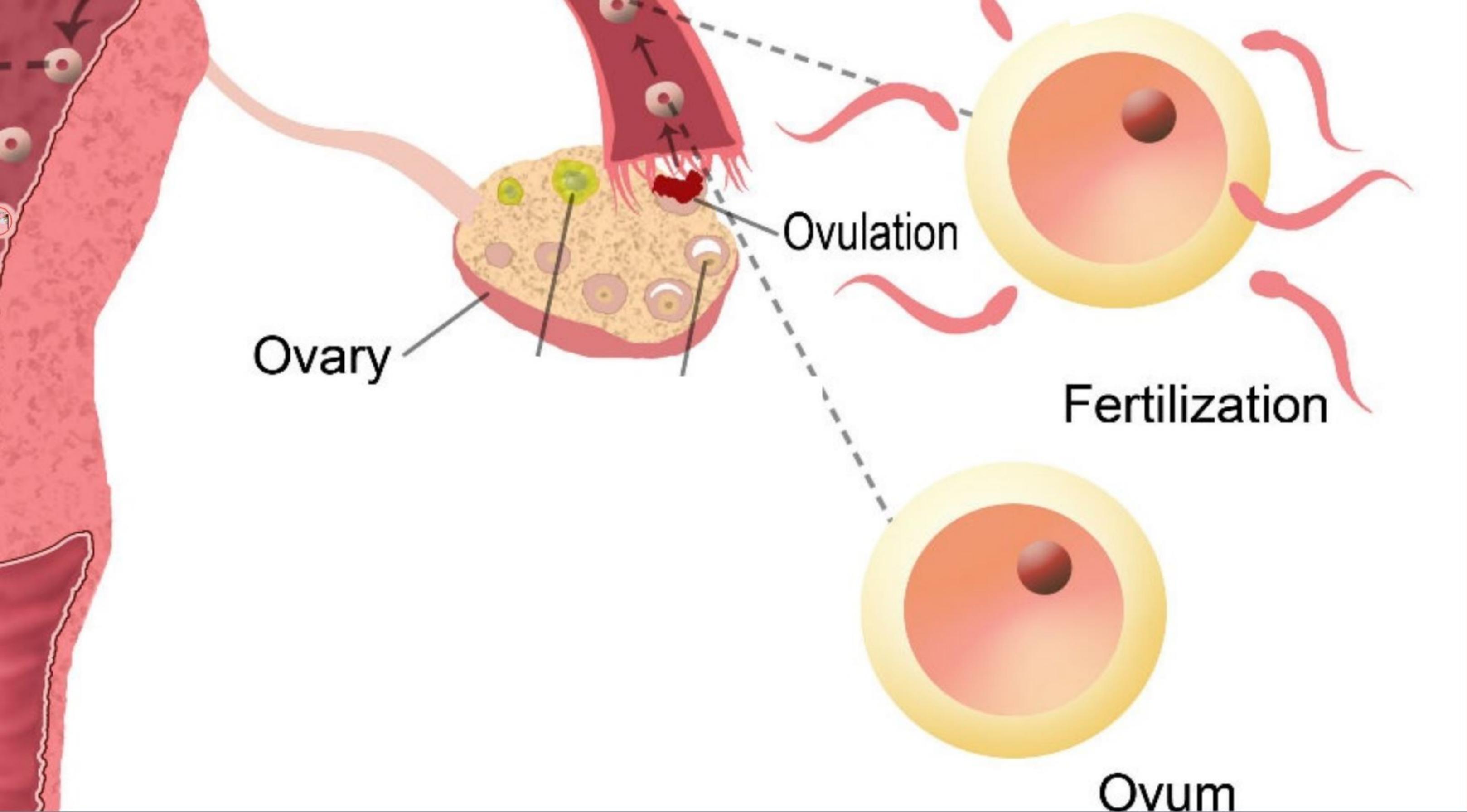


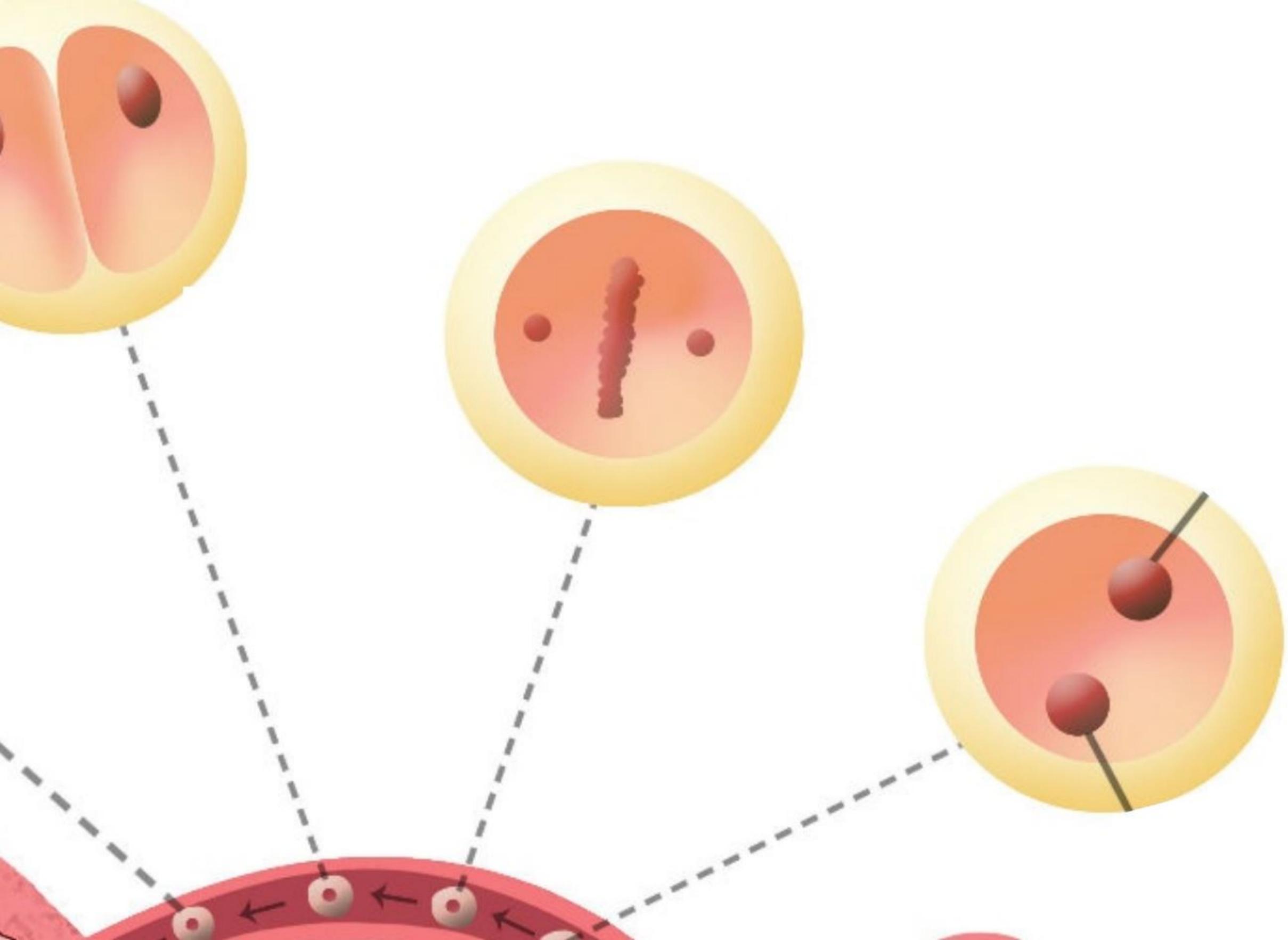
# Conception

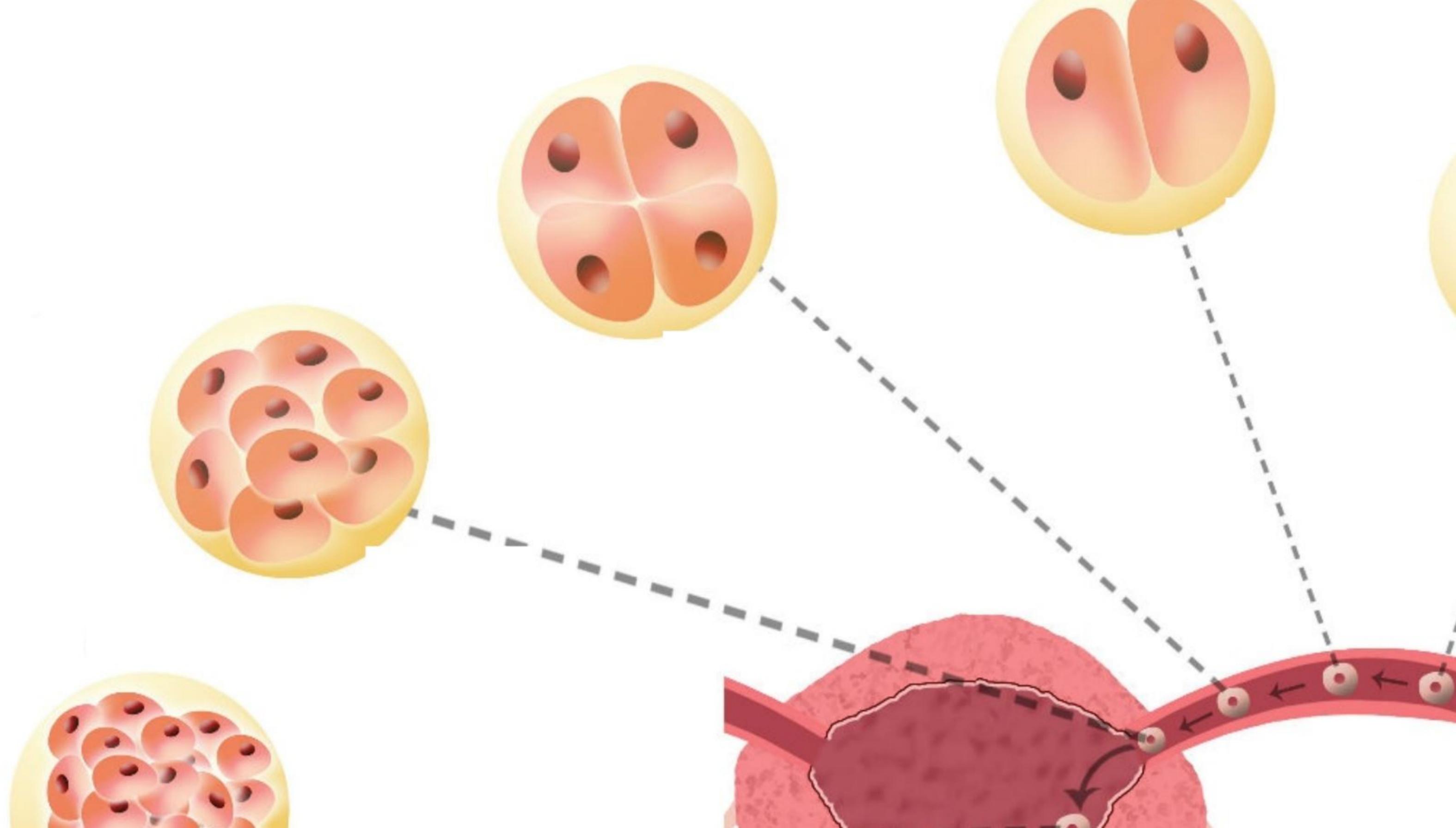


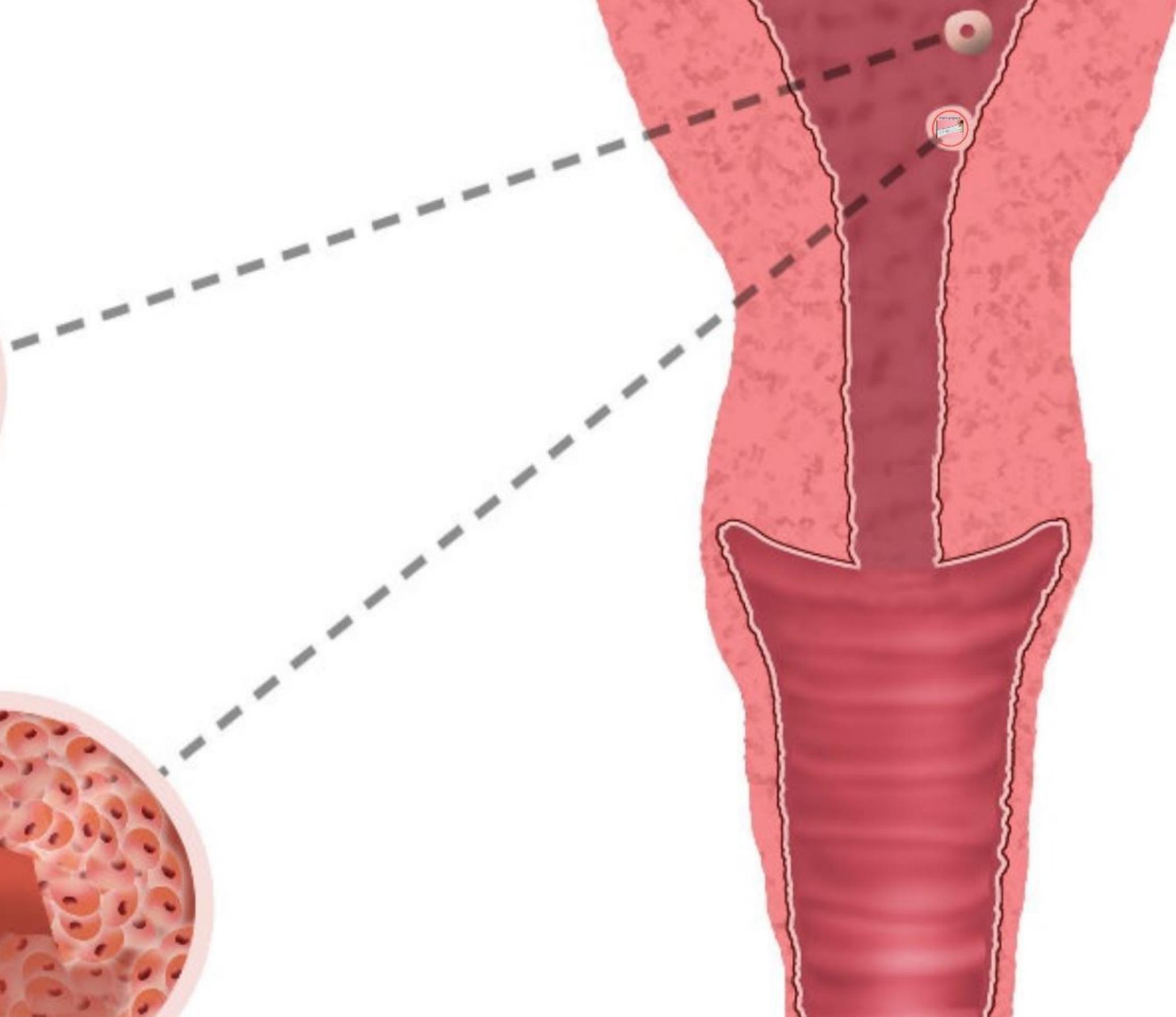
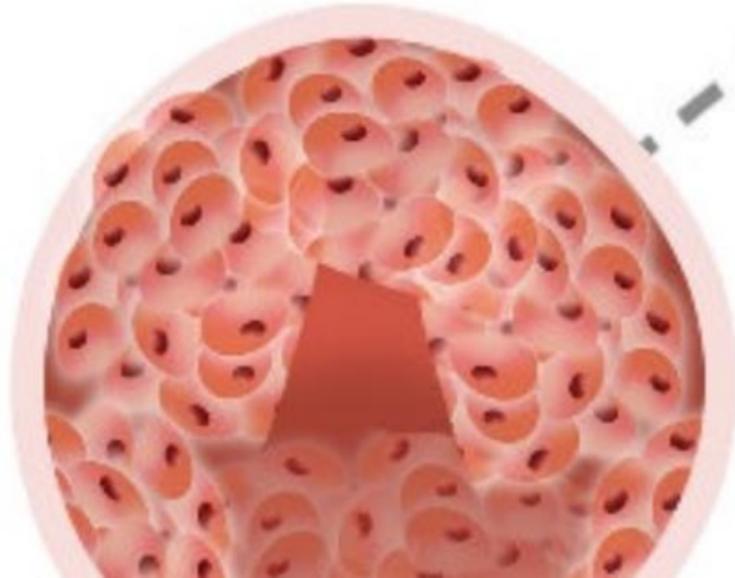
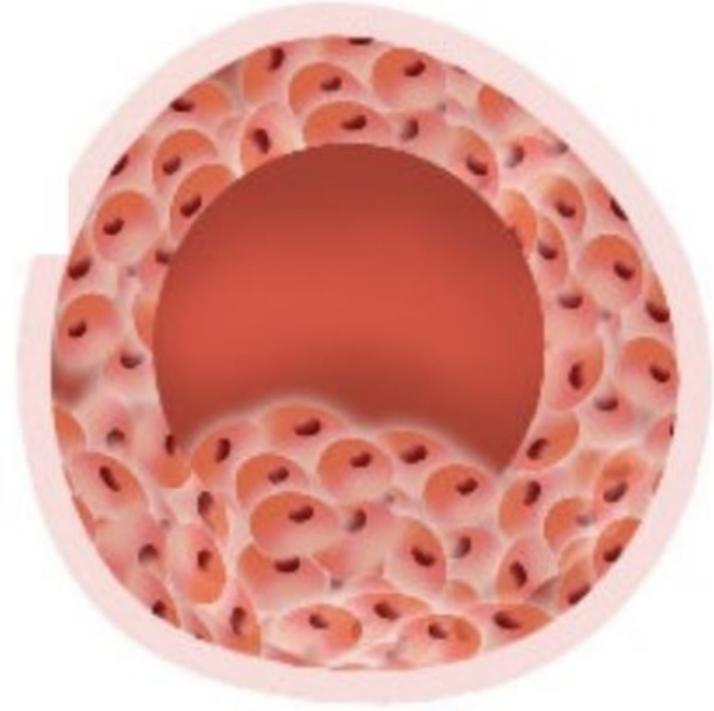
An **egg cell** is fertilized by a **sperm cell** and implants into the uterus.











***They're pregnant!***

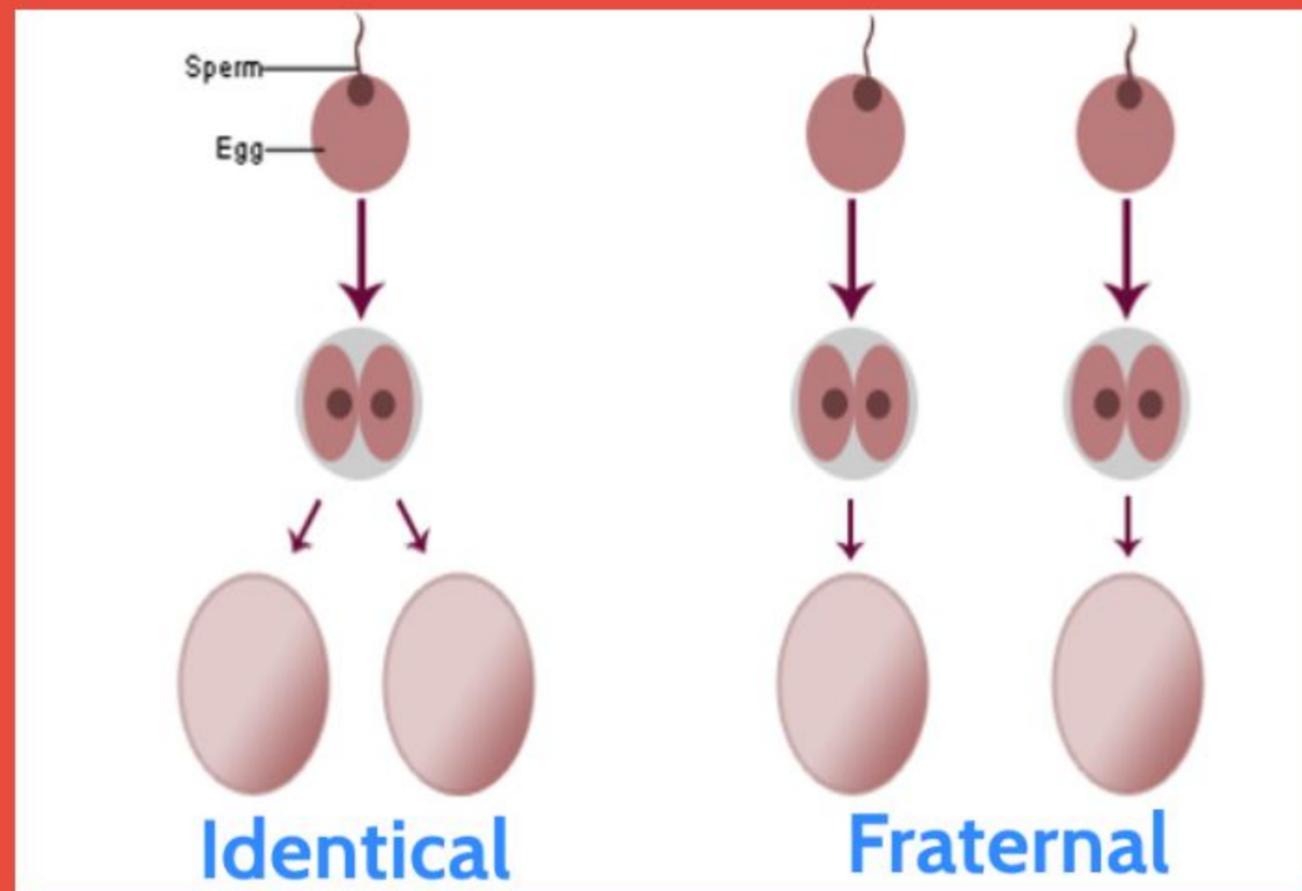


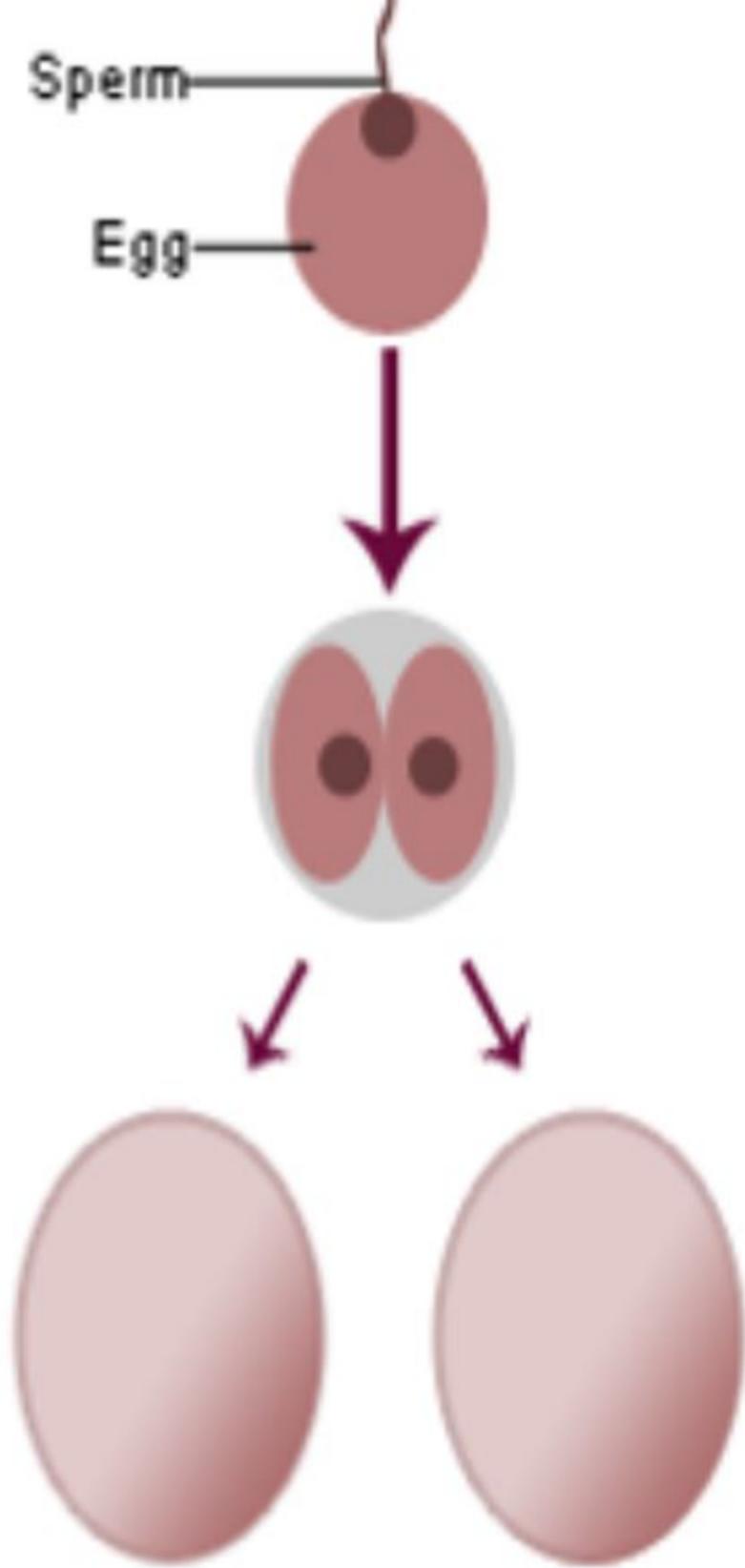
*Other ways?*



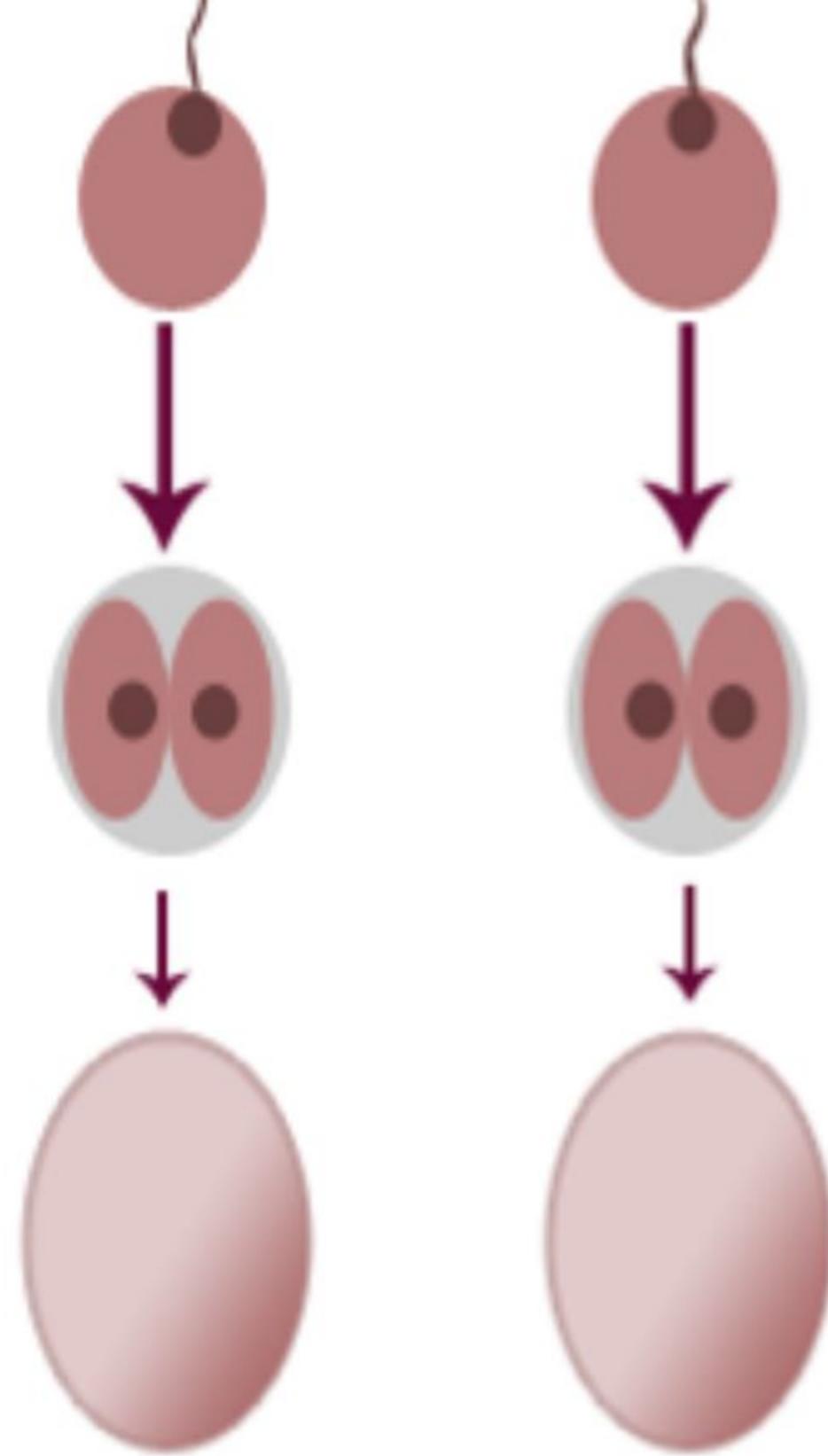
Sometimes fertilization  
can happen in **other**  
**ways**, like in a lab.

## *What about twins?*



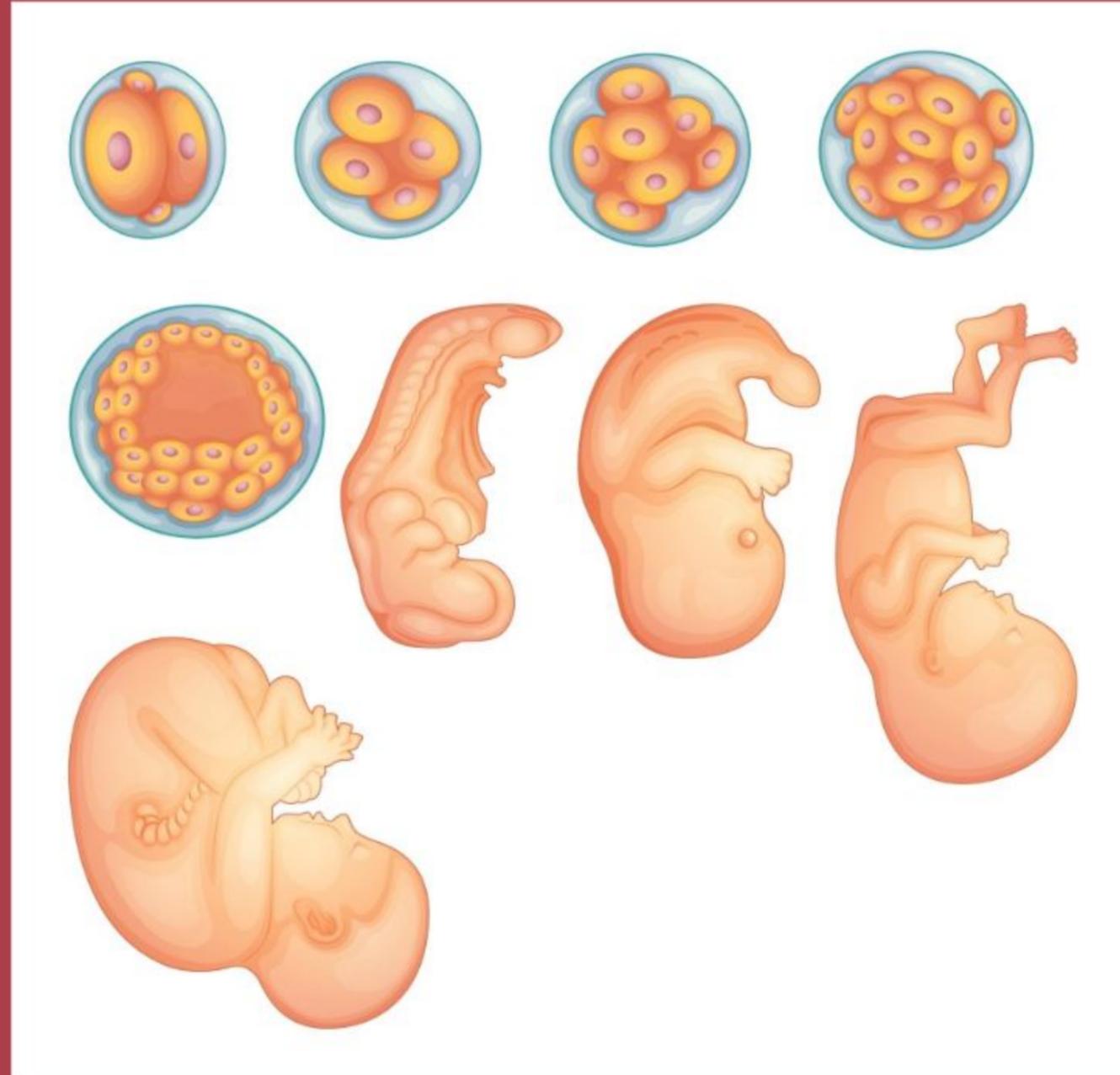


**Identical**



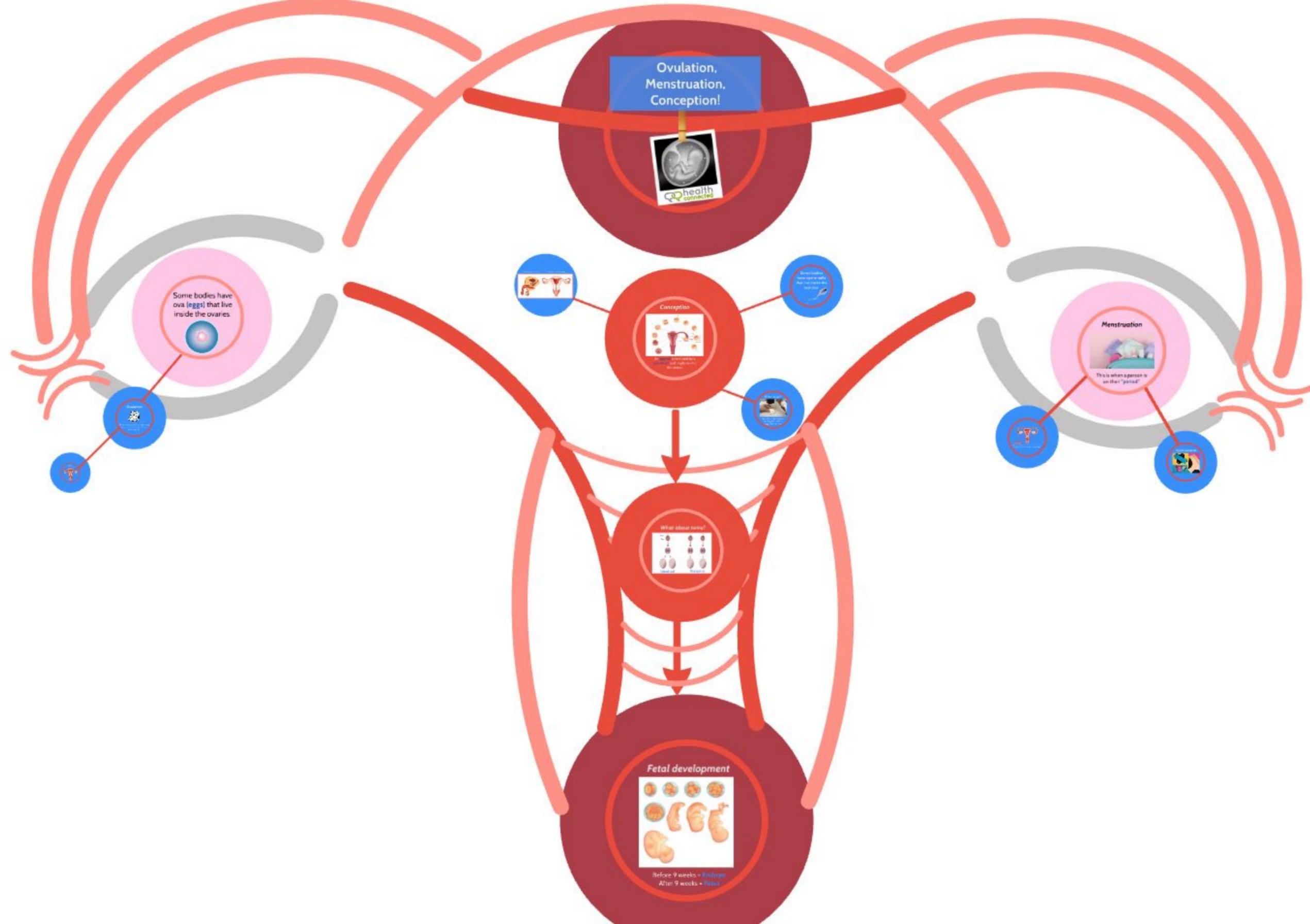
**Fraternal**

# Fetal development



Before 9 weeks = **Embryo**

After 9 weeks = **Fetus**



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# What is Sex?

# What is Sex?

Type of Sex	Can someone get <b>pregnant</b> ?	Can someone get an <b>STI</b> ?
<b>Oral</b> (mouth → penis, vulva, or anus)	<b>NO</b>	<b>YES</b>
<b>Anal</b> (penis → anus)	<b>YES*</b>	<b>YES</b>
<b>Vaginal</b> (penis → vagina)	<b>YES</b>	<b>YES</b>

# What is Sex?

The **ONLY 100%** effective way to prevent a pregnancy **AND** the best way to lower your risk of getting an STI is **Not having sex**

**Genital skin-to-skin contact**  
can still pose a risk for pregnancy or STIs,  
**even without having any type of sex.**

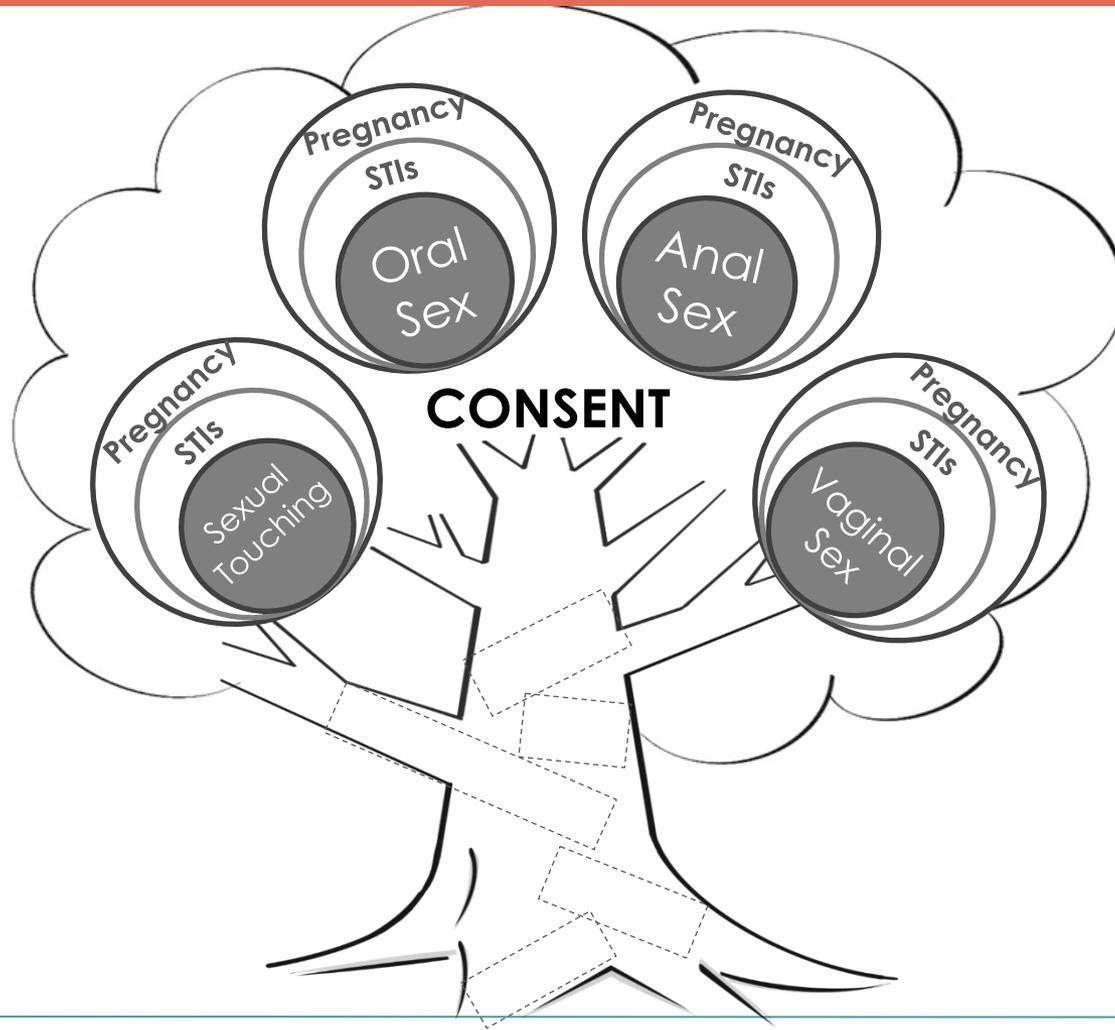
# Brainstorm

1. NO risk activities...
2. Reasons why some teens have sex...
3. Reasons why most teens choose to wait...

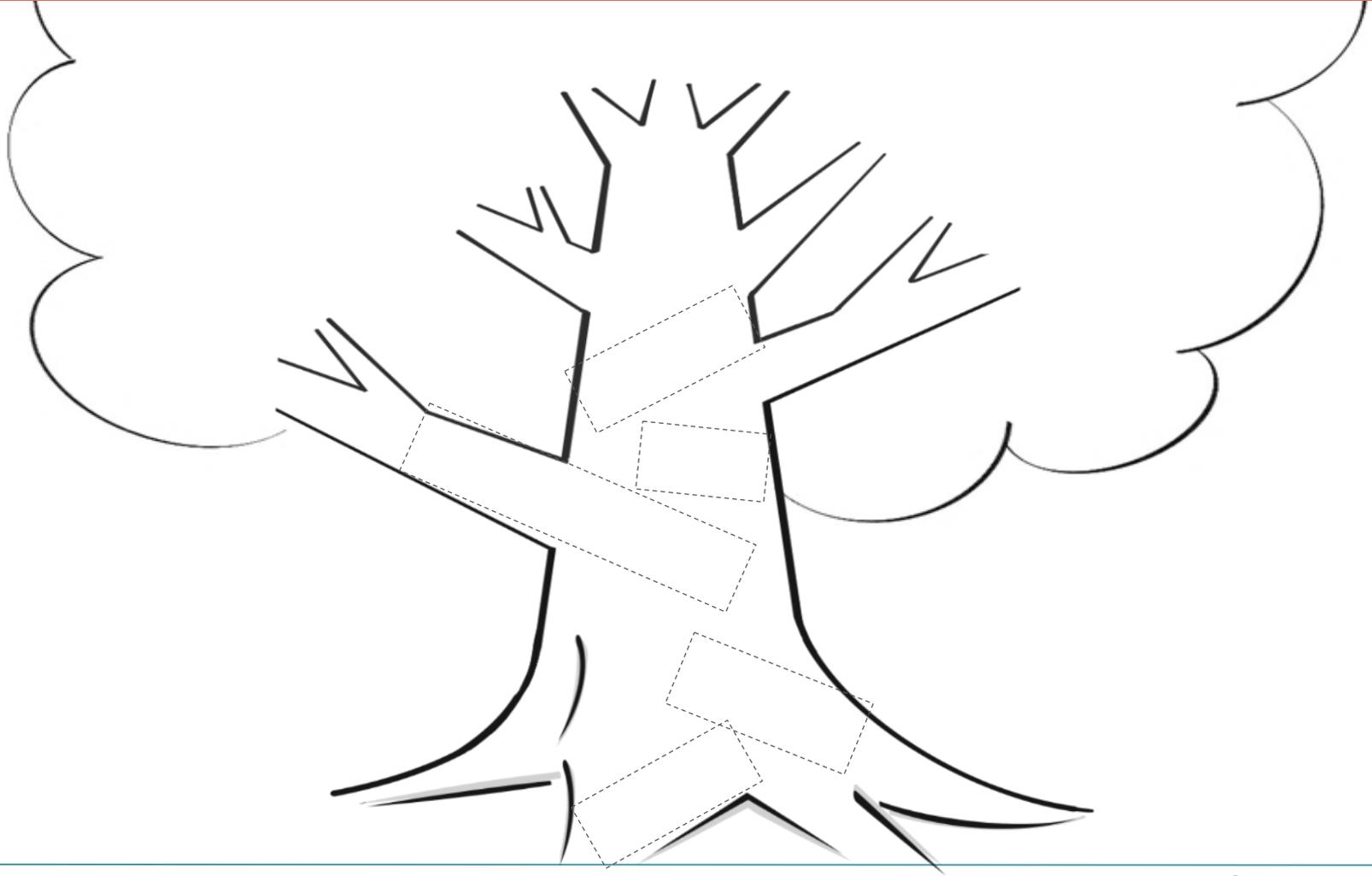
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# Sexual Behaviors

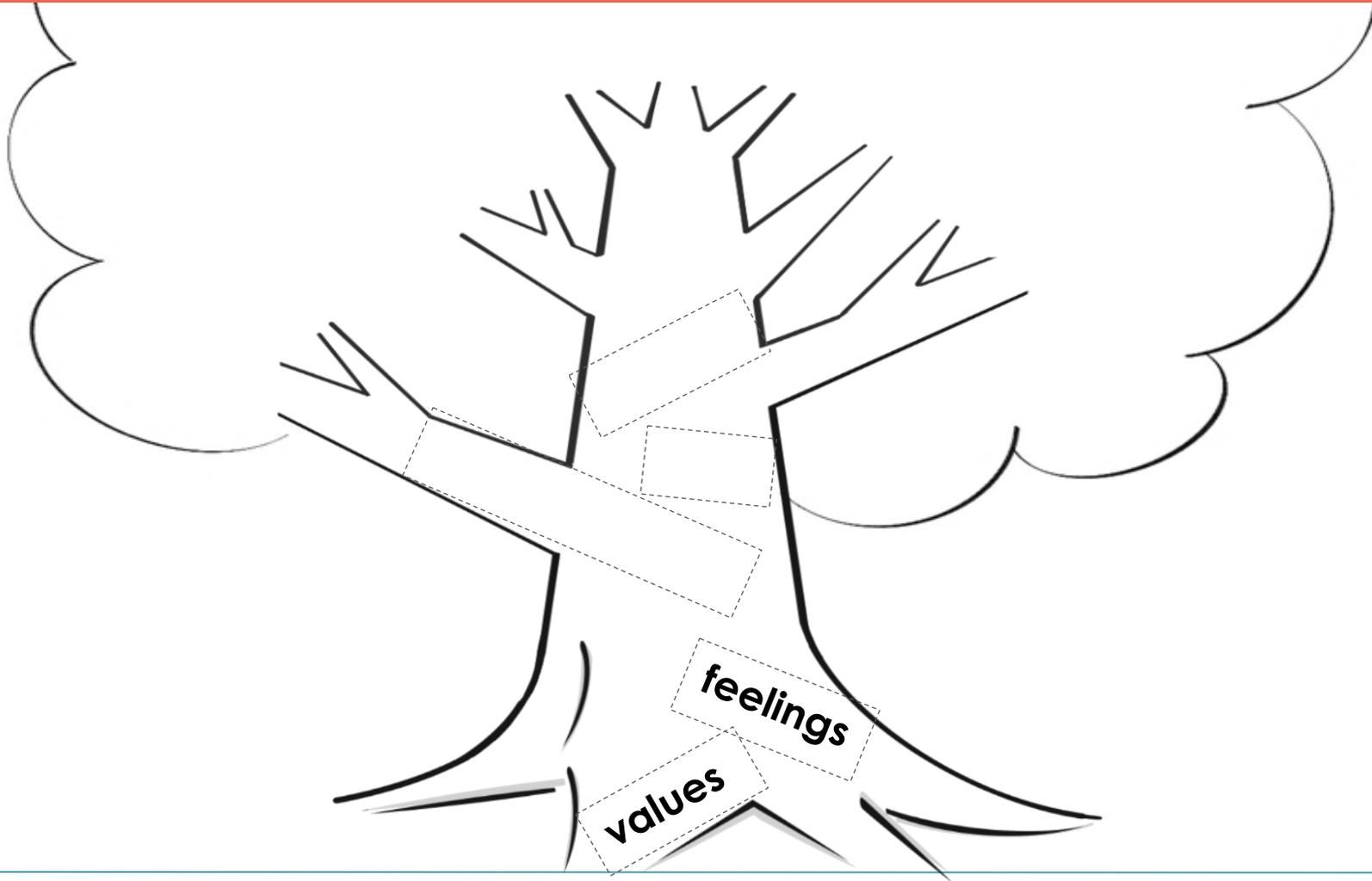
# Sexual Behaviors Tree



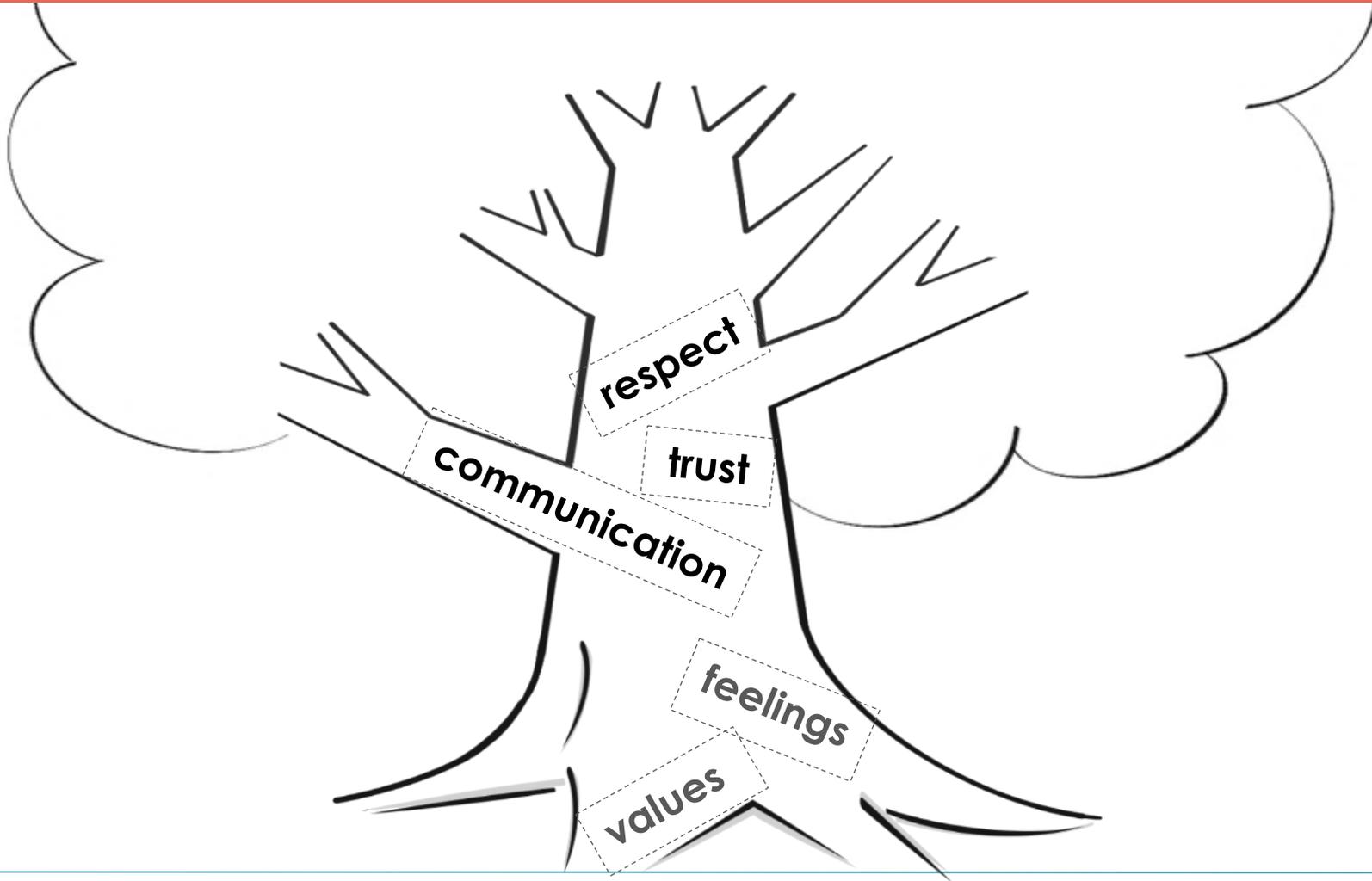
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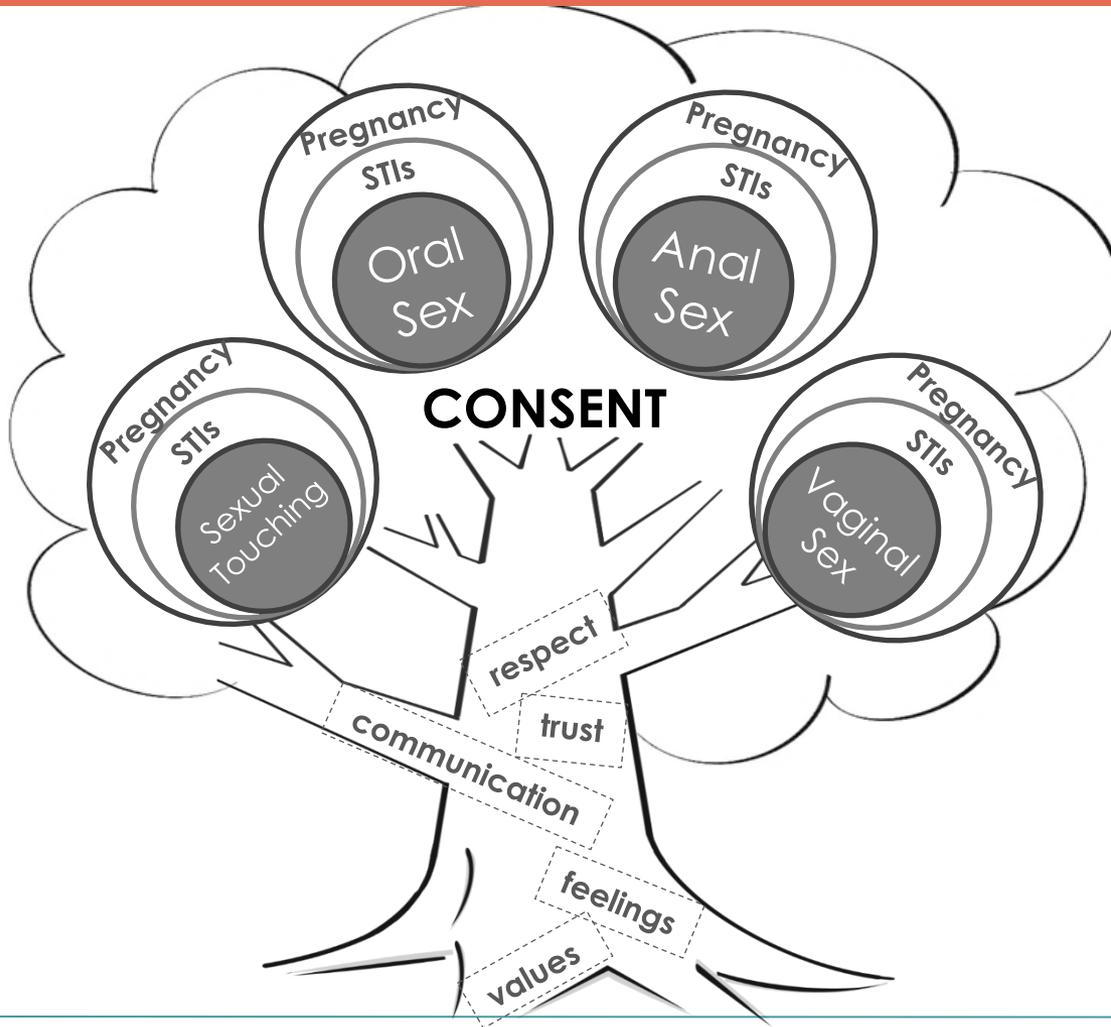
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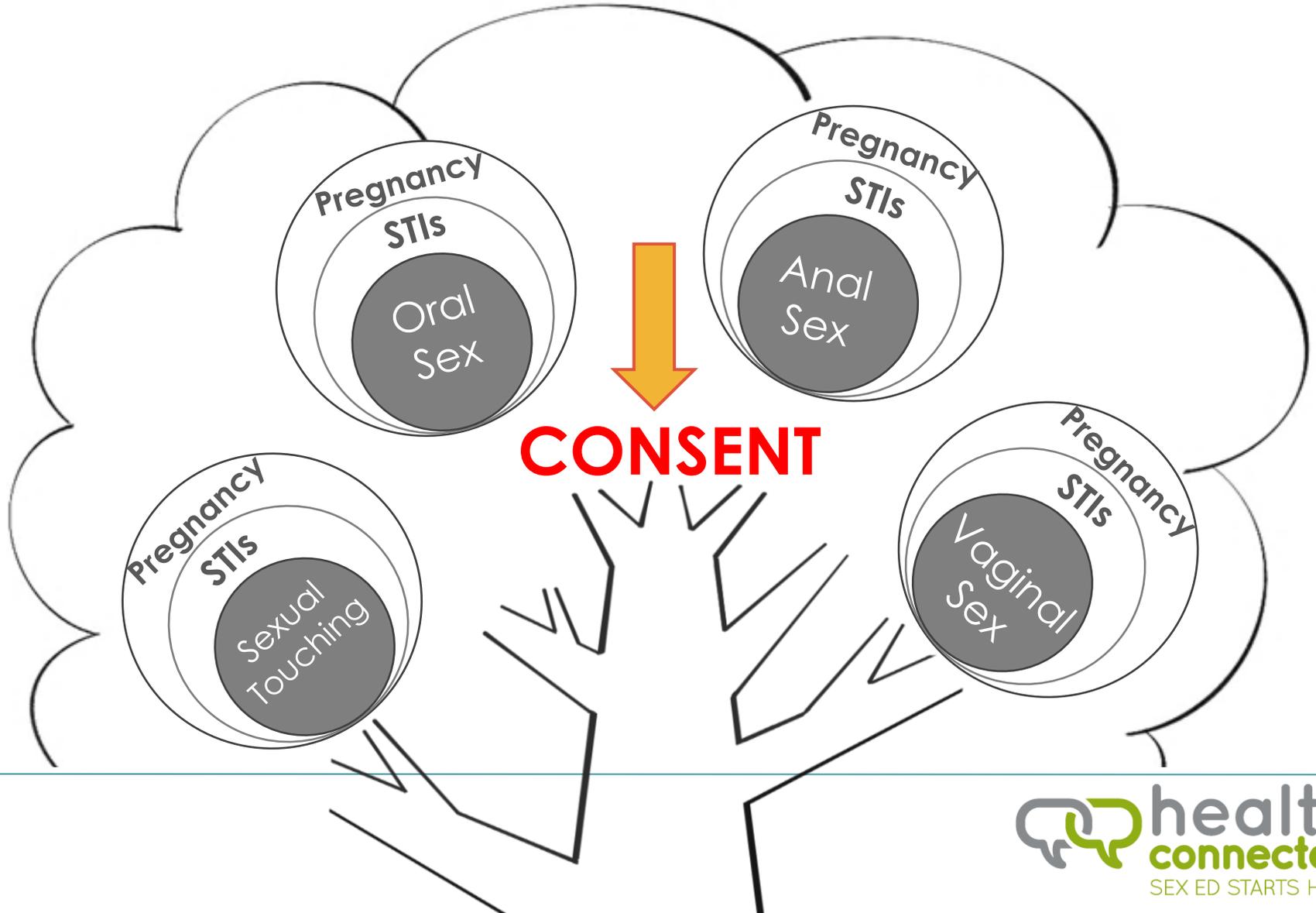
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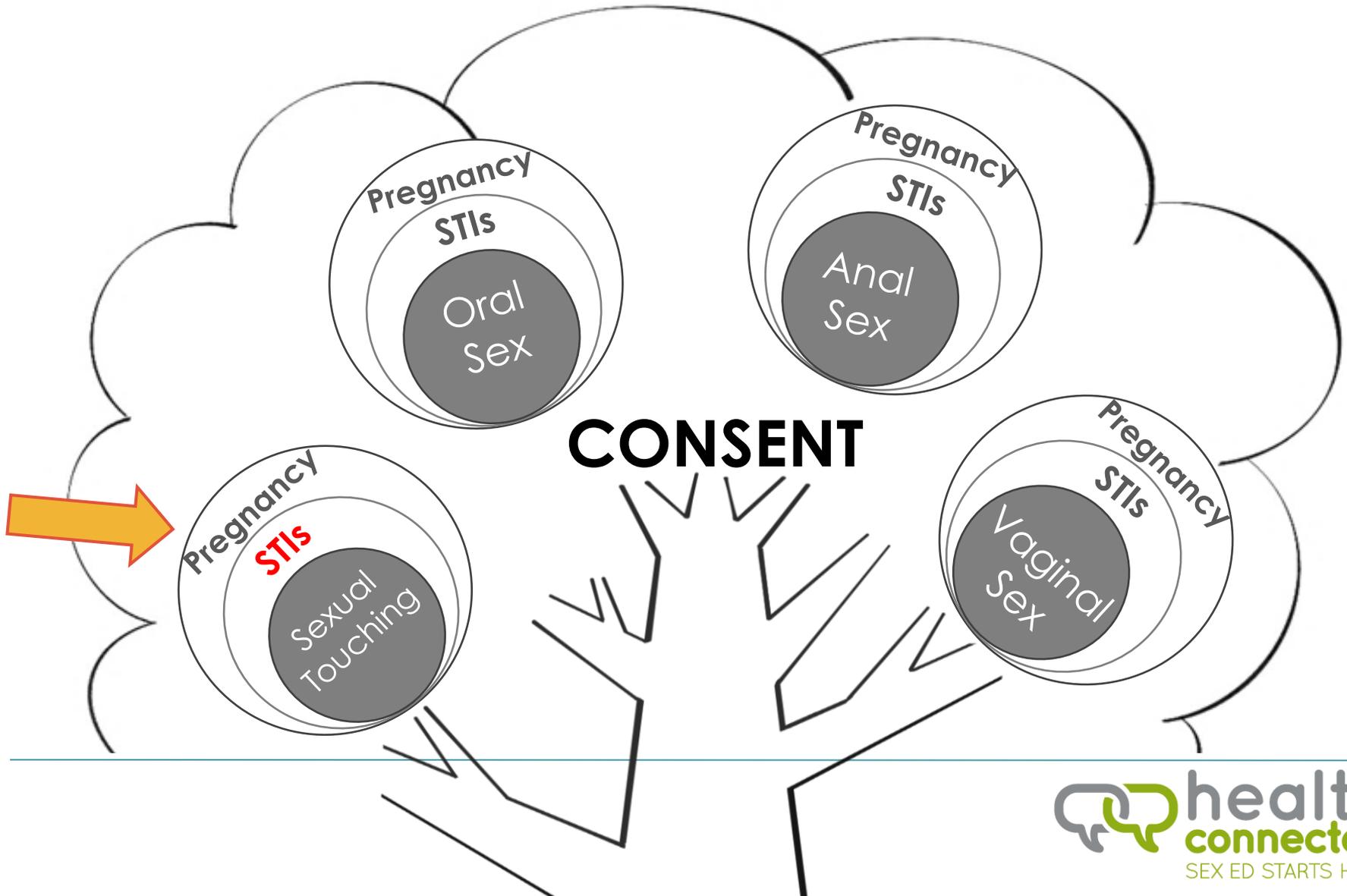
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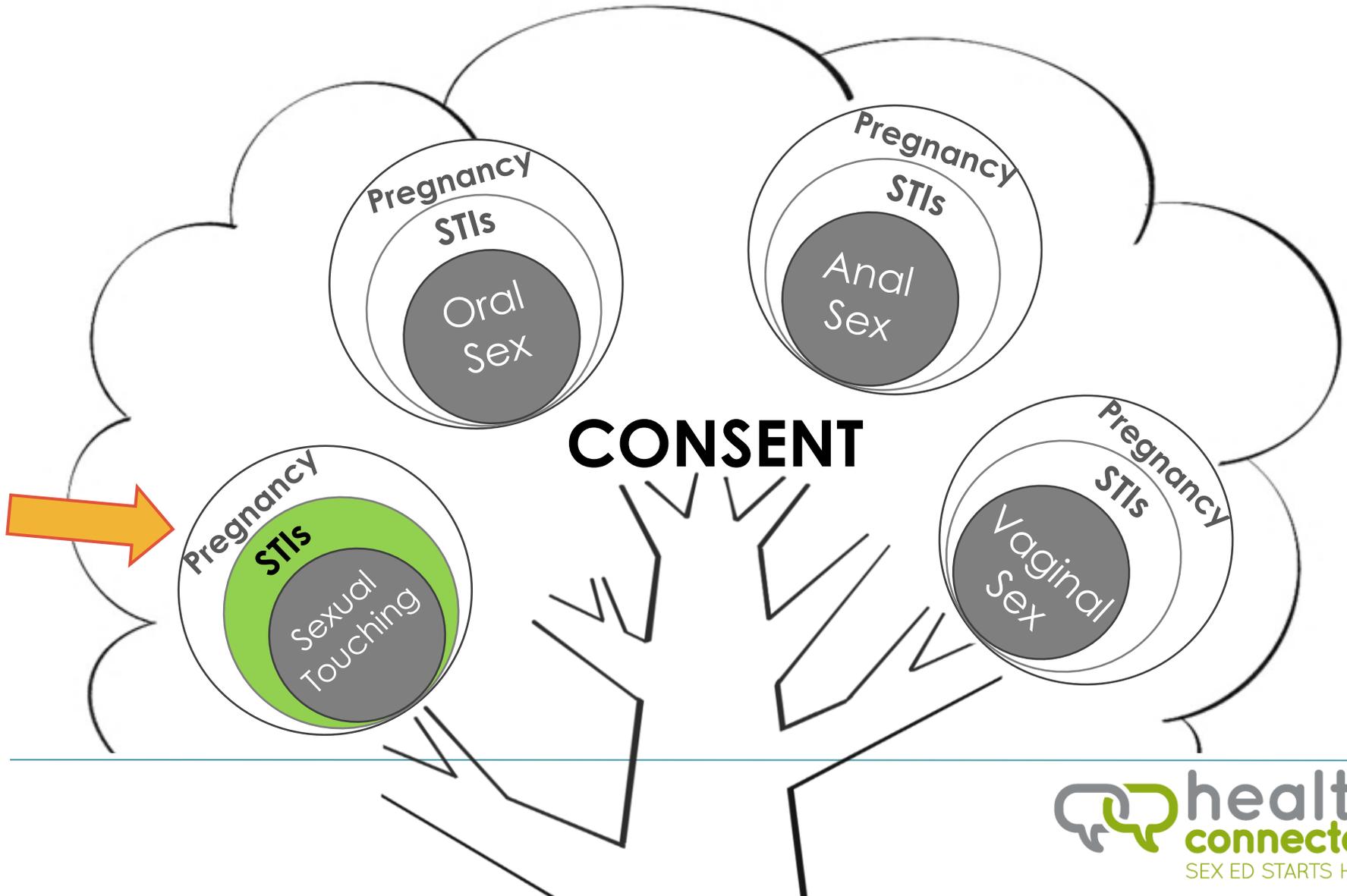
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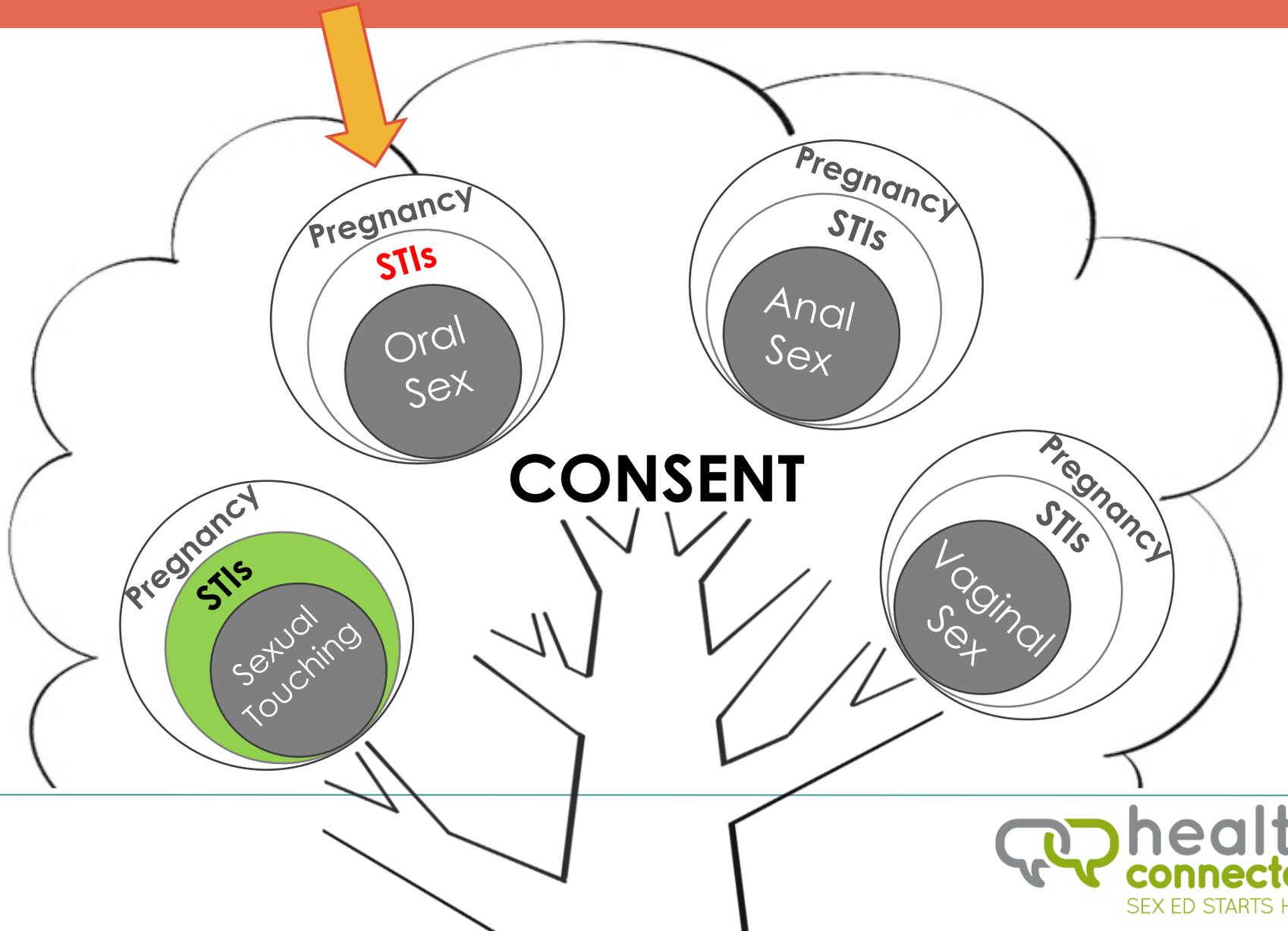
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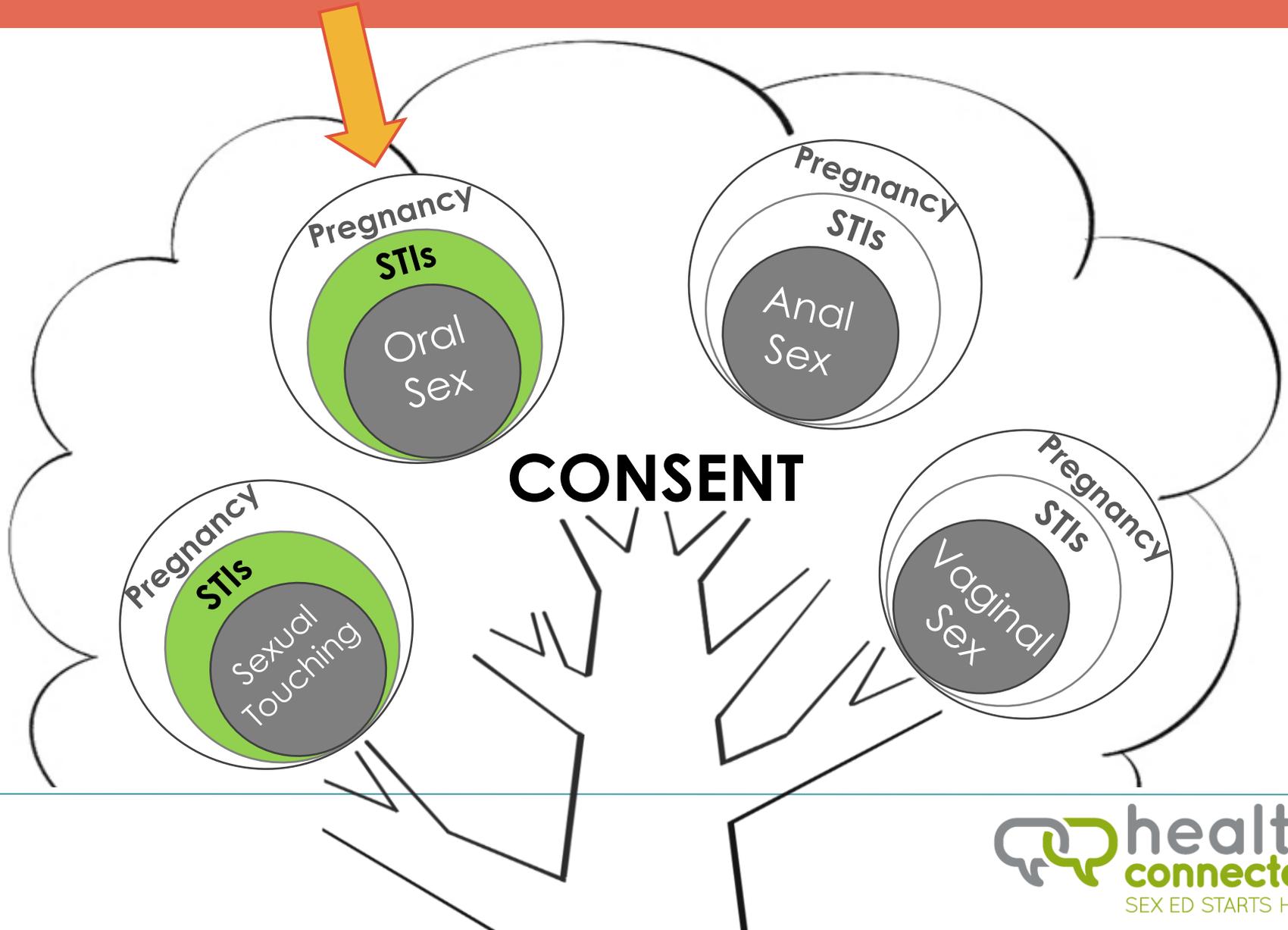
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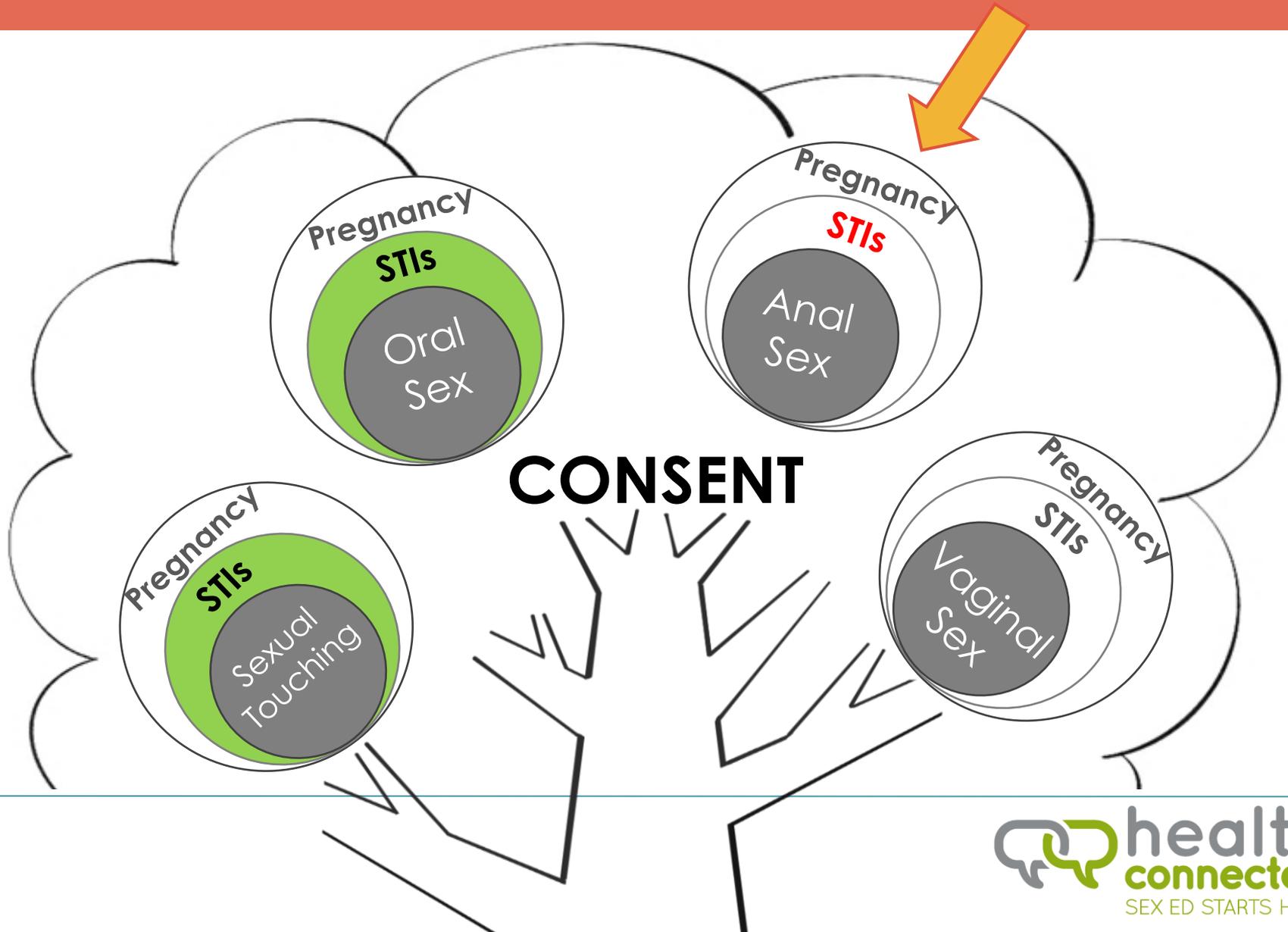
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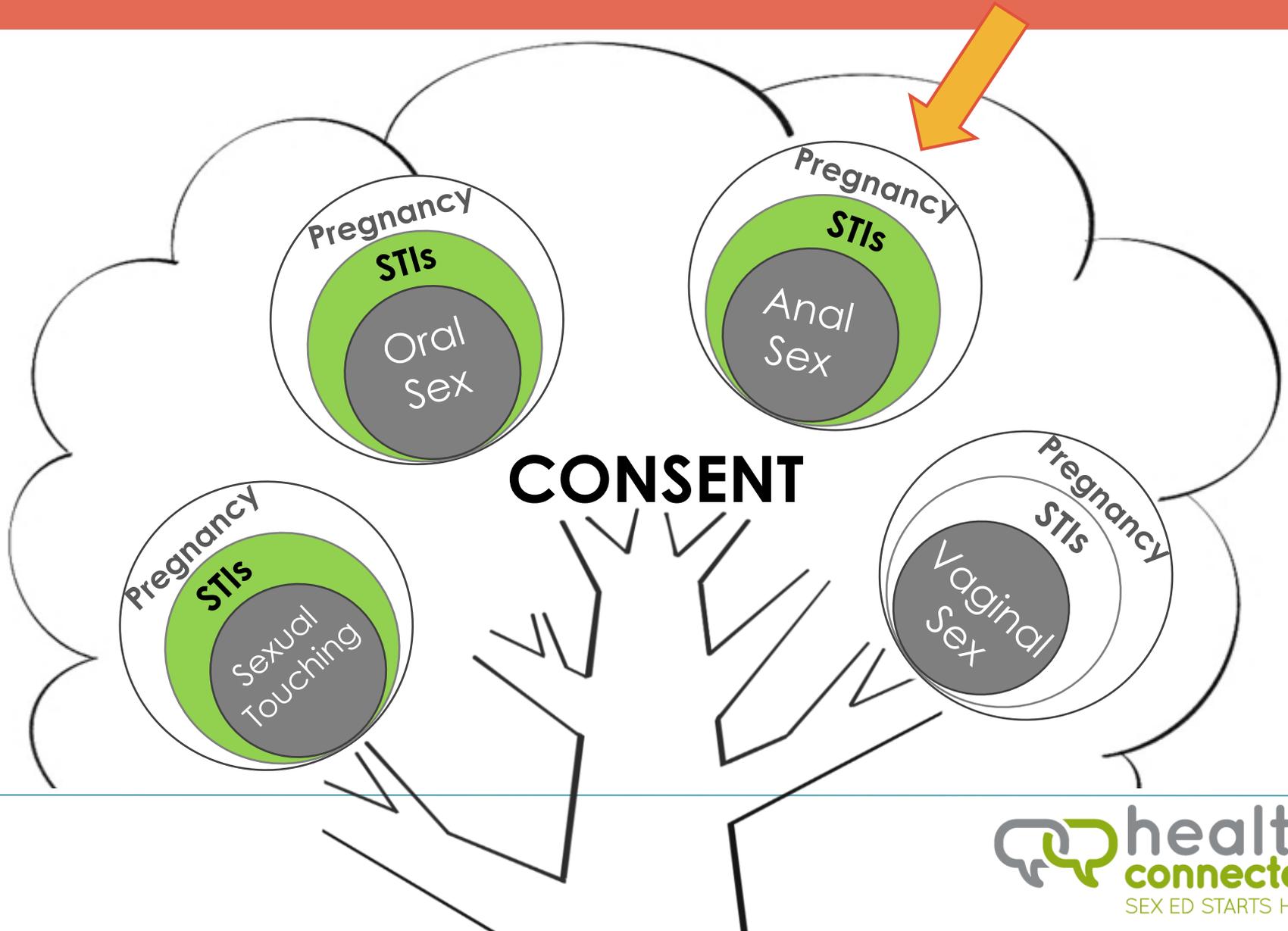
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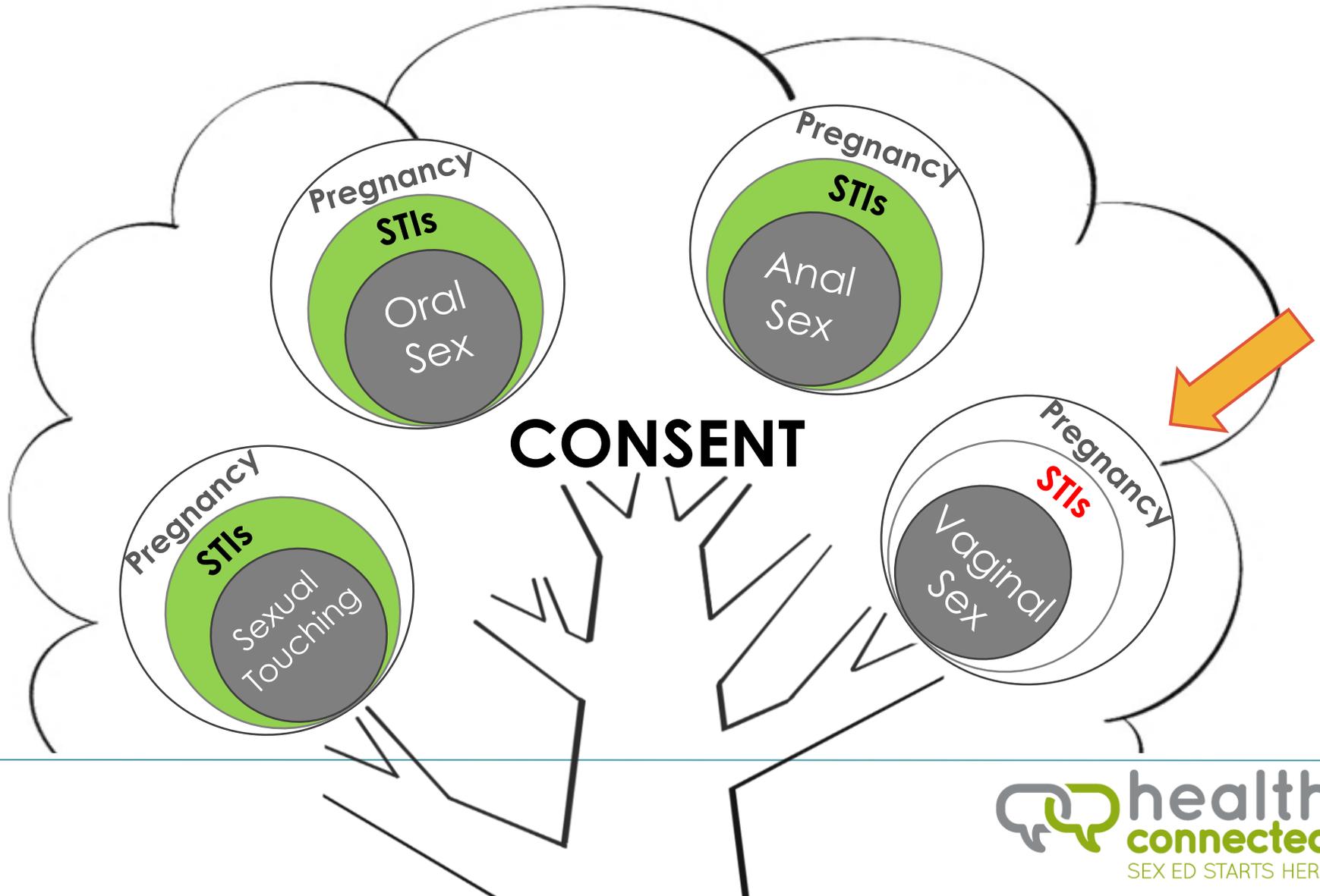
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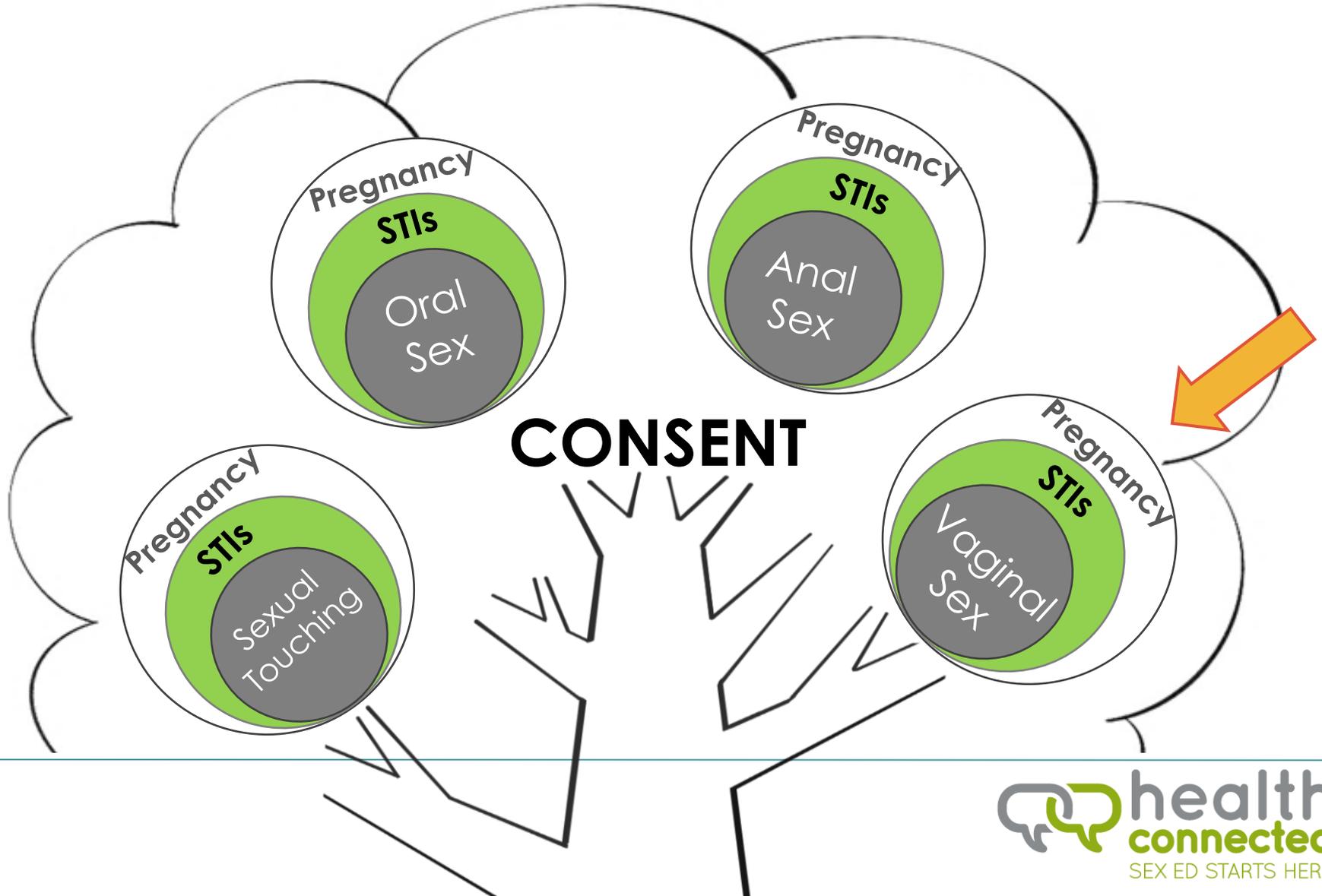
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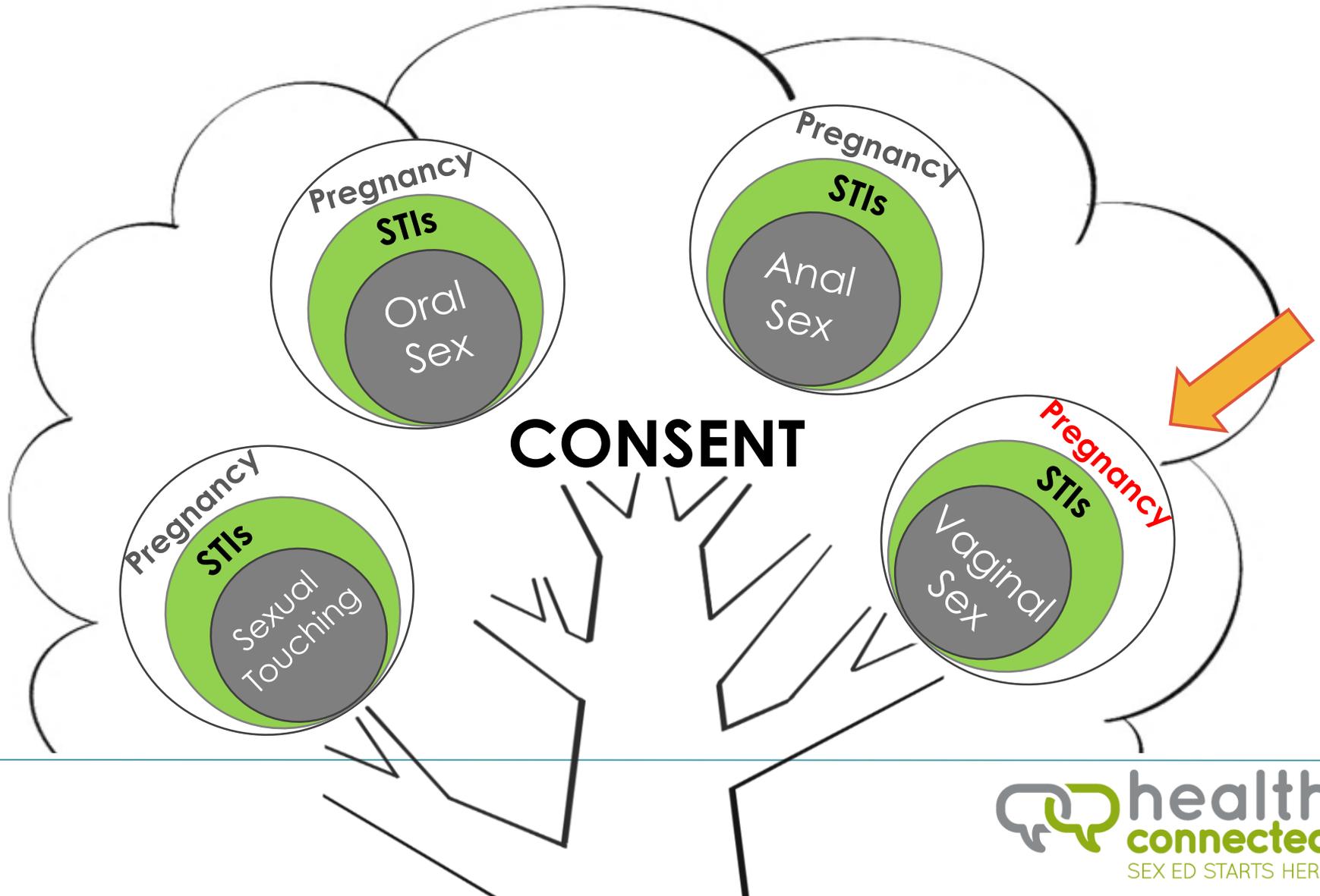
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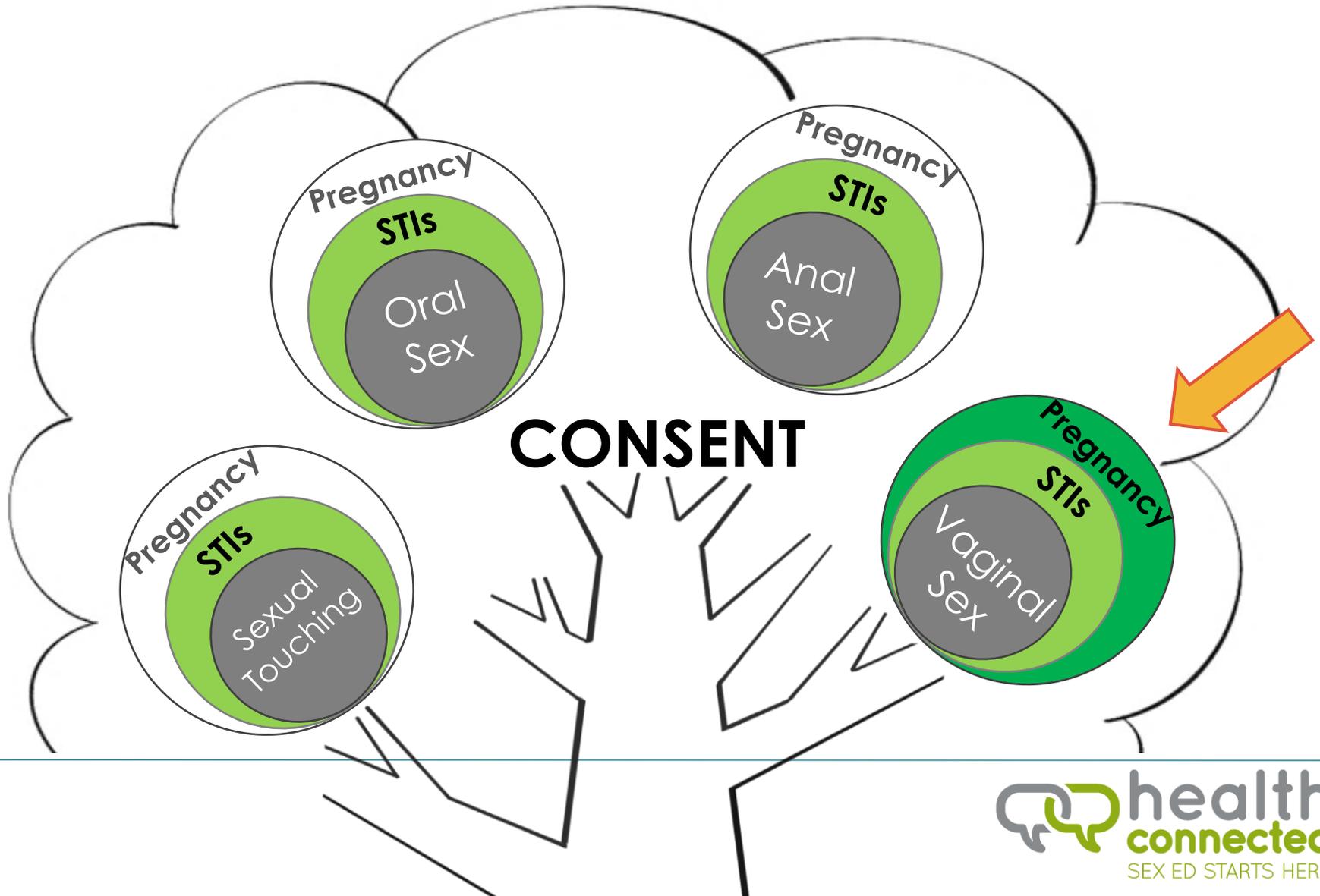
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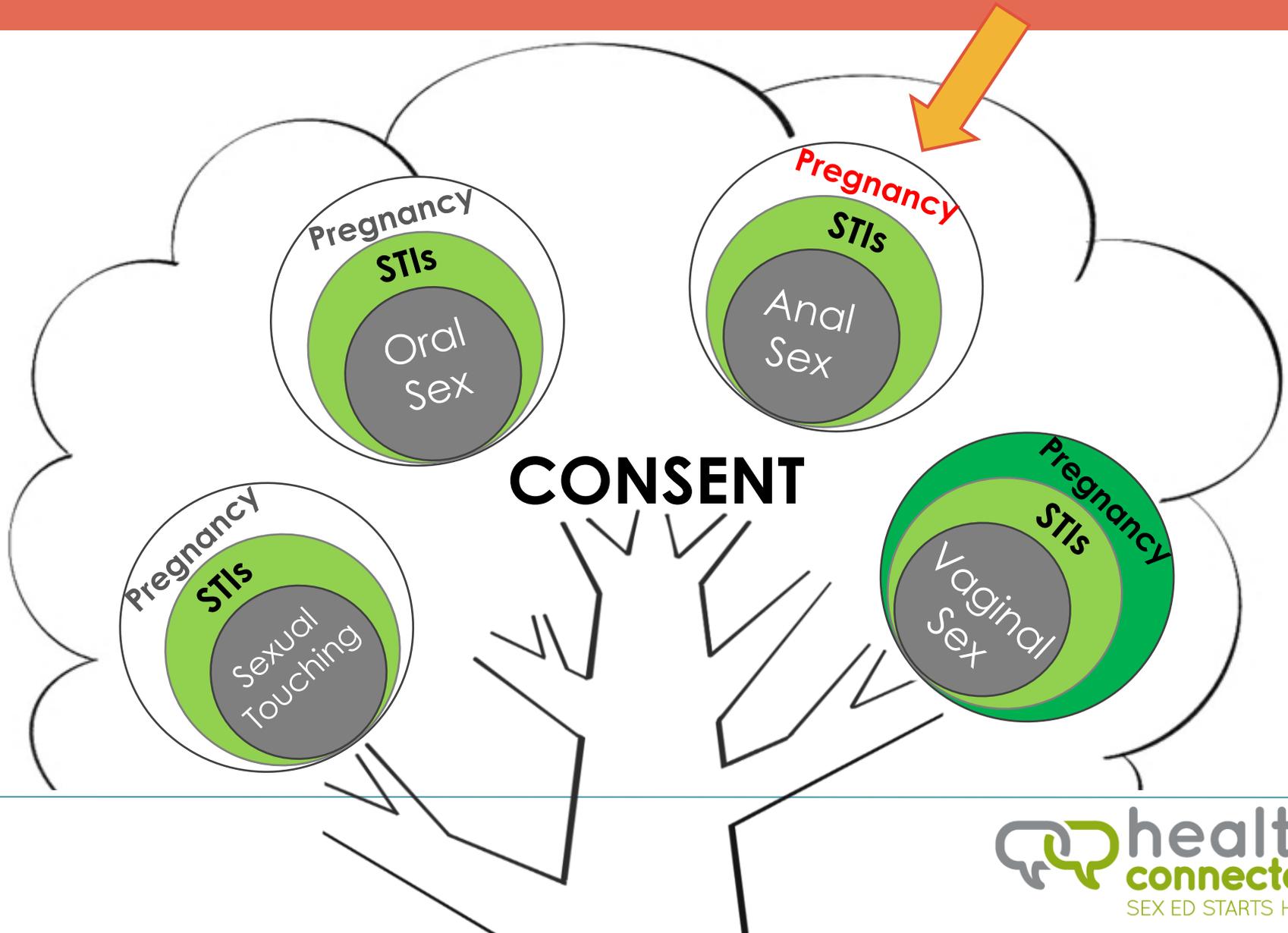
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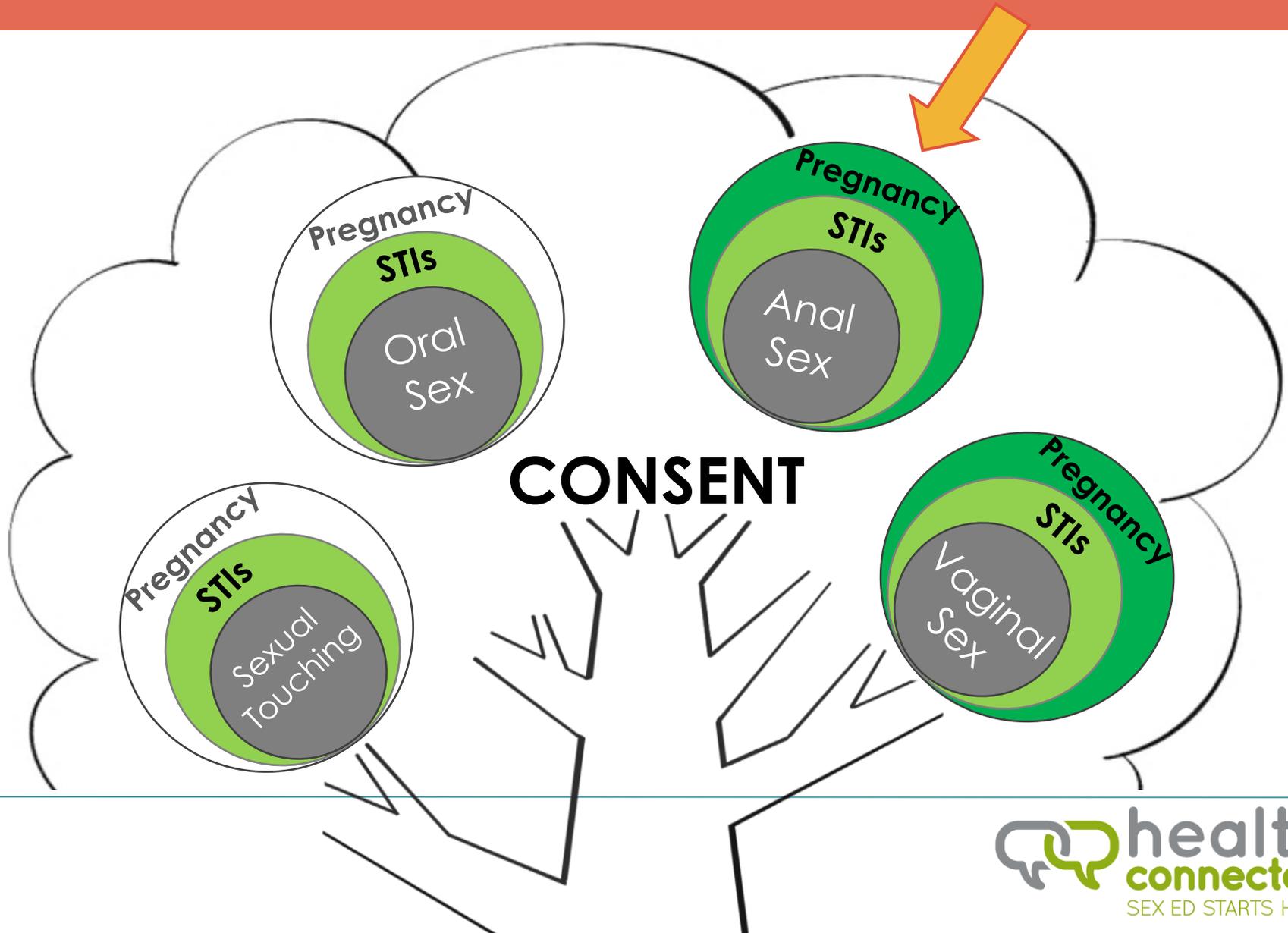
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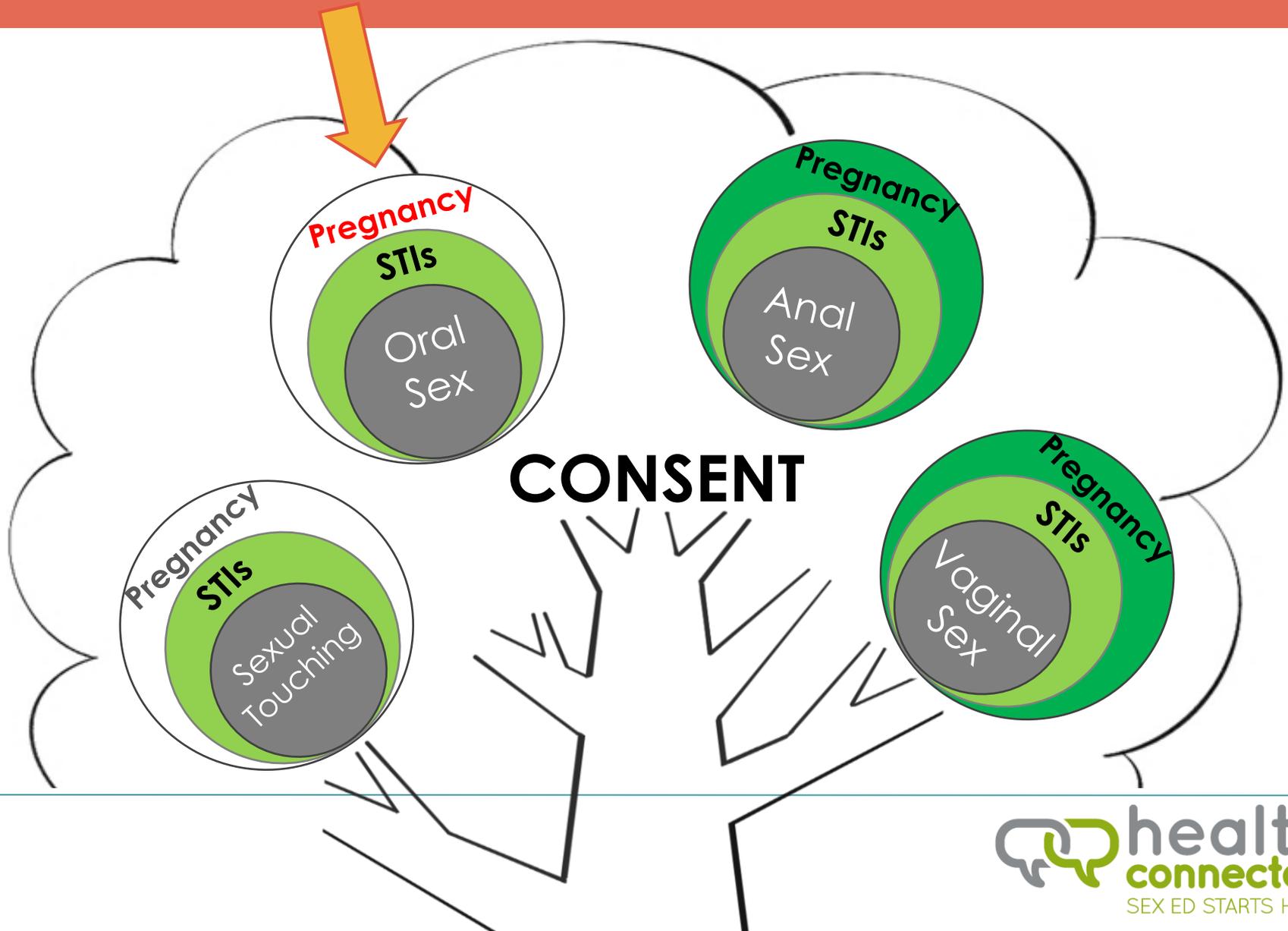
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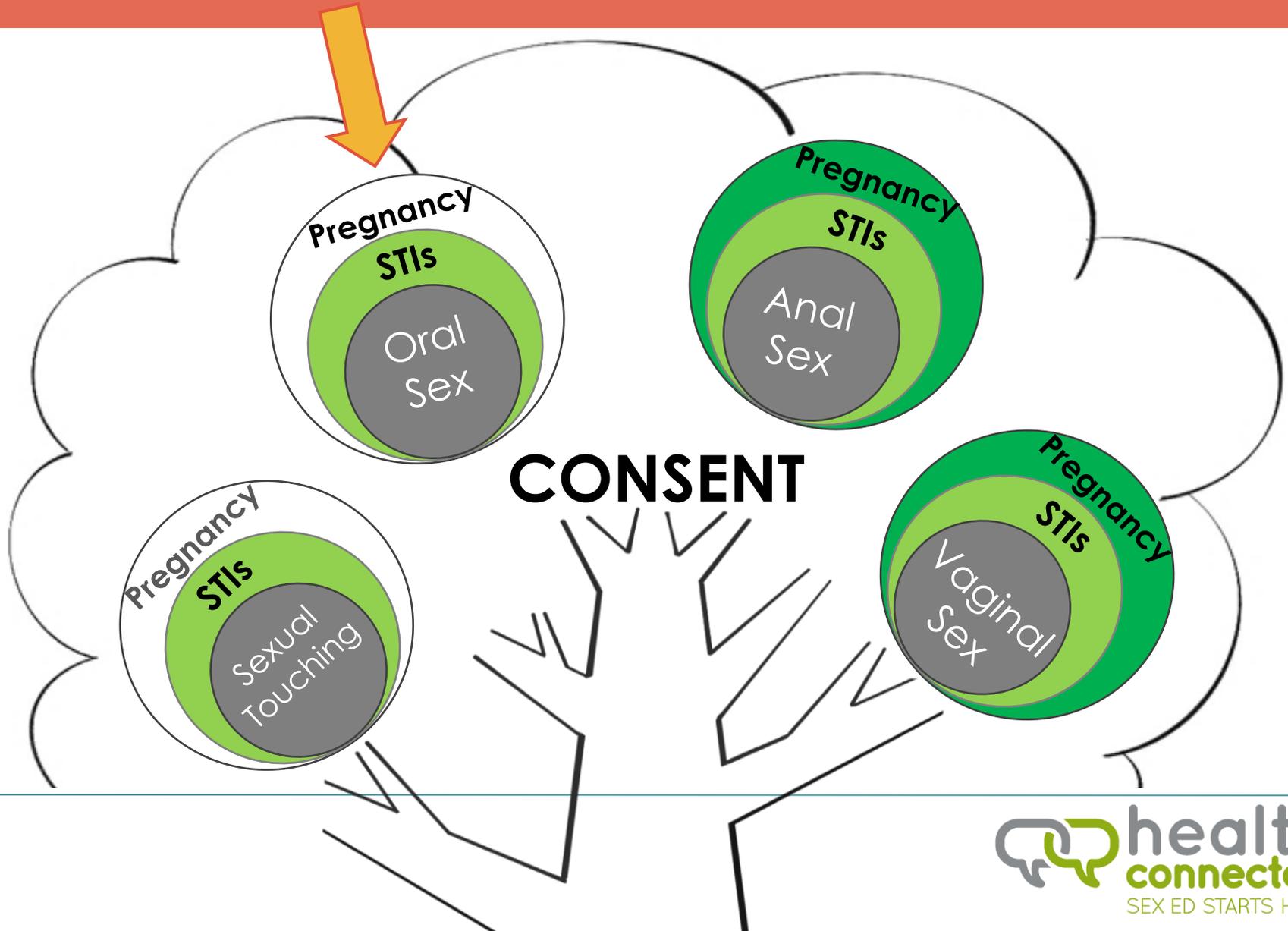
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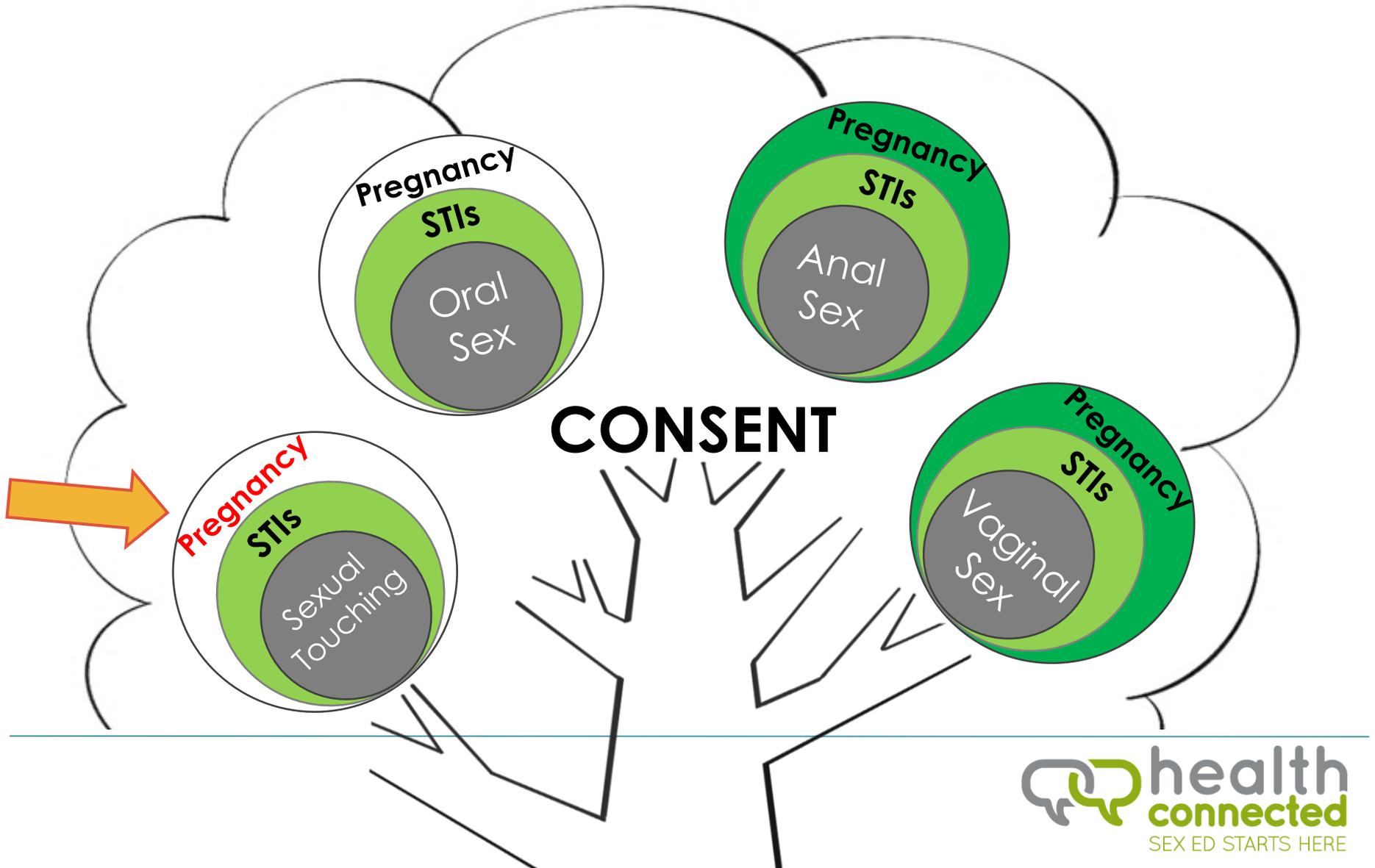
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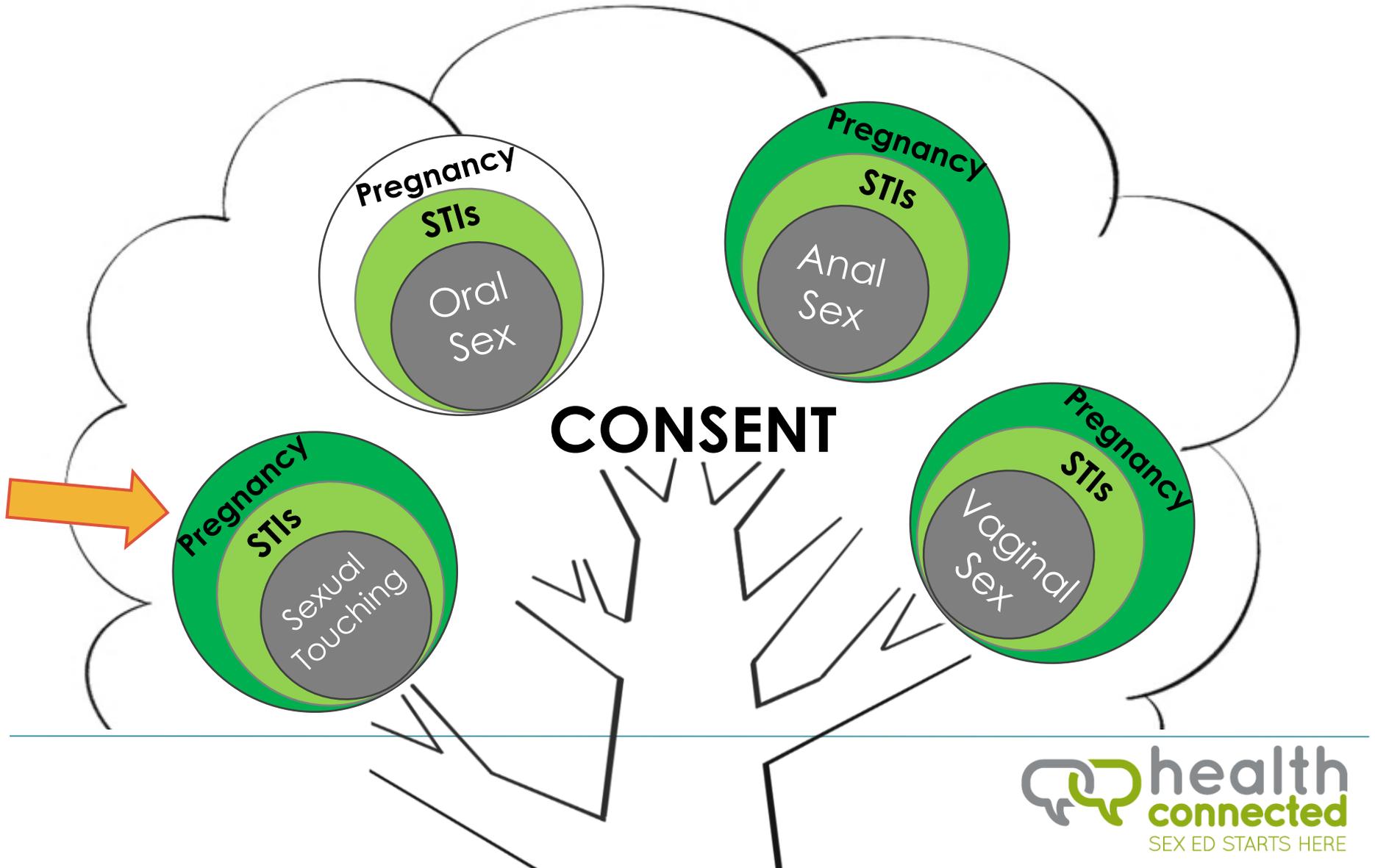
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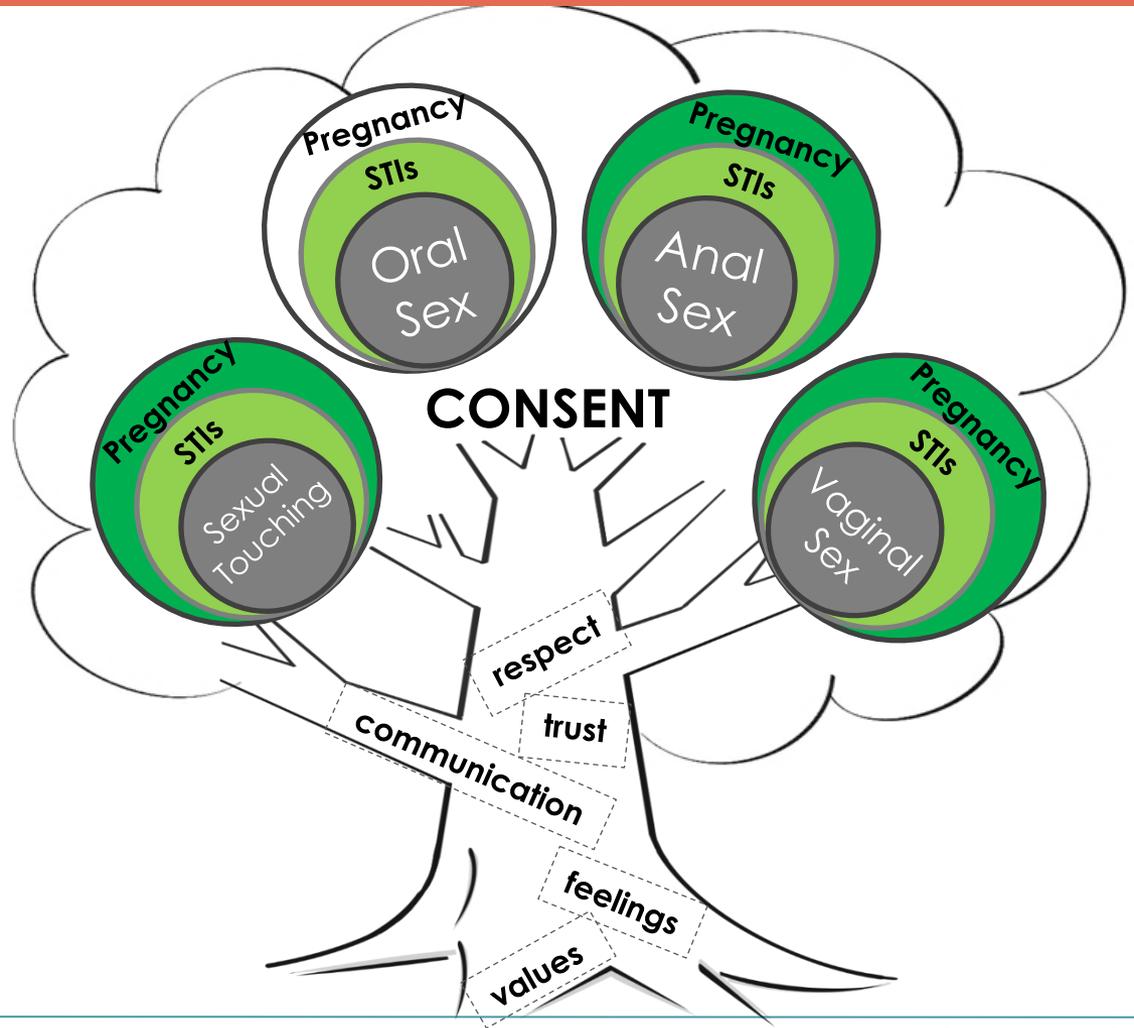
# Sexual Behaviors Tree



# Sexual Behaviors Tree



In a healthy relationship, each person's body and boundaries should be respected.



# Think About It...



1. The ONLY 100% effective way to prevent pregnancy AND the best way to lower your risk of getting an STI is by not engaging in...
2. List as many ways as you can think of to show love or affection to a partner without having any sexual contact:



# Think About It...



3A) Think of at least 2 reasons why **SOME** teens have sex:

3B) Think of at least 2 reasons why **MOST** teens **WAIT** to have sex:

4) What is “consent” and why is it important?

