

Session 6

Review

Objectives

By the end of this session, the participants will:

1. Have their previous knowledge of female fertility reinforced.
2. Have their previous knowledge of male fertility reinforced.
3. Be aware that they should wait before engaging in sexual activities with others.
4. Understand the importance of taking care of and protecting their bodies so they can grow into healthy adults.



Materials Needed

- Strips of paper or note cards (enough for two separate activities)
- Large basket or hat
- Copies of Helen's Story handout (page 125) and Fred's Story handout (page 126) for each participant
- Several poster-size sheets of paper
- Markers

Before You Begin

- Read each step of the session. Think about how you will perform each step and what you will add to every session.
- Write Step 1 questions on strips of paper or note cards and place them in the basket or hat. Add any questions about topics that you think your participants need to review.

- Make copies of Helen’s Story handout and Fred’s Story handout for each participant.



Time

Activity	Minutes
Step 1: Fertility Review	20
Step 2: Puberty Stories	25
Step 3: Menstrual Cycle Mix-up	15
Step 4: Fertility and the Future	30
TOTAL MINUTES	90

Step 1: Fertility Review

Large Group Game (20 minutes)

Write on strips of paper or note cards the questions below and place them in the basket or hat.

Form two teams. Ask each participant to choose paper from the basket or hat. A participant from Team 1 should read his or her question to the group and ask their team to answer it. If the question is answered well by the team, they earn a point. Alternate each team and try to give all participants a chance to ask a question. Remember that it is important to promote an environment of healthy competition that allows for learning.

1. What is fertilization? (*When a woman’s egg unites with a man’s sperm.*)
2. What is menstruation? (*The expulsion of the unfertilized egg and interior lining of the uterus through the vagina.*)
3. What happens on the first day of a woman’s menstrual cycle? (*She bleeds.*)
4. When does the menstrual cycle end each month? (*On the last day before the next menstruation or period.*)

5. What is ovulation and when does it occur? (*When the egg leaves the women's ovary. This occurs approximately in the middle of the woman's menstrual cycle.*)
6. Can a woman become pregnant during every day of her cycle? (*No.*)
7. Can a woman become pregnant the first time she has sexual intercourse? (*Yes.*)
8. What are fertile days? (*The days a woman can become pregnant.*)
9. What are infertile days? (*The days a woman cannot become pregnant.*)
10. After he starts puberty, is a man always fertile? (*Yes, he can be fertile every day for the rest of his life.*)
11. Who begins puberty earlier, girls or boys? (*Most girls begin puberty one to two years earlier than do boys, but boys eventually catch up.*)
12. How do uncircumcised boys clean their penises? (*Pull back the foreskin and clean gently.*)
13. Where does the sperm meet the egg in a woman's body? (*The fallopian tube.*)
14. What is the purpose of vaginal secretions? (*They aid the sperm to travel up through the vagina.*)
15. Do all boys have wet dreams? (*No. However, most do, and it is perfectly normal.*)
16. Will a woman have her period the rest of her life? (*No. She will stop when she reaches menopause.*)
17. What are some of the changes a woman might experience just before or during her period? (*Cramping, bloating, weight gain, food cravings, skin problems, headaches, etc.*)

Step 2: Puberty Stories³

Small Group Activity (25 minutes)

Begin by telling the group that you want to find out how much they remember about puberty, specifically about menstruation in girls and wet dreams in boys. Tell the group that you have some unfinished stories that you want them to complete. They will need to use their knowledge and their creativity so that each story will be unique.

Have participants form small groups of four or five people and pick a person to take notes. (Distribute a copy of both Helen's Story handout and Fred's Story handout to each group.) Ask the small groups to fill in the blanks for both stories. After about 10 minutes, have the recorder read the group's version of Helen's Story. Then do the same with Fred's Story.

When the groups are finished, lead a discussion covering the following:

- Which story was easier to complete? Why?
- Whom would you consider asking if you had a question about puberty or sexuality?
- Would people act differently than Helen or Fred? Why?

³ Center for Population Options. *When I'm Grown: Life Planning Education for Grades 5 and 6*. (Washington: Center for Population Options, 1991) 11.

Step 3: Menstrual Cycle Mix-up

Small Group Activity (15 minutes)

Divide the participants into groups of six people. Give each group a set of note cards with one of the following phrases written on each card.

- The woman starts her period.
- The uterus prepares the lining for the egg.
- An egg matures.
- An egg is released from the ovary.
- The uterus gets rid of the unfertilized egg.
- A sperm does not fertilize the egg.

Have each participant in the group take one note card. Tell them that these cards represent what happens in the menstrual cycle. Tell the group to arrange themselves in a line so that the cards are in the right order of events.

Facilitator Note

The answers to the mix-up are:

1. An egg matures.
2. An egg is released from the ovary.
3. The uterus prepares the lining for the egg.
4. A sperm does not fertilize the egg.
5. The uterus gets rid of the unfertilized egg.
6. The woman starts her period.

Step 4: Fertility and the Future

Small Group Activity (30 minutes)

Begin the exercise by stating the following: “There are many kinds of love, and many ways to express love and affection for another person. Love between parents and young people or brothers and sisters, love between

friends, and romantic love are some of the different kinds of love. How do you show someone that you love him or her? How do you show your parents? Your brother or sister? Your friend? A boyfriend or girlfriend? Talking, smiling, kissing, hugging, and touching are ways of expressing love and affection.”

Divide the participants into small groups of three to four people. Ask each group to draw a large heart on a poster-size sheet of paper. Ask participants to list, inside the heart, all the things a boy and girl could do to show that they like each other. These things can include places to go, activities to do, gifts to give, or favors to do for others. Each small group can read their list to the rest of the group.

Have participants decide whose list represents the most exciting, creative, and affordable ideas for participants. See the Sample List below for ideas.

Tell them that the coming years will be a time of significant change for their bodies and their minds. Reinforce the idea that participants might be changing emotionally and physically, but they are still children growing into a more mature body. Stress that they might be physically becoming an adult and may even be having some adult feelings in thinking about kissing or touching someone sexually, but they are not ready yet to act on these feelings.

Session 6

Sample List

- Take a nice walk
- Talk
- Watch movies
- Go shopping
- Play computers
- Watch the sunset
- Eat chocolate
- Hang out with friends
- Laugh
- Play or listen to music
- Write
- Dance
- Play sports
- Visit family
- Watch a play (theater)

Stress the Following

Thank them for being such an enthusiastic group. If they have other questions in the future, encourage them to always ask you and other adults they trust. Tell them that you will keep your Question Box available for any questions they might have in the future.

Handout: Helen's Story

Complete Helen's story by filling in the blanks. Try to fill in every blank. This is not a test, so do not worry about getting the "right" answers.

Helen is 12 years old. After learning about menstruation in a fertility awareness course, she was feeling _____ about starting her period. One day she went to the bathroom and noticed _____. She had started her period. Helen felt _____

_____.

She got _____ from _____ to prevent getting a spot on her pants.

As soon as school was over, she rushed to tell _____.

Helen knew that her period would last about _____ days but she wanted to find out _____.

_____.

_____.

_____.

Now that she had finally started, Helen was glad that _____.

_____.

Something new had happened to Helen. It meant that she was _____.

_____.

_____.

Handout: Fred's Story

Complete Fred's story by filling in the blanks. Try to fill in every blank. This is not a test, so do not worry about getting the "right" answers.

One morning Fred woke up and discovered that he had his first wet dream the night before. He knew this because _____

_____. Fred remembered that another name for a wet dream is _____.

Although Fred had learned about wet dreams in school and knew that he was normal, he still felt a little embarrassed that _____

_____.

On the other hand, Fred felt good about _____

_____.

Fred thought a lot about wet dreams that day. One of the questions on his mind was _____

_____.

To find out the answer, he decided to ask _____

_____.

Something new had happened to Fred. It meant that he was _____

_____.

Evaluation: How Much Do You Know?

You can use this evaluation to find out how much the boys and girls have learned from the fertility awareness manual. Ask them to think about what they now know about the changes that boys and girls experience as they enter puberty and grow into men and women. Go through each statement below with the young people, correcting any misunderstandings they may have.

Statement	True	False
Sperm are produced in the penis.		X
“Wet dreams” are common for boys during puberty.	X	
Semen contains seminal fluid and sperm.	X	
When a boy or man has an erection, he always needs to ejaculate.		X
A boy’s breasts never change during puberty.		X
Men usually stop having ejaculations when they are around 60 years old.		X
During puberty a boy’s shoulders broaden and he begins to grow taller.	X	
Circumcision is an operation performed only on boys.		X
New thoughts and feelings accompany the physical changes of puberty.	X	
At puberty, a boy is capable of becoming a father.	X	
If a girl does not get her period by the time she is 14, there is something wrong with her.		X
If a woman misses a period, she could be pregnant.	X	
The period or menstruation always lasts five days.		X
All women have a menstrual cycle that lasts 28 days.		X
Ejaculation happens only during sexual intercourse.		X
Both men and women masturbate.	X	
Masturbation can cause people to go crazy.		X
A girl can get pregnant the first time she has sex.	X	
Sexual intercourse is a physical act in which the man’s penis enters the woman’s vagina.	X	
During puberty, body hair does not grow in new places.		X
During puberty, rapid changes in height and weight take place in boys and girls.	X	

