

changes DURING PUBERTY –
social aspects
Lesson 13

Grades
4th & 5th

Sex and Sexual Attraction

Optional Lesson: You will want to send home a note to parents about today's lesson. Depending on your school's policy, they may need to sign a release form for their daughter's to participate.

In this lesson we will introduce basic ideas about sex and sexual attraction.

Materials needed: Journals, Petite Amie Pamphlet #4 – Social Aspects, 3 x 5 cards, mailbox, overhead of Fallopian tubes, ovaries and uterus.

Today you will need your journals, and your Petite Amie Pamphlet #4 – Changes during Puberty – Social Aspects.

Side Note: Give them a bit of time to get out their things. Hand out 3 x 5 cards.

I'd like you to open your journals to a new page. Put the date in the top right hand corner (or however you have your students head their papers). Write what you know about sex. Don't be embarrassed. I will not make you read any of this out loud. I want you to write any questions you have about sex on your 3 x 5 cards. You've got 3 minutes. Go.

Side Note: Give the girls 3 minutes to write. At the end of 3 minutes, tell them to finish what they are writing and put their pencils down.

If you have more to write, you can finish at the end of this session. Leave space in your journal if you think you'll need it.

Raise your hand if you think you know what sex is. If I told you that sex is not just vaginal intercourse, do you still think you know what sex is? Does anyone want to share?

Side Note: You might get Oral Sex and Vaginal Sex.

When most people talk about sex they are referring to vaginal intercourse (when a man inserts his penis into a woman's vagina). But really, it can be anything that arouses or satisfies us in a sexual way. That may be vaginal intercourse for one person, and for another that may be oral sex, or even kissing and caressing, or massage. Because we are all so different, with different experiences and feelings, definitions of what sex is or isn't is



different for every person.

Does anyone have any questions about what sex is? Write any questions down on your cards. I'll answer them all (or the ones I can) at the end of the lesson today.

Does anyone know why adults have sex? There are two main reasons.

Side Note: Look for:

- ❖ To conceive children
- ❖ It's fun
- ❖ To express their love

Meanwhile, put up the overhead of the female reproductive organs.

Let's take a look at one reason people have sex – to have a baby. Do you all know how that works? In order to get pregnant, several things need to take place. First, sperm from a man's penis must enter the vagina (this usually happens during sexual intercourse). Then, the sperm need to travel through the cervix and uterus to the fallopian tubes. The sperm eventually needs to meet up with an egg. Then, this egg needs to travel to the uterus and become implanted in the wall of the uterus.



Pregnancy can happen as soon as you begin ovulating (the release of one egg from an ovary each month). In general, you start ovulating when you start menstruating. Some girls will not ovulate regularly for the first couple years after starting their periods. Once your menstrual cycle is regular, ovulation usually occurs about 2 weeks before your period each month. Yes, you can get pregnant before you have your first period (if you ovulate during the weeks before your first period). Yes, you can get pregnant if you have sex during your period (if you have a short menstrual cycle and a long period).

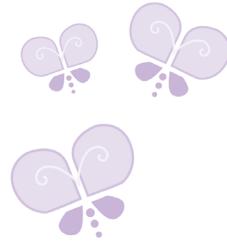
Your internal organs (your ovaries and glands which produce hormones) are the first part of you to mature during puberty. And the thing is, you probably won't even know this is happening. Remember, ovulation is when your ovaries release eggs. The only surefire way to prevent pregnancy 100% of the time is not to have sex. A lot of girls make this decision to abstain from sex (called abstinence) until they are older. There are many reasons girls may decide to wait to become sexually active. The reasons are different for each individual girl. For some, religious beliefs play a role in their decision to wait. For others, personal reasons or family values influence their choices.

If you decide to start having sex, condoms must be used every time to protect against STDs and pregnancy. Condoms should be used in addition to a second form of contraception (also called birth control). You should see and talk to your doctor before becoming sexually active so you can learn about all the things

you need to do to protect yourself.

All forms of birth control, also known as contraception, are designed to prevent pregnancy. Condoms help prevent sexually transmitted infections as well as pregnancy. There are many contraception options available including:

- Condoms
- birth control pills
- birth control shots
- birth control ring
- cervical cap
- diaphragm
- IUD
- Spermicide
- withdrawal method (not recommended)
- birth control patch



Many of these contraceptives are prescribed by your doctor. In order to determine whether or not a certain birth control method is a good option for you, your doctor will examine you and ask you questions about your health history. This evaluation is important because some women have risk factors that would make certain forms of contraception poor options for them.

Now another reason adults have sex is because it's fun and it feels good. And I know you all are all about having fun. But if you are not informed of all your risks and prepared to take the precautions required, you should hold off until you know what you might be getting yourself into. Because not only is pregnancy a real possible outcome of sex, but so are sexually transmitted diseases. You need to know how to protect yourself.

All sexually active women need to be followed by a physician to help keep them healthy. A physician will teach you about safe sex, contraception, and usually recommend you get vaccinated for protection against human papillomavirus (a sexually transmitted infection that can cause cervical cancer). This all this should be done prior to becoming sexually active.

So as you can see there is a lot to learn and consider when it comes to sex. You need to be mature enough to handle all the emotional consequences of such a decision and responsible enough to manage all the physical risks. In addition, bringing sex into a relationship can make it much more complex and stressful.



There are also some legal rules about age and sex - no-one is allowed to have sex with a person under 10 years of age; if you are between 10 and 16, you cannot have sex with someone who is more than 2 years older than you. These laws may vary slightly depending on the state you live in.

Now, take a minute and write any more questions you have.

The thing is, even if you decide not to have sex, you may have sexual feelings. This is totally normal for teens. And having sexual feelings is totally safe. The older you get the deeper, and probably more frequent, these feelings will become. Can anyone tell me what I mean when I say 'sexual feelings'?

Side Note: Look for:

- ❖ When you like someone
- ❖ When you fall in love
- ❖ Romantic feelings
- ❖ Butterflies

Yes, those are all other ways to say 'sexual feelings.' It's a natural part of life to have sexual feelings. As people pass from childhood, through adolescence, to adulthood, their sexual feelings develop and change.

Sexual feelings and attractions can get pretty intense. Don't be upset or disturbed if they are not what you expected you'd feel, or what someone else told you you would. This can be very confusing for teens that find themselves attracted to or having sexual feelings for someone of the same gender. You might think to yourself, "Does this mean I'm gay?" Does everyone know what I mean when I say gay? Right – homosexual. When men fall in love with other men or women fall in love with other women.

As people begin to have sexual feelings for the first time, thoughts about both your own as well as the opposite sex are very common. These new feelings and attractions do not necessarily mean that you are gay or straight. It is just that, a feeling.

But if and when you decide to experiment, whether it is with a boy or a girl, be careful. Think before you act.

Now, as I am coming around to collect question cards I want you to write one last journal entry, as this is our last lesson. It can be about today's lesson or about anything we have talked about during our lessons on puberty. I'll give you 5 minutes. Then I will answer your questions.

Side Note: The questions you get today will run the gamut from how do babies get out? To how do you give a blow job? Know before you get started what you are comfortable answering and only respond to those questions. Don't answer questions that kids ask simply to be salacious.

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This lesson was developed in consultation with Dr. Michelle Bourke.

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