

BODY WISE

Living, Growing, Learning
Girls Only



So what have
we learned so
far?

REMEMBER THE RULES

This may be embarrassing and cause you to laugh but compose yourself quickly



FEMALE REPRODUCTIVE SYSTEM

FEMALE REPRODUCTIVE SYSTEM

- ◉ Girl body parts
 - Where are they located
 - How do they work



FEMALE REPRODUCTIVE SYSTEM

○Parts

- Uterus
- Ovaries
- Fallopian tubes
- Cervix
- Vagina

FEMALE REPRODUCTIVE SYSTEM

- ⦿ http://kidshealth.org/misc/movie/bodybasics/bodybasics_female_repro.html

FEMALE REPRODUCTIVE SYSTEM

○ Uterus

- Also called the womb
- Where a baby grows and develops when a woman is pregnant
- Can stretch up to 200 fists in size to allow a baby to grow

FEMALE REPRODUCTIVE SYSTEM

- Ovaries

- Produce, store and release egg cells

FEMALE REPRODUCTIVE SYSTEM

○ Ovaries

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FEMALE REPRODUCTIVE SYSTEM

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FEMALE REPRODUCTIVE SYSTEM

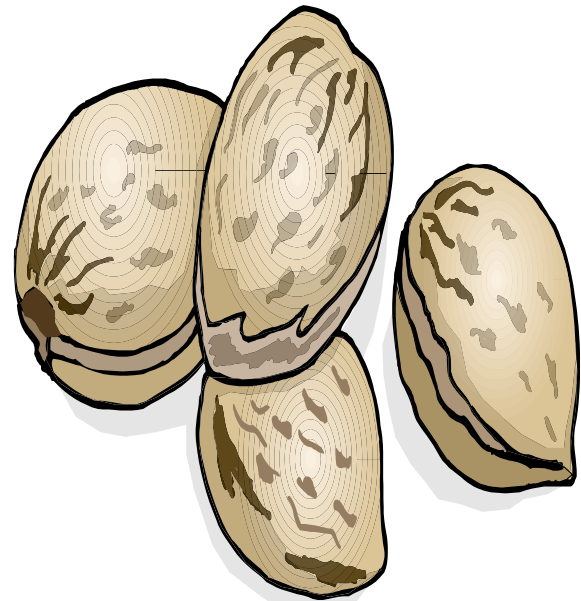
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- Girls are born with eggs
 - The eggs are inactive until puberty begins
- Ovaries are the size of an unshelled almond



FEMALE REPRODUCTIVE SYSTEM

○ Fallopian Tubes

- Connect the ovaries to the uterus
- Tunnel that allows the egg to travel to the uterus to be fertilized
- As skinny as a piece of spaghetti

FEMALE REPRODUCTIVE SYSTEM

○Cervix

- Strong muscle area in between the vagina and uterus
- Muscles are able to expand to allow a baby to pass

FEMALE REPRODUCTIVE SYSTEM

- Vagina

- Also called the birth canal

FEMALE REPRODUCTIVE SYSTEM

- ◉ Vagina

- Also called the birth canal

- ◉ Where the baby comes out of the pregnant mom

FEMALE REPRODUCTIVE SYSTEM

○ Vagina

- Also called the birth canal
 - Where the baby comes out of the pregnant mom
- Girls do not pee through their vagina they pee through another hole called the Urethra

MENSTRUAL CYCLE

MENSTRUAL CYCLE

- ◉ What is it?
- ◉ When will it start for me?
- ◉ How long does it last?
- ◉ What if I start at school?
- ◉ Protection

MENSTRUAL CYCLE

- ◉ What is it?

[http://kidshealth.org/misc/movie/bodybasics/
bodybasics_female_repro.html](http://kidshealth.org/misc/movie/bodybasics/bodybasics_female_repro.html)

MENSTRUAL CYCLE

◉ When will it start for me?

- Every girl is different
- Any where between the ages of 10-15
- Usually about 2 to 2 ½ years after the start of puberty (breast development or pubic hair may be first signs of puberty)
- Ask your mom's and grandmother's when the started to give you an idea of when you may start

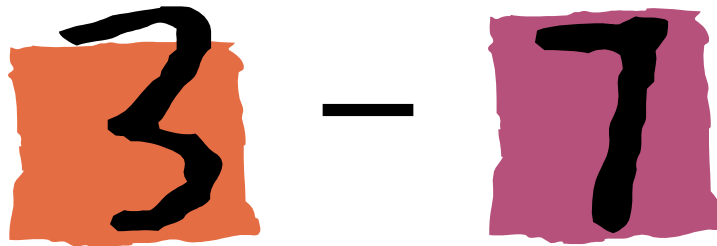


MENSTRUAL CYCLE

- ⦿ How long does it last?

MENSTRUAL CYCLE

- ◉ How long does it last?
 - Once again every girl is different
 - Typically 3 to 7 days



MENSTRUAL CYCLE

- ◎ How often does it occur?

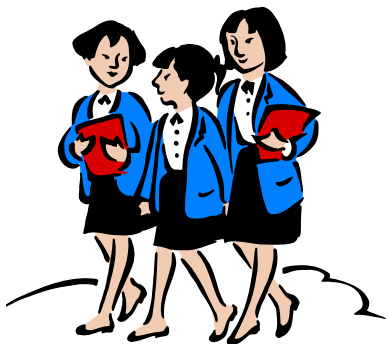
MENSTRUAL CYCLE

- ◉ How often does it occur?
 - Once again every girl is different
 - About once a month until the age of 45 to 55
 - Cycles can be 21 to 45 days. A cycle starts on the first day of bleeding
 - It may take several years for your cycle to become regular
 - Mark on a calendar the first day of bleeding to help know when the next cycle may start



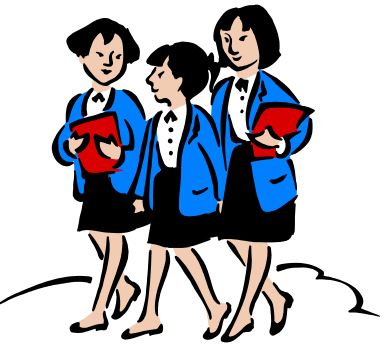
MENSTRUAL CYCLE

○ What if I start at school?



MENSTRUAL CYCLE

- ◉ What if I start at school?
 - May go to the bathroom and see a little blood on underwear or wipe a little blood
 - Ask your teacher if you can go to the clinic
 - The person in the clinic has supplies for you
 - Some teachers may also have supplies
 - Can keep supplies in book bag or locker



MENSTRUAL CYCLE

◎Protection

MENSTRUAL CYCLE

◉ Protection

- You must protect your clothes from the blood
- There are many products out there to buy
 - Pads
 - Tampons
- Talk to your mom about what is best for you

MENSTRUAL CYCLE

- Other information

- Cramps

MENSTRUAL CYCLE

◉ Other information

■ Cramps

- During the menstrual cycle
- Can be dull and achy
- Or sharp and intense
- Can be felt in the back as well as the abdomen
- What helps
 - Over the counter medication
 - Warm heat to area
 - Regular exercise

MENSTRUAL CYCLE

- Other information
 - Personal Hygiene

MENSTRUAL CYCLE

- ◉ Other information

- Personal Hygiene

- ◉ Change your pad every 3-4 hours
 - ◉ Take a daily bath or shower
 - Flow comes out gradually so you have enough time to shower or bath
 - ◉ Don't be afraid to wash your privates during your cycle



QUESTIONS ABOUT GIRL INFORMATION?



MALE REPRODUCTIVE SYSTEM

MALE REPRODUCTIVE SYSTEM

◉ Boy body parts



MALE REPRODUCTIVE SYSTEM

- ◉ Boy body parts

- Where they are located
- How do they work



MALE REPRODUCTIVE SYSTEM

○Parts

- Testicles
- Scrotum
- Prostate Gland and Seminal Vesicle
- Urethra
- Penis

MALE REPRODUCTIVE SYSTEM

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MALE REPRODUCTIVE SYSTEM

○ Testicles

- Produce sperm cells
- Produce the male hormone testosterone

MALE REPRODUCTIVE SYSTEM

◉ Scrotum

- Skin sack that holds the testicles

◉ Prostate Gland and Seminal Vesicle

- Produce a white milky fluid for the sperm that helps nourish the sperm
 - This fluid is called semen

MALE REPRODUCTIVE SYSTEM

◉ Urethra

- Straw tube that connects to the bladder
- This tube is used for urine and semen to exit the body out the penis

MALE REPRODUCTIVE SYSTEM

○ Penis

- Made up of spongy material and blood vessels
- Sometimes hormones or for no reason at all send blood to the penis
- This causes the penis to get harder and more erect in appearance
- This is called an erection

MALE REPRODUCTIVE SYSTEM

◉ Boys have Sperm Cells

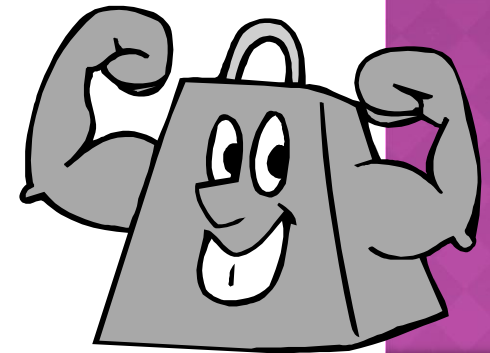
- Produced in the testicles
- Called the male sex cell
- Contain 23 chromosomes
 - Half of what is needed to make a baby
- Start to be produced during puberty
- 1/8 the size of a grain of salt



MALE REPRODUCTIVE SYSTEM

◉ Sperm Cells

- Stored on in the testicles on the outside of the body
- On the outside because need a cooler temperature to grow
- Sperm cell get their nourishment from semen



QUESTIONS ABOUT GIRL INFORMATION?



SEXUAL INTERCOURSE

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- ◉ This is the action that enables an egg cell from a woman and a sperm cell from a man come together
- ◉ **This is a MAJOR responsibility!**



SEXUAL INTERCOURSE

- Definition - The man's erect penis enters the female's vagina. This is how the egg and sperm cell meet.



QUESTIONS?





THE END

SEE YOU NEXT TIME

