



MATURATION AND SEXUAL REPRODUCTION

UNIT STUDY


The
Good AND THE
Beautiful

MATURATION & SEXUAL REPRODUCTION

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MATURATION & SEXUAL REPRODUCTION

Unit Information



Journal

All of The Good & the Beautiful science units include activities for a science journal. For each child, prepare a 1" to 2" 3-ring binder to function as his or her science journal. Tabbed divider pages can be used to separate the different units. Also, have wide-ruled paper and blank white paper on hand for journal activities. All completed journal activities are to be kept in the science binder. You may also consider having children create a cover for their journals, which they insert under the clear cover of the binder.



Lesson Mini Books

Some lessons in this unit incorporate science mini books that require very little assembly. To make your mini books, simply print the pages single-sided, cut them in half along the dotted lines, stack the pages together, and staple twice along the left side.



Lesson Preparation

All of The Good & the Beautiful science units include easy-to-follow lesson preparation directions at the beginning of each lesson.



Science/Health Wall

All of The Good & the Beautiful science units include vocabulary words to be placed on your science wall, which is a wall (or a 3-fold presentation board) in your learning area on which you can attach the vocabulary words and other images. **Print and cut out the vocabulary word cards at the beginning of the unit.** The course will indicate when to place them on the wall.



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MATURATION & SEXUAL REPRODUCTION

Supplies Needed

Lesson 1

Optional: a baby picture of each participating child

Lesson 2

None

Lesson 3

Optional for lesson extension visuals: feminine hygiene products including tampons, pads, menstrual cups, and/or other menstrual products.

Lesson 4

None

Lesson 5

Scissors and glue for each child

Lesson 6

None

Lesson 7

None

Lesson 8

Optional: Hygiene kit for each child; suggestions include

- soap or bodywash and face wash
- washcloth or sponge
- shampoo
- conditioner
- toothbrush and toothpaste
- floss
- deodorant
- brush or comb
- pads or tampons for girls
- razor and shaving cream
- fingernail clippers
- a special tote to hold it all

MATURATION & SEXUAL REPRODUCTION

Notes About this Unit

What world view and moral stance does this unit take?

This unit takes a non-denominational Christian view that the purpose of sex education is to train children to live virtuous, chaste lives, and that sex is designed by God to be between a husband and wife.

Bible references are from the King James Version of the Bible. In the lessons, Bible references are in purple text. Consider opening the family Bible or a personal copy of the Bible to read these scriptures with the children.

Should I do the instruction one-on-one or as a family?

This unit is designed to be a gentle approach to teaching maturation and sexual reproduction in the home. As parents, prayerfully decide whether it would be best to teach one-on-one with each child or as a family. Families with children close in age may choose family instruction. Even if you choose family instruction, ongoing private instruction and openness is important.

At what age should children do this unit, and should I teach all the lessons to every age?

A gradual and gentle sex education can be achieved by observing each child's questions and curiosity. Study each child; watch how they react; listen to the guidance of the Holy Spirit in determining what, when, and how much to share with each child. Create an ongoing dialogue and opportunities for children to ask questions whenever they have them.

Younger children may not be ready to learn everything in this unit. We strongly suggest that you, as parents, read through this entire unit ahead of time. Use a highlighter and a pen to take notes and mark certain passages that you want to emphasize, or even cross off parts that you disagree with or that make you feel uncomfortable. Throughout the unit, discussion questions are underlined. As you pre-read the unit, write down notes and questions that you would like to discuss with your child/children. Think of personal experiences you wish to share and make notes. Pray for guidance to know how best to teach this unit with each child. Plan which lessons you will teach each child now and which lessons you will wait to teach until the child is older.

Should I repeat this unit?

Just as children cannot be expected to learn math facts, spelling, or important historical dates the first time they hear it, sex education must be repeated in order for the child to grasp the concepts. Knowledge, morals, and habits are acquired through time and consistency. A healthy sex education requires parents who listen, love, observe, and provide good examples. It is suggested that you repeat this unit as often as you feel it is needed.

Note that this unit, unlike most of our science and health units, does not have a suggested read-aloud list.

Instructions: Cut out the boxes in this section. Place them on your “Science/Health Wall” when prompted to do so in the lessons. Note: Due to the mature topics of this unit, some parents may feel comfortable keeping the vocabulary words for this lesson on their Science/Health wall, while others may not. If you do not keep the vocabulary words on your wall, keep them in a folder or bag so that you can refer to them in future lessons.

VOCABULARY

Maturation & Sexual Reproduction

Sperm

cells that are produced in male testicles that combine with an egg to make a baby

Penis

the organ on the front of a man's body used for sex and to release sperm and urine

- Circumcision is the removal of the flap of skin (foreskin) which naturally covers the tip of the penis. Circumcision is practiced by some people for religious, health, and/or cultural reasons, usually during the first month after birth. [Discuss your family's feelings about circumcision.]
- The penis is usually soft, but erections occur when the penis fills with blood and becomes harder and longer. Erections can happen when thinking sexual thoughts, but it is also normal to have random erections for no apparent reason. Erections can even happen while sleeping, and sperm can be released during sleep. This is not in a person's control and is not something to feel ashamed about.

Urethra

the tube through which urine moves from the bladder out of the body
(In males, semen also travels out of the body through the urethra from the prostate.)

Testicles (Testes)

Testicles, or testes, are small organs on a male located in a sack of skin (the scrotum) beneath the penis. Testicles

- produce sperm and male hormones
- are sensitive to pain and to temperature, and
- hang lower or closer to the body to maintain a temperature of about 3° F cooler than the rest of the body.

Scrotum

the sack of skin that hangs below the penis and contains the testicles

Prostate

a small gland in males that sits between the bladder and the penis and creates a protective fluid for sperm called **semen**

Vas Deferens

a duct that carries sperm from the testicles to the penis

Hormones

Hormones are chemicals in the body that send messages to the brain, reproductive organs, and other cells to keep your body functioning properly. Different hormones have different jobs, including signaling to the body how and when to change during puberty and menstrual cycles. Hormones can create strong emotions.

Vagina

The vagina, also called the birth canal, is a muscular, hollow tube extending from the vaginal opening to the uterus. The muscles of the vagina can expand greatly so a baby can be delivered. Two pairs of skin flaps called the **labia** surround the vaginal opening.

Cervix

The vagina connects with the uterus (womb) at the cervix. The opening of the cervix is small, about as wide as a straw, but it expands to allow the baby through at delivery.

Uterus

The uterus, also called the womb, is a hollow, pear-shaped organ where babies grow inside the mother.

Ovaries

two small organs located on either side of the uterus that store eggs and also create female hormones called estrogen and progesterone.

Fallopian Tubes

The Fallopian tubes provide the path for an egg to travel from the ovaries to the uterus.

Mammary Glands

the milk-producing glands in women and other female mammals

Menstrual Cycle

About once a month, a woman's ovary sends an egg into the Fallopian tube. The egg travels through the Fallopian tube to the uterus. If it is fertilized, a baby starts to grow in the uterus. If it is not, it is flushed out of the body along with some blood from the lining of the uterus that was building in preparation for a fertilized egg.

Sexual Intercourse (Sex)

Sexual intercourse, or sex, is when a man inserts his penis into a woman's vagina and sperm is released. The sperm travels up the woman's vagina to the uterus. If a sperm fertilizes an egg, a baby is created. Sex was designed by God to be between a married man and woman and it is a beautiful expression of love when used properly. God has condemned sex outside of marriage.

Abstinence

abstaining from—or using self-control to *not* do—bodily acts
(For example, abstinence from sex means not having sex;
abstinence from alcohol means not drinking alcohol.)

Gestation

Gestation is the period of time when a baby is developing in the uterus. The average human gestation is 40 weeks.

Placenta

The placenta is an organ that develops within the uterus to help feed and sustain the life of a growing fetus.

Embryo

An embryo is another name for a tiny baby when it is growing in the uterus after the egg is fertilized. When it gets a little older, about 8 weeks along, it is then called a **fetus**.

Stimulus

something that causes the brain and body to react

Lesson 1 - Our Sacred Bodies: Male Bodies & Puberty

Objectives

Help the children understand that our bodies are sacred and were created by God. Teach children the physical anatomy unique to the male body. Explain the changes that males go through during puberty.



Preparation

- Cut out the vocabulary cards for this unit.
- Gather a baby photo of each of your children participating in the lesson. (This is for the optional opening activity.)

Supplies needed

- Optional: a baby picture of each participating child

Optional Opening Activity: Baby Pictures

Display a baby picture of each child participating in this lesson. Read to the children:

The miracle of human life is amazing. God has given us the incredible opportunity to “multiply and replenish the earth” (Genesis 1:28 KJV) and to experience joy through having children. This unit will teach in a godly way about our bodies and how God has created men and women to procreate and bring precious, beautiful babies into the world.

Read to the children:

In the Bible we read:

So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth. (Genesis 1:27–28 KJV)

Within the bonds of marriage, a husband and wife are commanded to multiply, meaning to have children, if they are able. By God’s great design, males and

females have similarities but also differences. In order to **procreate** or **reproduce**—both words meaning to create children who take after them—males and females have unique **reproductive systems**. In this unit, we will talk about the male and female reproductive systems that make it possible for God’s children to reproduce.

As we talk about these things, we can feel inside that our bodies are sacred creations that are beautiful and amazing. While we discuss the parts of our bodies unique to males and females, and of sex, which is how babies are created, we do not need to feel embarrassed or ashamed. Talking about it together as a family in a sacred way is good and appropriate. I want you to feel comfortable talking to me about these things anytime.

It is also good to remember that it is not appropriate to make crude jokes about male or female body parts. Whenever male and female body parts are discussed, it should be in appropriate settings and in uplifting and respectful ways.

If desired, expound on the previous paragraph by discussing your own feelings and views on when and how it is and is not appropriate to talk about male and female body parts. Discuss ideas of what to do if you are in a situation that feels inappropriate.

Activity: Vocabulary Words



Note: Some parents may feel comfortable keeping vocabulary words for this lesson on their science/health vocabulary wall, and others may not. If you do not keep the vocabulary words on your wall, keep them in a folder or bag so that you can refer to them in future lessons.

Place the page titled “Male Reproductive System” on your science wall. Using this page as a reference discuss the vocabulary words below that you feel are age appropriate for the children you are teaching.

Sperm	Penis
Urethra	Testicles
Scrotum	Prostate
Vas Deferens	Hormones

Read to the children:

Look at the image at the bottom of this page. This is a crocus. The images show how the crocus grows and matures. Our bodies also grow and mature. **Puberty** is the process of physical change, growing from a child to an adult. Puberty happens during a time of life called **adolescence**, which happens between childhood and manhood or womanhood. Another word people use to describe this time is **maturation**, meaning the process of maturing and growing into an adult body.

During puberty, your body will grow faster than any other time in life, other than when you were a baby. In this lesson, we will talk about how a male body matures during puberty. We will talk about females in the next lesson.

Puberty starts at different times for different people. Usually, puberty starts for boys between ages 11 and 15 and lasts for two to five years. When puberty starts for boys, the **pituitary** [pih-TOO-uh-ten-see] gland, which is located just below the brain, starts sending hormones to the testicles, the two egg-shaped glands in the scrotum (the sack that hangs under the penis). These hormones create testosterone and sperm. Men will need the sperm to create babies, which we will learn about in an upcoming lesson.



Testosterone makes changes in a boy's body:

- The shoulders grow wider.
- The body becomes more muscular.
- The penis grows longer.
- The voice grows deeper. As the voice changes, it may sometimes crack while talking or singing. This is natural and will go away eventually.
- Hair grows in the armpits and on the face. Hair also grows around the penis area. This is called pubic hair.
- The skin may get more oily, and many boys will also get some acne (zits).
- The hair may get more oily.
- Sweat glands develop, creating an odor that will require frequent bathing and maybe deodorant for the underarms.
- Erections of the penis will happen, sometimes for no apparent reason.
- Sperm is sometimes released through the penis during sleep. This is normal during adolescence and is nothing to be ashamed of.
- Moods can change quickly and emotions can feel strong.

During puberty, some boys experience slight breast growth. This is often only temporary.

Boys also become more aware of and attracted to girls during puberty. This is a normal and beautiful part of life. However, God has given us boundaries and guidelines to guide us to happy and healthy relationships.

Discuss with your children the moral standards of your family and, if applicable, your religion. Include details about the following (noting that a future lesson covers the topics of avoiding passionate kissing, petting, and masturbation and waiting to have sex until married):

- appropriate and modest dress standards
- when it is appropriate to start dating
- when it is appropriate to kiss
- when it is appropriate to have a boyfriend or girlfriend or to "go out" with someone

Reconfirm to your children that these kinds of changes in our bodies are natural and appropriate to talk about in a respectful family setting. Encourage children to come to you anytime they have questions.

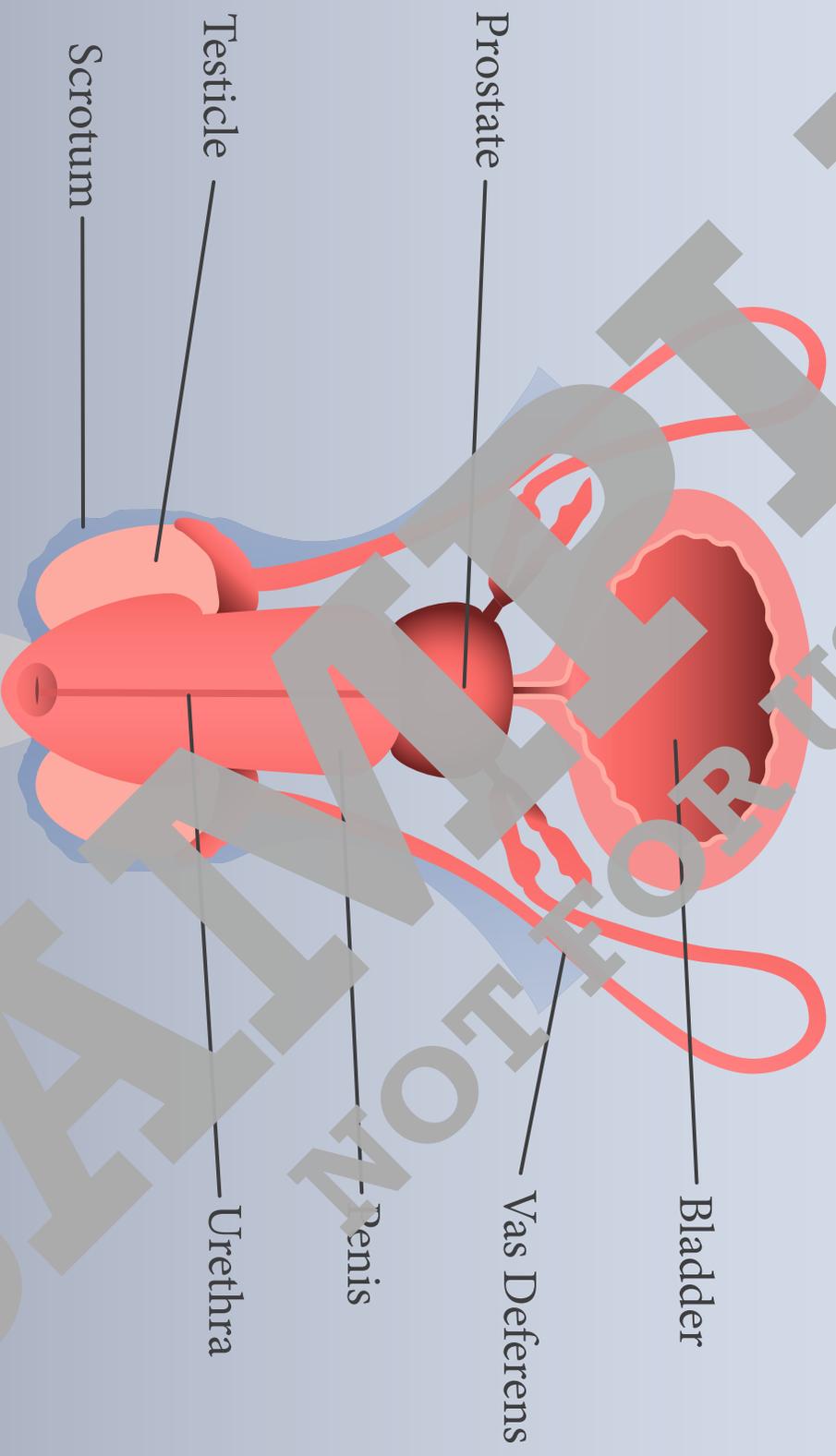
Science Journal



With your children, complete one page in this lesson titled "Ephesians 6: 'Trait' of a Strong Man."

If desired, hang the page on your Science/Health wall.

Male Reproductive System



Ephesians 6

Traits of a Strong Man



- With the children, read the following verses from Ephesians 6:10-18 and make a list of ways to be strong in the Lord. Have the children place the completed lists in their science journals.**

Finally, my brethren, be strong in the Lord, and in the power of his might.

Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

And your feet shod with the preparation of the gospel of peace;

Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.

- Read to the children:**

Immorality is often portrayed as normal or even manly in popular media. Paul teaches us that resisting temptation is actually a sign of strength. How does God define strength and manliness? [discuss] How is preparing to resist temptation like preparing to go to battle? [discuss]

Lesson 2 - Our Sacred Bodies: Female Bodies & Puberty

Objectives

Teach children the physical anatomy unique to the female body. Explain the changes that females go through during puberty. Study the traits of a virtuous woman as taught in Proverbs 31.



Preparation

None

Supplies needed

None

☐ Read to the children:

Ephesians 2:10 says, talking about God,

For we are his workmanship.

It is incredible to think about the fact that we are each the workmanship of God. Just as God created great variety and beauty in the natural world, he created great variety and beauty in each and every person. Look at the pictures of the girls on the right. Even though they all look so different, aren't their smiles all contagious and their unique features so beautiful?

In this lesson, we are going to talk about the parts of the female body designed to create and care for babies. We will also talk about the changes females go through during puberty.



Activity: Vocabulary Words



Place the page titled “Female Reproductive System” on your science wall. Using this page as a reference, discuss the vocabulary words below that you feel are age appropriate for the children you are teaching.

Vagina

Cervix

Uterus

Ovaries

Fallopian Tubes

Mammary Glands

Read to the children:

Mothers have a special God-given opportunity to create all the nutrition a baby needs for the first few months of its life. The female breast is designed to make milk that is specially formulated to meet the exact needs of a growing baby. The milk even changes throughout the first few months, adapting constantly to give the baby the exact fats and nutrients needed. Not only is it nutritious, but breast milk also provides antibodies for the baby, keeping it healthy and strong. It's truly a miracle! Breastfeeding is also a wonderful bonding experience between mother and child. The whole experience is a sweet blessing from God.



Look at the images on this page. Can you sense the beautiful bonding between the mothers and babies? [Pause and discuss.] Isn't it wonderful how the babies are getting the nutrition and the love they need starting immediately after birth?

Place the page titled “Female Breast Anatomy” on your science wall. Discuss the chart.

It is pleasing to God when we are respectful of human bodies, especially the reproductive parts and the female breasts. It's normal to have feelings of attraction to another person, but bodies are created and wonderful and deserve to be treated with respect. Through our reverence, we show God that we are grateful for the opportunity to have these amazing bodies.

Read to the children:

In the previous lesson, we talked about puberty in boys. Let's talk about puberty in girls.

Just like boys, girls grow during puberty faster than at any other time in life, other than when they were babies.

Puberty starts at different times for different people. Usually, puberty for girls starts between ages 8 and 13 and lasts for two to six years. Girls often start puberty a year or two younger than boys.

Here are some changes girls experience during puberty:

- Breasts grow larger, usually requiring the use of a bra.
- Hair grows in the arm pits and on the legs.
- Hair grows on the labia (the skin surrounding the vaginal area) and groin area and is called pubic hair.
- Moods can change quickly and emotions can feel strong.
- The skin may get more oily, and many girls will also get some acne (zits).
- The hair may get more oily.
- Sweat glands develop, creating an odor that will require frequent bathing and maybe deodorant for the underarms.
- Hips get wider to prepare for childbirth.

During puberty, girls also become more aware of and attracted to boys. This is a normal and beautiful part of life as long as we keep within the boundaries and guidelines that God has given us.

Review with your children the moral standards of your family that you discussed at the end of the previous lesson.

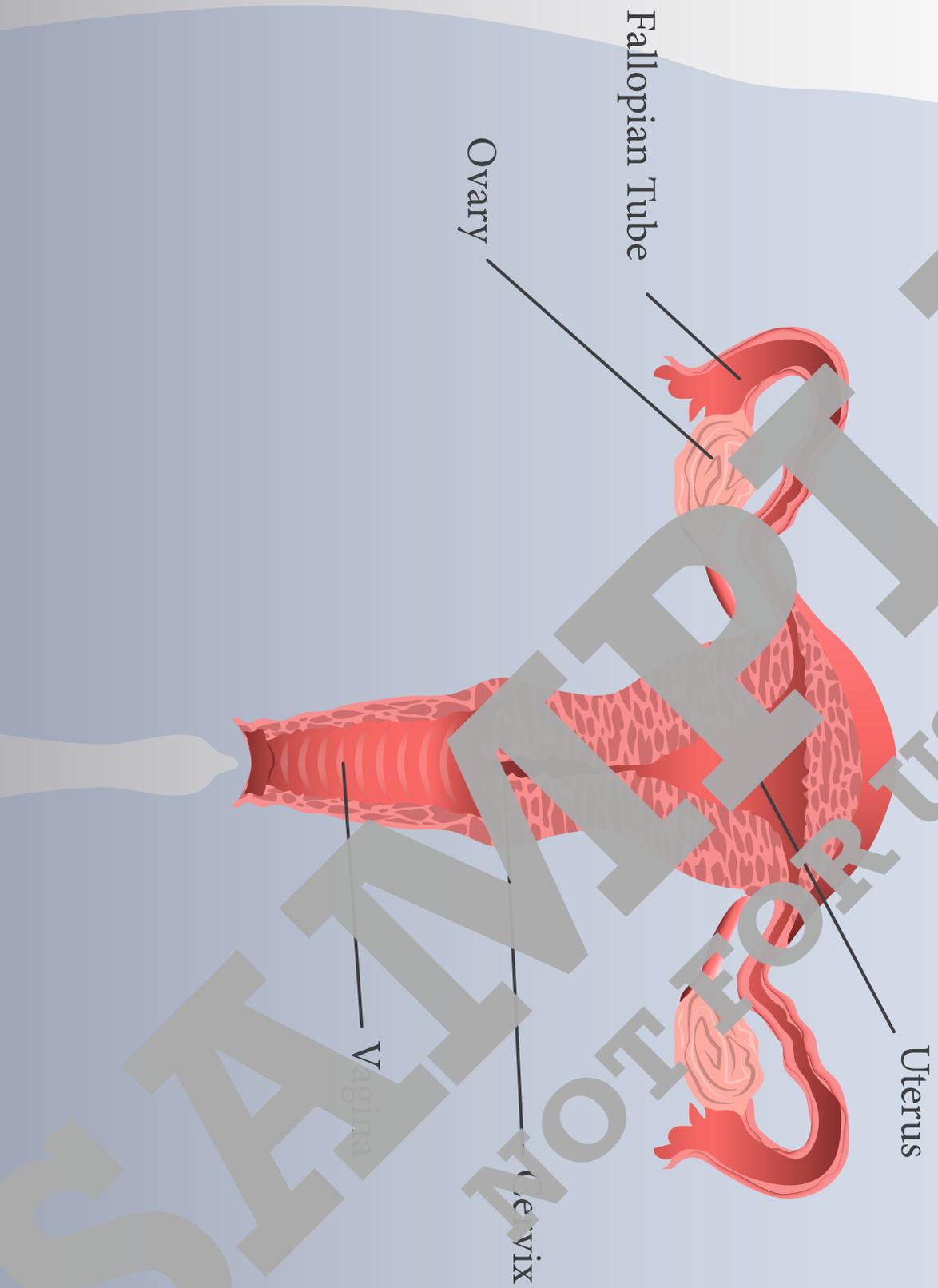
Science Journal



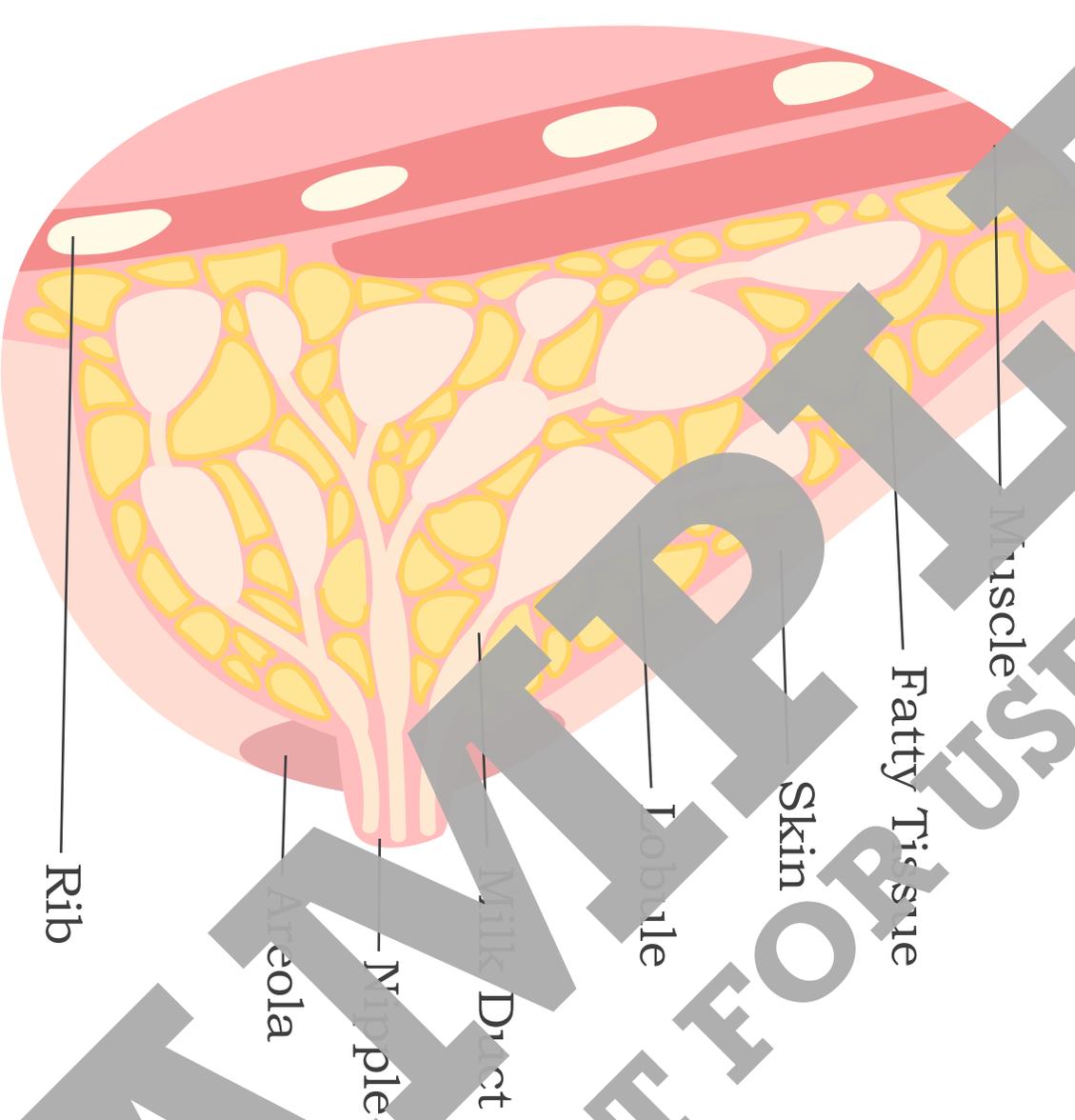
With your children, complete the page in this lesson titled "Proverbs 31: Traits of a Virtuous Woman."

If desired, hang the page on your Science/Health wall next to the page titled "Ephesians 6: Traits of a Strong Man."

Female Reproductive System



Female Breast Anatomy



Fatty Tissue

Fatty tissue in the breast holds the lobules, blood vessels, and other tissues in place.

Lobule

The lobules are the milk-producing glands in the breast. Muscle tissue around the lobules helps squeeze milk into the milk ducts.

Milk Duct

The milk ducts are tubes or channels through which the milk travels from the lobules to the nipple.

Nipple

Milk enters the breast through the nipple. Nipples become erect in response to breastfeeding, allowing for better milk flow.

Areola

Clitoris on the areola (the shaded area of skin around the nipple) secretes small amounts of fluid to lubricate the nipple when breastfeeding. The pigmentation (coloration) of the areola makes it easier for babies to find the nipple to get milk.

Proverbs 31

Traits of a Virtuous Woman



With the children, read the following verses from Proverbs 31 and make a list of character traits of virtuous women. Have the children place the completed lists in their science journals.

10–11: Who can find a virtuous woman? For her price is far above rubies. The heart of her husband doth safely trust in her . . .

17: She girdeth her loins with strength, and strength belongeth to her arms.

19, 27: She layeth her hands to the spindle, and her hands hold the distaff . . . She looketh well to the ways of her household, and eateth not the bread of idleness.

20: She stretcheth out her hand to the poor, she reacheth forth her hands to the needy.

25: Strength and honour are her clothing . . .

26: She openeth her mouth with wisdom; and in her tongue is the law of kindness.

Read to the children:

At the end of these verses, the Bible teaches the blessings a virtuous woman receives. Worldly success and recognition are not mentioned. Verse 28 says, “Her children arise up, and call her blessed; her husband also, and he praiseth her.” What do you think about that joyful promise from God?

Lesson 3 - Menstruation

Objectives

Teach children about the menstrual cycle and its purpose in procreation. Help girls prepare for the changes in their body as they begin their menstrual cycle.



Preparation

None

Supplies needed

- Optional for lesson extension visuals: feminine hygiene products including tampons, pads, menstrual cups, and/or other menstrual products.

Read to the children:

In the last two lessons we talked about puberty and the changes our bodies make to prepare for adulthood and reproduction. As a female goes through puberty and experiences the many changes taking place in her body, she is becoming a young woman who will be prepared to possibly bear children of her own one day. God created our bodies with the perfect systems and processes to help us “multiply, and replenish the earth.” (Genesis 1:28 KJV)

Possibly the biggest change that a girl experiences during puberty is starting her menstrual cycle. What does the word “cycle” mean? [discuss examples of cycles that the children are familiar with such as the water cycle, a bicycle, the life cycle, etc.] Just like a circle or wheel, a cycle keeps going around and repeating itself. This is the same with the menstrual cycle.



Activity: Vocabulary Word

Discuss the vocabulary word **MENSTRUAL CYCLE** and place it on your science wall.

Menstrual Cycle

Read to the children:

The menstrual cycle usually lasts for about a month, though every woman’s body is different. Girls are born with about one million eggs already in her ovaries. The menstrual cycle begins when an egg becomes ripe and ready to be fertilized. The egg leaves the ovary and travels through the Fallopian tube toward the uterus. This is called **ovulation**—the time when an egg can become fertilized and implant into the uterus. At the same time, the uterus prepares to be the new home for a fertilized egg to grow into a baby. It does this by forming a thick lining that will provide the baby with support as it grows. We will talk more about how the egg becomes fertilized in the next lesson.

If the egg is not fertilized, it does not attach to the wall of the uterus. Instead, it is expelled from the body. Since there is not a fertilized egg needing the thick lining of the uterus, that lining needs to be cleaned out. The uterus begins to shed, or remove, the lining, and it comes out of the body through the vagina. The lining is made up of blood and tissue cells. It usually takes between two and seven days for the lining to be completely cleaned out. This period of time when a woman is bleeding is called her menstrual period, menstruation, or just period.

Along with the bleeding, there are some other common menstrual cycle symptoms. Because of the changes in hormones being released, some girls experience one or more of these symptoms:

- swollen, sore, or tender breasts
- bloating
- skin changes, such as dry or oily skin and zits
- feeling more emotional and becoming more easily upset or irritable than normal
- cramping or achy feelings near the ovaries, pelvis, or lower back.

After the period is over, the body begins preparing again by repeating the cycle. For each cycle that a woman does not get pregnant, she will have a period. These cycles typically continue until she is in her forties or fifties, when her body begins to slow down the release of eggs and eventually stops. When she stops having periods and releasing eggs, it is called **menopause**, and she will no longer be able to become pregnant.

Notes to girls: About six months (it could be more or less) before your first period starts, you will begin to experience **vaginal discharge**. Vaginal discharge is a white, off-white, or clear fluid that comes out through the vagina. This will continue even after you get your period. When your period starts, it might look like blood right away, or it might start with pink, red, or brown gooey fluid. You will know your period started when you see the pinkish, reddish, or brownish stain in your underwear. It's okay to feel embarrassed or nervous when this happens, but you don't need to stay feeling that way. Let a parent know what's going on. Parents have been through puberty, too. Your body is changing in a wonderful, natural, and beautiful way, just like a blossoming flower!

You don't need to be scared about losing blood; it is completely normal. Most girls lose only about 1/4 cup of blood mixed with other tissues during their periods. Your body quickly makes up for the lost blood and keeps your body healthy throughout the whole menstrual cycle.

While there may be unpleasant side effects, starting menstruation does not need to be scary, worrisome, or shameful. Becoming a woman is part of a beautiful gift that the Lord has given us to build families on this earth. This is a time that should be celebrated as a young woman grows closer to adulthood and prepares to become a part of God's plan for creation.



□ Optional Lesson Extension for Girls:

(Note: This section discusses options for menstrual products and how to manage your cycle. As boys will some day have wives and possibly daughters, it may be helpful for them to have this part of the lesson. It is up to each family to decide what is appropriate to discuss with their children and at what age.)

□ Read to the children:

Some girls find it overwhelming or scary getting ready for their period to begin. The best way to make sure you are prepared and not afraid is to learn about what to expect and what to do when it does start. When you first begin your period, it may happen more or less frequently than every month. Usually it becomes more regular over time, and you can start to predict when your next period will begin. When you are having your period, you will need to use some kind of product to help absorb or collect the blood and discharge. These will help to keep you and your clothes clean.

Show product options and discuss which options are available and which your family is comfortable with using, including disposable or reusable pads, tampons, period panties, and menstrual cups.



Pads: Pads are simple to use because they are placed in your underwear and do not need to be inserted in the vagina. Pads are sometimes disposable and sometimes washable fabric. There are many different shapes and sizes of pads to accommodate different body types and levels of menstrual flow.

Tampons: Tampons are inserted into the vagina using either an applicator or a finger, making it more comfortable for many girls and women than wearing a pad. If it is placed properly, you should not really feel it once it is inserted. Some girls are concerned about inserting it too far or losing it, but because of the cervix covering the opening to the uterus, it is highly unlikely that you will lose your tampon in your body.

Note: Pads and tampons should always be disposed of in the garbage, not the toilet.

Menstrual cup: Some girls prefer not to use tampons or pads because of the materials used, environmental preferences, or how they feel when wearing them, so another insertable option is the menstrual cup, which is reusable. This sits inside the vagina snugly, so that it doesn't fall out, and collects the discharge. When it's time to empty it, simply dump the contents in the toilet, wash the cup, and reinsert it. After your period, store the cleaned cup until your next period.

Period Panties: Period panties absorb and evaporate wetness. This would be a good option for someone who doesn't want to insert products and also doesn't want the feeling of wearing pads, or it may be used in addition to tampons or menstrual cups for extra protection.

Regardless of which product you choose to use, it's important to change it often to avoid any problems such as leaks, discomfort, infection, or toxicity.



Managing Your Period

It can be a little scary not knowing when you will start your period, how long it will last, or what to expect. The best way to avoid that fear or stress is to plan ahead.

It's a good idea to carry feminine hygiene products, such as tampons or pads, with you in your purse or backpack, just in case your period starts unexpectedly. If you find that you have started your period and you don't have one of these products, you can place toilet paper in your underwear and find a parent or trusted adult or friend to help you find a hygiene product.

Many girls also find that it is helpful to plan and know when to expect their periods. Most women have a similar length of time between their periods, so keeping track of when your period starts, how long it lasts, and what other symptoms you have can be a good way to help predict when you will be having your period again. You can use a calendar, planner, or an online app or website to help you keep track of any symptoms, changes, and periods.

After keeping a record for a few months, you will begin to see a pattern in your cycle, which you can use to predict when your next period will be. Just like most things in life, once you've done it a few times, it becomes much less overwhelming.

It may take six years or more after your period starts for your cycle to get regular.

Talk to a parent if you experience extreme pain or excessive bleeding.

Lesson 4 - Sexual Intercourse and Living Virtuously

Objectives

Teach the children about sexual intercourse, abstinence before marriage, the difference between love and lust, avoiding petting and masturbation, and respecting the bodies of others.



Preparation

None

Supplies needed

None

□ Read to the children:

Around the time adolescence starts (or it could be sooner or later), you may begin feeling a strong attraction to a particular person. These feelings, sometimes called a "crush," are completely normal and will likely change, being transferred from one person to another for the next few years. Sometimes the crush will be on someone your age, and sometimes it will be on someone of a different age. These feelings can be confusing to sort through, and they can be strong, but they are normal. Don't be shy about sharing these feelings in a safe family setting.

Romantic attraction is an important part of love between a man and a woman, but there is so much more to love than attraction. True love, or charity, is what makes a relationship godly.

Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up; both not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things. (1 Corinthians 13:4–7 KJV)

Love is a strong feeling of affection and caring toward another person. Love is good and godly. **Lust**, on the other hand, is an intense physical attraction toward someone. It's normal to be attracted to a person, but to dwell on sexual thoughts and feelings toward another person other than your spouse is a sin.

Flee also your own lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart. (2 Timothy 2:22 KJV)

It may be tempting to have a romantic relationship, but adolescence is an ideal time to be friends with lots of boys and girls. At some point you will be ready to date, which is a great opportunity to figure out what kind of person you want to marry someday.

Marriage is the bonding of man and woman as husband and wife. Deciding who to marry will be one of the most important decisions in your life. In the Bible we read:

Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. (Genesis 2:24 KJV)

God intended for a husband and wife to find joy and happiness in marriage. He also provided a way for a

husband and wife to create children together and to be physically close with one another in a special way.

Activity: Vocabulary Words



Discuss the vocabulary words below that you feel are age appropriate for the children you are teaching, and place them on your science wall.

Sexual Intercourse

Abstinence

Read to the children:

The word "sex" can mean sexual reproduction, which is also called *sexual intercourse*. Sex can also be used to describe the gender, male or female, of a person or animal. For example, "The sex of the rabbit is female."

Many animals, and even plants, use sexual reproduction to multiply and replenish the earth. For example, female fish lay eggs in a rocky stream bed, and then a male fish swims over the eggs and fertilizes them with sperm. The fertilized eggs grow into baby fish right there at the bottom of the stream.



Other animals sexually reproduce through intercourse,



like humans, with the male inserting his penis into the female's vagina to release sperm and fertilize the egg, which will then grow a baby inside the female.

Many plants have male and female parts. When the two parts meet through pollination, fertilization happens. The fertilized ovules grow into seeds, often within a fruit. The seeds are later planted, naturally or by people, and then grow into the next generation of plants.



The world is such a beautiful place because of this constant reproduction of living things, created by God as a gift to us.

And God said, Behold, I have given unto every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so. And God saw every thing that he had made, and, behold, it was very good. (Genesis 1:29–31 KJV)

As God's children, created in His own image, we have a special responsibility with this power of sexual reproduction. It is so important that God has commanded that it only take place between a married husband and wife.

Right now, sex may not sound nice. To young people it may even sound gross. That's okay! As your body develops into adulthood and becomes ready to reproduce, the desire will grow. This is normal and good. Besides the blessing of having children together through sex, husbands and wives also share a special bond and connection when they are physically close.

It is very important to be in control of your feelings and desires as they appear. Some will say it's normal and okay to act on sexual feelings and desires. However, just as we have to learn to control our

feelings of fear, anger, excitement, and frustration, we must learn to control our sexual feelings. Imagine that a teenage friend is told by his mother that he may not have a cookie until after dinner, and then he falls to the floor, kicking, screaming, and crying. Would you think, "He's upset; it's normal and okay to act on those feelings"? No; we know that those feelings must be controlled. Sexual desires do not have to be tucked away forever, but to live virtuous lives, we must learn to control our sexual feelings and save them for marriage.

Temptations and unclean thoughts will come uninvited at times. When this happens, you are not "dirty" or "unclean." You have the opportunity to take control of your body and your mind. Think about something else. Pray for help. Start working on a project to get your mind on something new. Do not dwell on unrighteous thoughts and feelings.

It is pleasing to God when we respect the bodies of others. **Petting**, which is passionate kissing (or making out) and touching someone's private parts, is inappropriate before marriage.

It is also inappropriate to stimulate sexual feelings in yourself by touching yourself in sexual ways, which is called **masturbation**. The world says that masturbation is normal, but it is a perversion of the body's passions. It is selfish, habit-forming, and creates low self-esteem.

People who masturbate are often depressed from lack of self-control. Listen to your conscience and save sexual pleasure for marriage. Since sexual intimacy between a husband and wife is such an important part of bonding and growth in the marriage, you and your spouse will both be glad to share this pleasure.

Talk to your children about what to do if they are already masturbating or have acted on other sexual temptations, or if they have problems with it in the future. Discuss your beliefs on how to repent.

Explain to your children that victims of sexual abuse (rape, molestation, or other) did not do anything wrong and should not feel guilty. Help them understand that they can and should come to you if any situation makes them feel uncomfortable.

Q&A

Note to parents: The following is a list of common questions about sexuality. Use this as a guide to discuss the questions and answers that you feel are age appropriate for the children you are teaching. Add topics you wish to discuss. It is important to not laugh or act embarrassed or upset with children who have sincere questions or concerns. Help them to feel comfortable discussing sexuality with you. The more mature topics are covered toward the end.

What does "making love" mean?

Making love is another term for sex. Making love should always be an expression of love and affection, only between a husband and wife.

Is sex gross?

Some people worry that sex will be gross because reproductive organs are associated with using the bathroom. However, sex and using the bathroom are very different. Another reason sex may seem gross is because of "dirty jokes." Sex is a God-given, special experience and should not be joked about or made light of.

How often do couples have sex?

Married couples decide together how often to have sex, and the frequency changes throughout marriage, depending on many factors, including age, health, and how the relationship is going.

Does the wife get pregnant every time?

No, the wife can usually only get pregnant during a certain part of her menstrual cycle, and even then, the sperm may not reach the egg every time, or certain health conditions of the husband or wife, or both, may prevent pregnancy. However, pregnancy can happen even the first time having sex.

Can you get diseases from having sexual intercourse?

There are many infections—called Sexually Transmitted Infections, or STIs—that can be passed from one person to another through sexual intercourse, including an incurable disease called AIDS. Fortunately, if a husband and wife only ever have sexual intercourse with each other, it's very unlikely that they will get STIs.

What are wet dreams?

Sometimes semen (the fluid that contains sperm) is released randomly during a boy's sleep. **Nocturnal** (nighttime) **emission** is sometimes referred to as wet dreams. If you are a boy, this will happen to you periodically. When it does, just wash your underwear (and bedding if necessary) and don't worry about it. It's normal and nothing to be ashamed of.

What is a virgin?

Before someone has sexual intercourse, he or she is a virgin. The world may make jokes about virgins, or say that being a virgin is old-fashioned. That's simply not true. Being a virgin until you are married is good, virtuous, and keeping in line with God's commandments. We were never meant to try to "fit in" with the world's standards.

What is adultery?

Adultery is sex between a married person and anyone other than his or her spouse. Adultery is a serious sin. God commanded, "Thou shalt not commit adultery." (Exodus 20:14 KJV)

What is fornication?

Fornication is sex between two unmarried people and it is condemned by God. "Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." (1 Corinthians 6:18–20 KJV)

What is homosexuality?

Homosexuality is two people of the same sex engaging in sexual acts—in other words, men having sex with men or women having sex with women. Being attracted to someone of the same gender isn't a sin, but acting on or dwelling on those feelings is. Like adultery and fornication, homosexuality is condemned by God. "If a man also lie with mankind, as he lieth with a woman, both of them have committed an abomination." (Leviticus 20:13 KJV)

What is prostitution?

Prostitution is when somebody sells sexual acts for money. As with adultery and fornication, prostitution is a serious sin.

What is an erection?

When the spongy tissue of a penis fills with blood, it causes the penis to harden, elongate, and stick out. Sometimes this happens for no apparent reason, and sometimes it happens during sexual thoughts.

What is ejaculation?

Ejaculation is when semen (the fluid that contains sperm) comes out of the penis.

What is an orgasm?

The climax of sexual intercourse, which feels good, is called an orgasm and usually occurs at the end of sex. This good feeling can bring a married couple closer to each other emotionally and closer to God.

What is birth control?

Some couples choose to use birth control to prevent pregnancy. The only sure way to prevent pregnancy is abstinence, but there are products made to reduce the chances of pregnancy. **Discuss with your children your family's view and, if applicable, your religion's view on birth control.** If desired, discuss the different types of birth control available:

- barrier methods (condoms, diaphragms, spermicides, vasectomy, tubal ligation, etc.)
- hormonal methods (pills, patches, and other inserts)
- intrauterine devices
- fertility awareness

What is abortion?

Abortion is purposely killing a baby while it is inside its mother's womb. God loves all His children and has commanded "Thou shalt not kill." (Exodus 20:13 KJV)

Reconfirm to your children that sex is a beautiful thing when shared between a husband and wife for bonding and for creating children. Encourage your children to come to you anytime they have questions.

Lesson 5 - The Gestation and Birth of a Child

Objectives

Teach children how an egg and sperm develop into a child and discuss the stages of pregnancy and childbirth.



Preparation

- Assemble the mini-book *From Egg to Infant: Where Do Babies Come From?* included with this lesson.
- Print a copy of the pages titled "Gestational Stages" for each child.

Supplies needed

- Scissors and glue for each child

Read to the children:

We've learned a lot about the reproductive systems and the changes that happen to our bodies as we grow. We talked about why we need these changes and God's plan for married couples to grow closer together and to create a family. Today we're going to learn more about what happens when an egg becomes fertilized and how it becomes a baby.



- Read the mini book *From Egg to Infant: Where Do Babies Come From?* included in this lesson.

Read to the children:

In Psalms 127:3-5, we learn about the blessing of bearing children. It says:

Lo, children are an heritage of the Lord: and the fruit of the womb is his reward. As arrows are in the hand of a mighty man; so are children of the youth. Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate.

Activity: Vocabulary Words



Review the definitions that you have put on the vocabulary wall (or in a folder or bag) so far in this unit. Discuss the vocabulary words below and place them on your science wall.

Gestation

Placenta

Embryo

We are so blessed to have this miraculous ability to create life, and it is our great responsibility to do it in the way that God has designed.

Science Journal



Give a copy of the "Gestational Stages" pages to each child and have them cut out the pictures and paste them onto the correct boxes. Store the completed page in their Science Journal.

(Answers: A-40 weeks, B-20 weeks, C-8 weeks, D-12 weeks, E-30 weeks, F-4 weeks)

A photograph of a young couple smiling and holding a baby. The woman is on the left, and the man is on the right, both looking down at the baby with affection. The baby is wrapped in a white blanket.

From Egg to Infant: Where Do Babies Come From?

A photograph of a man with a beard holding a baby. The man is looking down at the baby with a gentle expression. The baby is wearing a white shirt and is being held in the man's arms.

Many of us have seen a new baby and wondered how he or she got here.

Because God loves us very much, He has designed a beautiful process to help us bring children into this world and into our families.

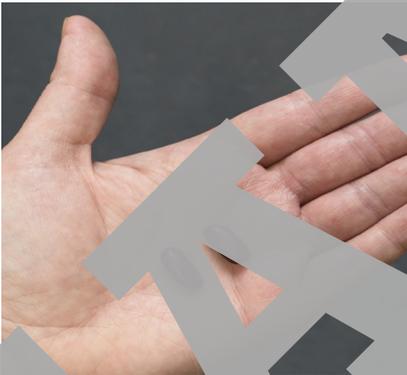


Conception

Babies are formed when an egg from their mother's ovary is released, travels down the Fallopian tube, and is met with their father's sperm that fertilizes the egg. It takes about 40 weeks, or 10 months (9 months after the egg is fertilized), for a baby to grow and be ready to be born. When we talk about **pregnancy**, the time when a baby is growing inside the mother's uterus, we break it into 3 periods of time called **trimesters**. Each trimester has a unique set of changes that happen as the baby forms.

2

First Trimester



As the fertilized egg grows, the cells split and multiply to form a cluster, which eventually becomes different parts of the baby.

About one week after the egg and sperm meet, the fertilized egg—now called an embryo—implants into the wall of the uterus where it will receive nutrients that help it grow. At just six weeks old, the embryo has a heartbeat. By week eight, the baby has developed all of its major

organs and limbs, though it is only about the size of a kidney bean. The placenta grows and begins feeding the baby through the umbilical cord. The baby is now called a fetus.

The first trimester ends after the 13th week, when the baby is about the size of a lemon and has more defined ears, nostrils, fingers, and even teeth have begun to form. During the first trimester, the change in hormone levels often causes the mother to feel nauseated and tired.



3

Second Trimester



Weeks 14 to 27 make up the second trimester. During this time, the baby and the uterus have grown big enough that many women start to have a "bump" that shows in their midsection, letting other people know that they are pregnant. For couples who want to find out if their baby is a boy or a girl before it's born, a special tool called an ultrasound machine is used to see the baby's sex during this trimester. An ultrasound is also used to check on the

baby's development and to make sure that it is growing properly.

During this trimester the baby grows from the size of a lemon to the size of a head of cauliflower, or about 2 pounds and 14 inches long. The second trimester is usually when the mother feels the best as she has more energy and less nausea. Many women can feel the baby moving around and sometimes even feel little kicks as the baby stretches and wiggles to get comfortable.

4

Third Trimester

The last 13 weeks, the 3rd trimester, is a time for the baby to finish out his or her development in preparation for life outside the womb. During this time the baby adds an extra layer of fat, and sometimes hair, to help keep warm. The baby's bones are still soft, but they begin to harden. The skull is still very soft to allow the baby to travel through the birth canal without trouble.

In the weeks leading up to birth, the baby moves into position to prepare for birth with its head facing downward toward the pelvis. The baby's brain has developed billions of connections, and he is able to hear sounds and open his eyes to see the light coming through. As he gains weight, he will reach about 6–7 pounds on average.

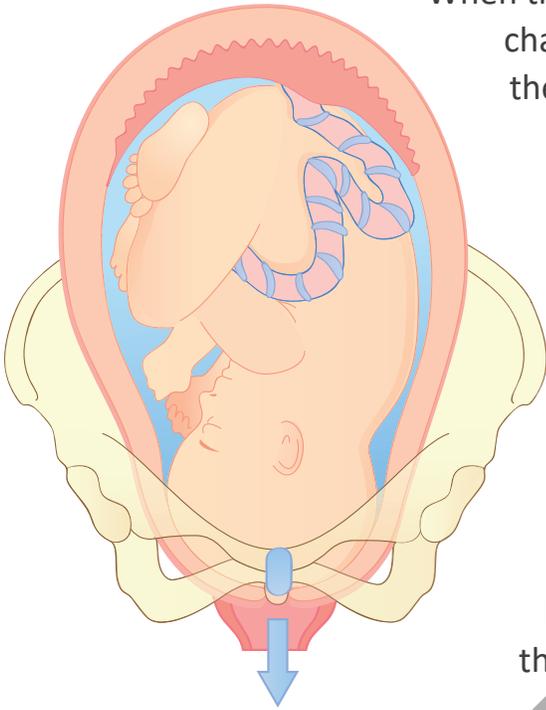
As the mother prepares for her baby to arrive, she often gets a "nesting instinct." She

puts all of her extra energy into getting her home ready for the baby and preparing the things she will need for birth. Her body also begins to prepare for delivery by exercising the muscles used to help push her baby out and by preparing the breasts for milk production.



5

Labor and Delivery



When the baby is fully grown and ready to be born, some changes begin to happen. Many women notice that their baby “drops,” meaning that the baby has moved down into the mother’s pelvis. Usually the baby comes out head first, and as it drops, its head puts pressure on the cervix. This helps the cervix stretch in preparation for birth. Many muscles in the mother’s abdomen are used to help the baby move down. As these muscles tighten and relax, they push the baby downward. We call this a **contraction**. When contractions start coming frequently, it means that the baby will be born soon. The pressure of the contractions and the baby pushing down usually breaks the bag of fluid that the baby is in. When this happens, the mother knows it’s time for the baby to be born.

6

Birth

Doctors, nurses, and midwives are trained to help mothers with the birth of their child and help make sure everything goes smoothly. Fathers can be an incredibly important support system, too.

As the baby makes its way through the birth canal, the soft bones in his or her head overlap to allow it to fit through. When the baby is born, the

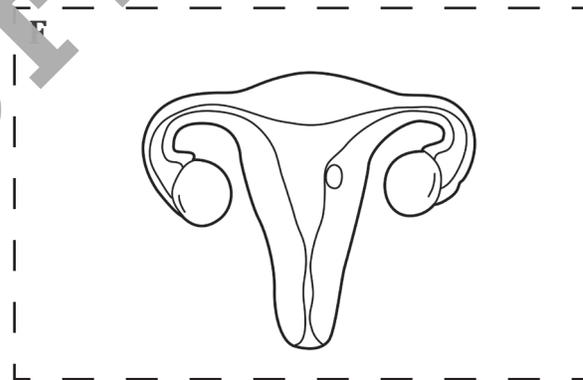
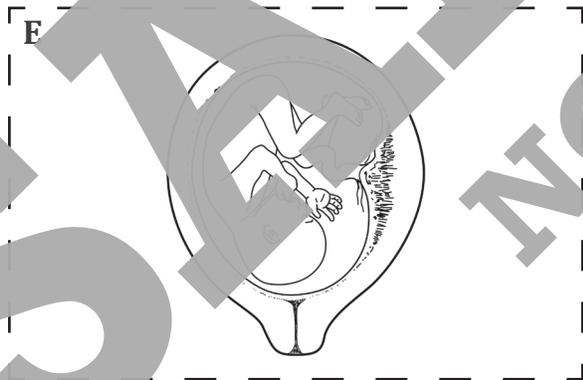
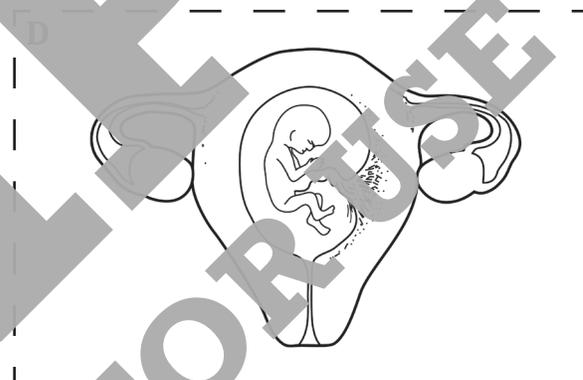
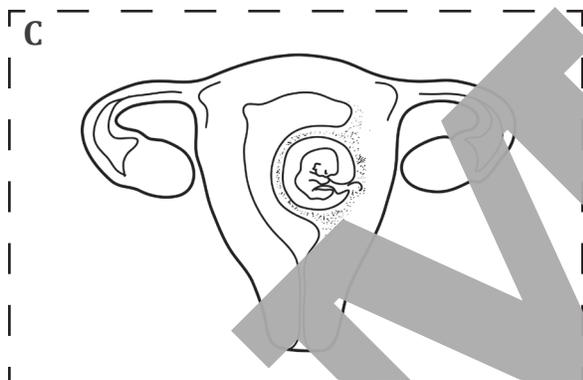
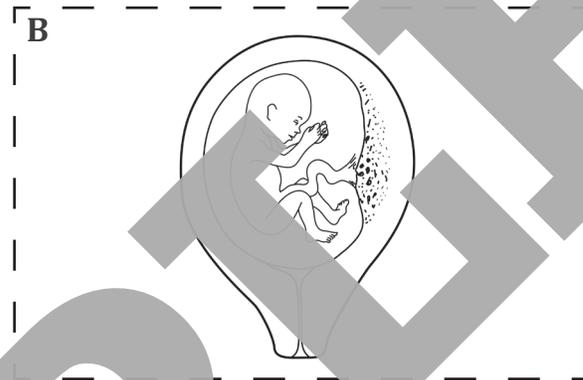
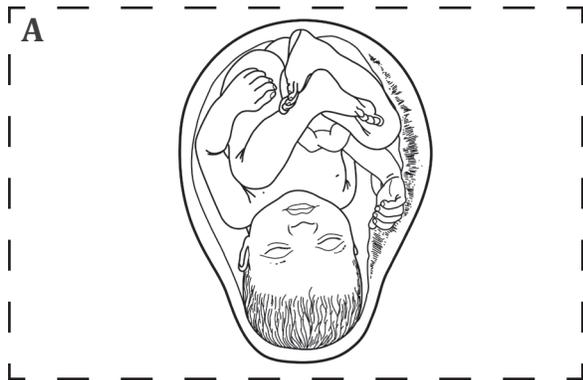


umbilical cord is still attached and will be clamped and cut to remove it. The placenta is delivered after the baby, and in time the uterus and cervix shrink back to their normal size. Sometimes a life-saving surgery called cesarean section (or C-section) is performed because of complications in birth. Mothers are usually able to begin breastfeeding right away, as long as the baby is healthy and ready.

7

Gestational Stages

Cut out the stages of gestation and paste them onto the next page in the correct boxes.

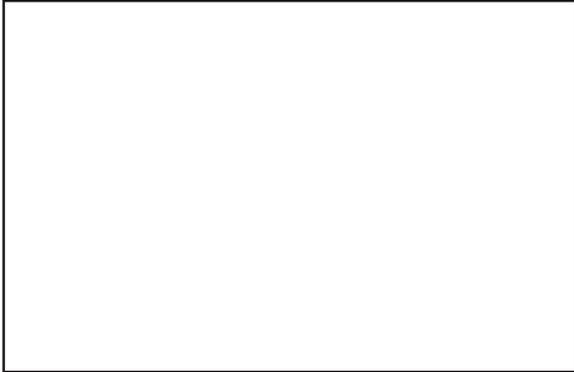


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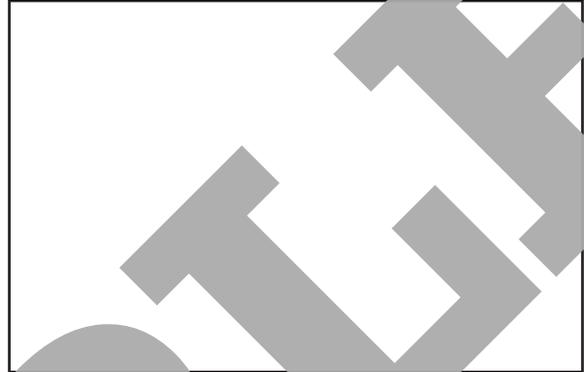
Gestational Stages

After pasting the pictures from the previous page, store this page in your science journal.

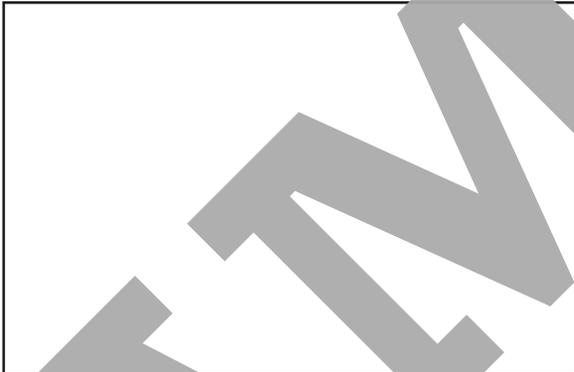
4 Weeks: I am a small ball of cells, preparing to grow organs and limbs.



8 Weeks: My hands and feet are growing and my brain and lungs are beginning to form.



12 Weeks: I have developed reflexes and can wiggle, and my eyes and ears are in position.



20 Weeks: I've learned how to suck on my hands and swallow, and I can hear you when you talk.



30 Weeks: I can open my eyes and see light, I love to stretch out and turn, and I am starting to build up some fat and grow hair.



40 Weeks: I'm ready to meet my family, though I'll still sleep a lot after I'm born so I can keep growing.



Lesson 6 - The Dangers and Destruction of Pornography

Objectives

Give the children the tools to overcome the temptations of pornography.



Preparation

- Cut out the money, cards, and pictures at the end of this lesson.

Supplies needed

None

Read to the children:

What are some dangerous things we should not do?

[Discuss things like playing in the road, swallowing cleaners or other toxic chemicals, touching guns, or any other dangerous things your family has previously talked about.]

If I were to tell you that we are going on a hike in the mountains today, how would you like that? Pause for answers. What if I told you that where we are hiking has bears, and so we need to do certain things to stay safe, such as carry bear spray, wear bells, and stay together in a group? Would you realize that I'm telling you because I love you and I want to keep you safe, or would you be upset about my warnings and disregard them? Pause for answers. As a parent, it's my duty to warn you of dangers and to help you if you are ever in a dangerous situation. I want to do this because I love you. We are going to talk today about something very dangerous and destructive. I want you to know that if you ever need help with this danger, I am here for you.

Show the children the money that you cut out. First, I want to show you something. Look at all this money I have. Just think of all the things we can do with this much money. But do you notice anything strange

about this money? [It's fake.] Can I use it to buy stuff anyway? [no] Why not? [It's not real; it has no value.]

This is counterfeit money. **Counterfeit** means fake; it's made to look like the real thing, even to trick someone into thinking it's the real thing. Counterfeit money sometimes looks real, but it has no value. It's worth absolutely nothing. In fact, if I tried to use counterfeit money at the store, it could get me in real trouble.

What does counterfeit mean? [fake] Does it have any value? [no] The dangerous thing we are going to talk about today is also counterfeit. It's called pornography.

Activity: What is Pornography?

Lay out the page titled "What is Pornography?" at the end of this lesson. Place card #1 on it and discuss it first. Lay out the other cards face down. Have a child choose a card and read it aloud, and then place it on the "What is Pornography?" page. Discuss the card. Repeat until all of the cards have been discussed. Note: This is a difficult subject, but helping children become comfortable talking about pornography in a safe family setting is very healthy.



Activity: Vocabulary Word

Discuss the vocabulary word **STIMULUS** and place it on your science wall.

Stimulus

Read to the children:

One example of stimulus is music. When you listen to a happy, upbeat song, it might make you want to dance. When you listen to classical music, it might make you want to close your eyes and sway. When you hear music with a catchy beat, you might find yourself tapping your foot. It is normal for every person and animal with a brain to react to a stimulus.

Here's another example of reacting to stimulus. I'm going to show you some photos, and you tell me how each one makes you feel.

Activity: Stimulus Pictures

Hold up one picture at a time, in any order. Encourage the children to describe the feelings they get from the photos.

It's normal to have reactions to these pictures. Everybody does. Our brain actually has a physical reaction, which can make other parts of our body react, too. Pornography is also a stimulus. It makes our brains and bodies react.

If you see pornography and it gives you curious or interested feelings and thoughts, that doesn't make you bad. What's important is how you respond to those feelings and thoughts. There are consequences when we respond inappropriately to those thoughts and feelings. Let's compare two Bible stories.

Read from this lesson the story: *David & Joseph.*

Read to the children:

What was the main difference between David's story and Joseph's story? [how they reacted to the temptation] We will all have temptations in life, but, if we let Him, God will always give us a way to handle the temptations.

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way of escape, that ye may be able to bear it. (1 Corinthians 10:13 KJV)

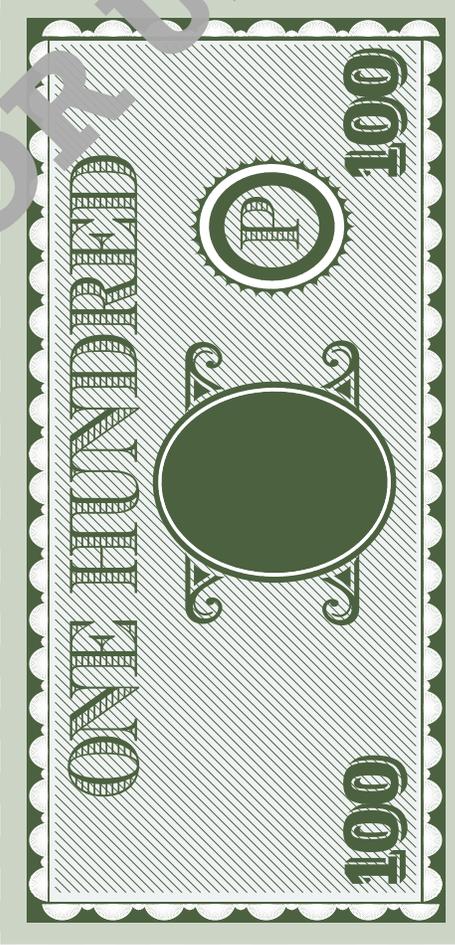
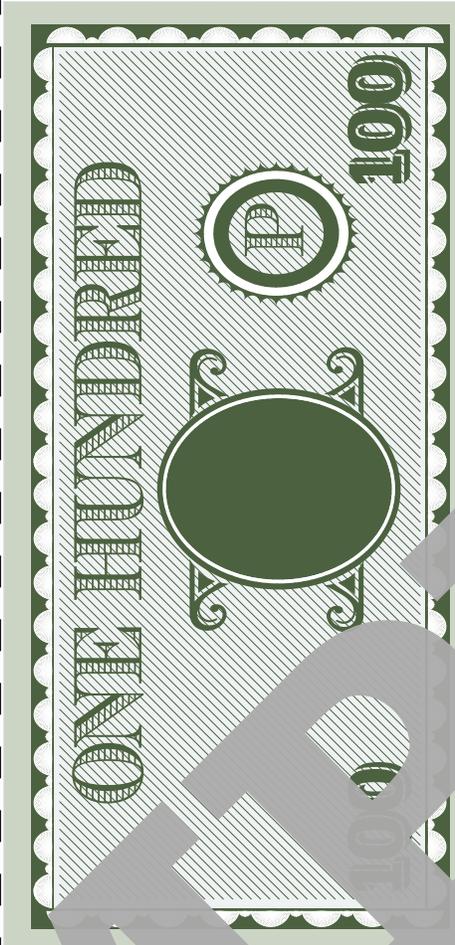
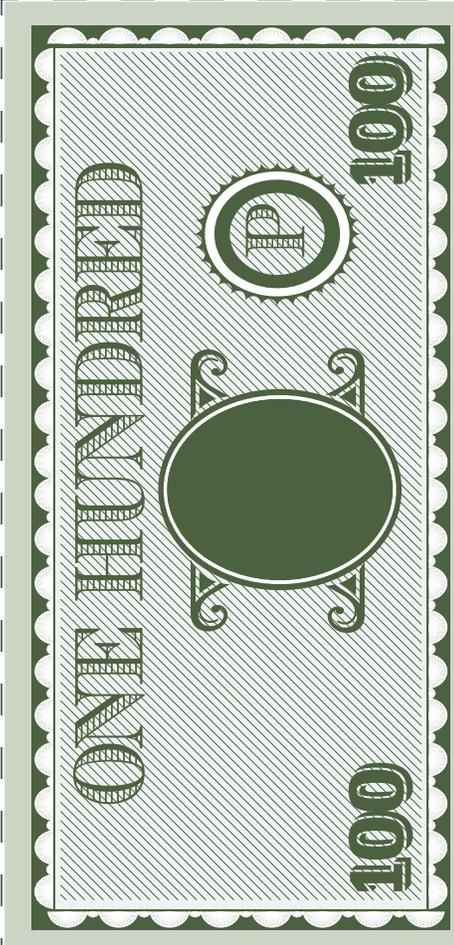
Even if somebody is pressuring you to look at bad pictures or participate in something you don't feel good about, you CAN resist the temptation.

Let's memorize a short Bible verse together that can help us in times of temptation:

I can do all things through Christ, which strengtheneth me. (Philippians 4:13 KJV)

Repeat the verse with the children until it is memorized.

Ask the children if they would like to share an example of a temptation they have faced, and how they dealt with it, whether they handled it right or wrong, and what consequences they had. Share examples from your own life, if desired. Be careful to not shame any child, but show love and kindness always.



STAMPED FOR USE

What is Pornography?

PORNOGRAPHY IS . . .

SAMPLE
NOT FOR USE

#1

bad pictures of people with little or no clothing on.

sold for commercial gain, meaning to make money.

any material that portrays the human body in a way that is meant to arouse inappropriate sexual feelings and thoughts.

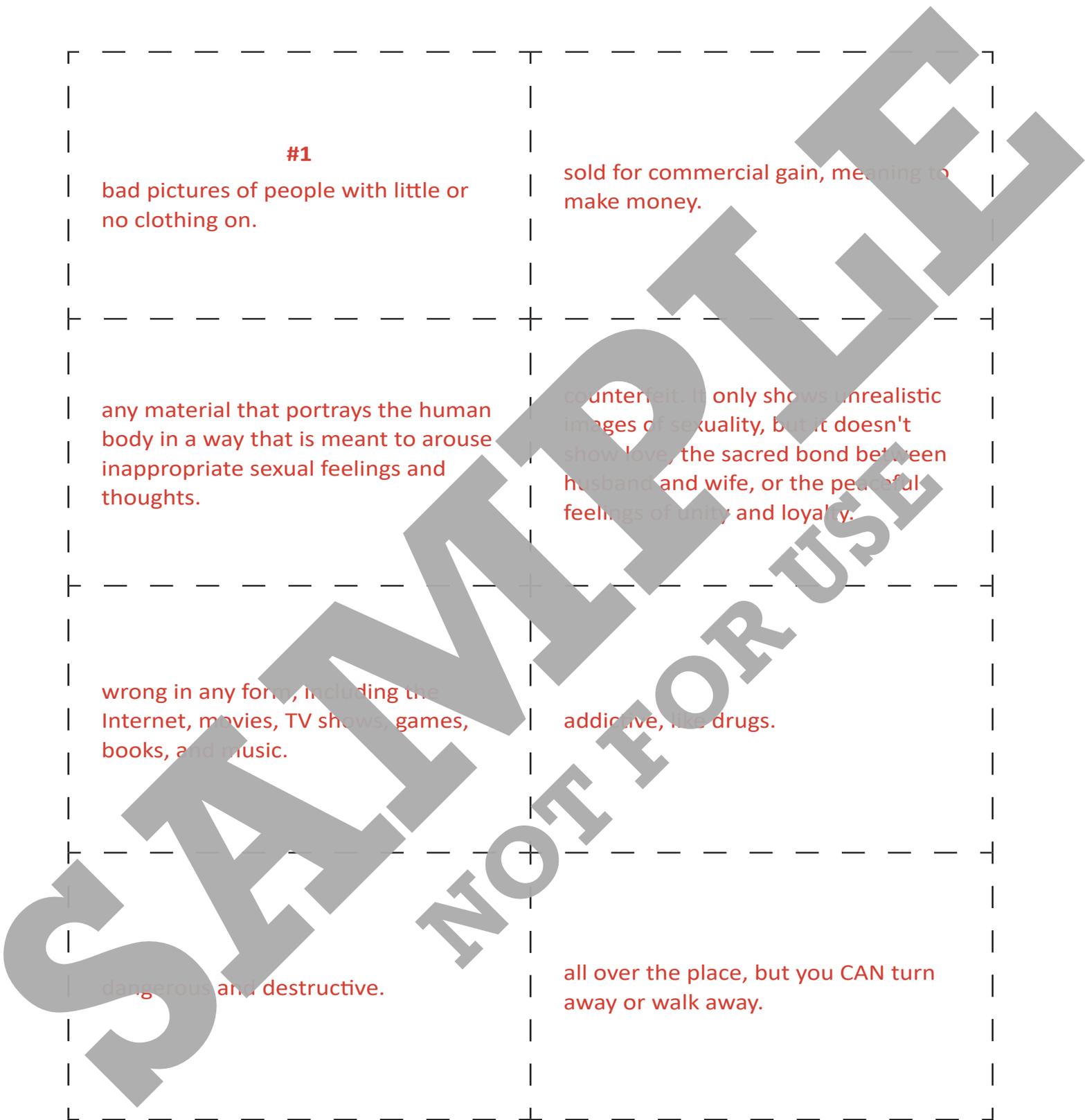
counterfeit. It only shows unrealistic images of sexuality, but it doesn't show love, the sacred bond between husband and wife, or the peaceful feelings of unity and loyalty.

wrong in any form, including the Internet, movies, TV shows, games, books, and music.

addictive, like drugs.

dangerous and destructive.

all over the place, but you CAN turn away or walk away.



Stimulus Pictures





David & Joseph

Stories from the Bible



David was a righteous young man. God directed Samuel the prophet to anoint David as king, and the spirit of the Lord came upon David from that day forward. (1 Samuel 16:13 KJV) When a champion warrior goliath covered in armor, a shield, and a helmet, challenged David, David's name was still a youth, went to battle against Goliath. He named him "Lord." God blessed David for his ability to do Goliath! Because of David's faithfulness, God blessed him and his kingdom.



Years later, King David was in a situation that tempted him. "In an evening tide . . . David arose from off his bed, and walked upon the roof of the king's house: and from the roof he saw a woman washing herself; and the woman was very beautiful to look upon." (2 Samuel 11:2 KJV) Tempted by what he saw, David chose to inquire after the beautiful woman. Her name was Bathsheba, and she was married to Uriah. Rather than turn away from the temptation, David committed adultery with the woman. She became pregnant, and David committed further sin to cover up what he had done: he had Uriah killed in battle.



David and his house suffered for his sins. God told him, "Now therefore the sword shall never depart from thine house." (2 Samuel 12:10 KJV) Just as God had warned, for the rest of David's life, conflict and war plagued his kingdom.



Now listen to a story with a happier ending. As a young man, Joseph had two dreams. He told his many brothers about his dreams and said they meant he would one day be their leader. This made Joseph's brothers angry, and they almost killed him. Instead, they sold him as a slave and told their father that Joseph had been killed by a wild animal.

The men who bought Joseph took him to Egypt and sold him to Potiphar, a rich Egyptian soldier. God helped Joseph be a good worker. Potiphar could tell that Joseph was a good person and put him in charge of all the servants.



Potiphar's wife liked Joseph, too. She tempted him many times to lie with her. But Joseph refused and said, "How . . . can I do this great wickedness, and sin against God?"

"And it came to pass, as she spake to Joseph day by day, that he hearkened not unto her, to lie by her, or to be with her. And it came to pass about this time, that Joseph went into the house to do his business; and there was none of the men of the house there within. And she caught him by his garment, saying, Lie with me: and he left his garment in her hand, and fled, and got him out." (Genesis 39:9-12 KJV)



Potiphar's wife lied about Joseph, saying he was the cause of being wicked. Potiphar was blamed for doing something wrong and was sent into prison. However, God blessed Joseph for his faithfulness—for not giving up from the temptation. Men in prison were having dreams, including Joseph. God revealed to Joseph what the dreams meant. Because of this, Pharaoh released Joseph from prison and made him a ruler over the land of Egypt. With God's help, Joseph was able to save people far and wide, including his own brothers, from starvation during the famine. He will always be honored as a faithful servant of God.



David was a revered prophet-king. When he was put in a tempting situation, he chose to look, which led to further sin, and eventually brought sorrow to his life and for countless people.

When he was put in a tempting situation, he chose to look, which led to further sin, and eventually brought sorrow to his life and for countless people. We have choices to make every day. Choose to serve the Lord, and He will bless you!

Lesson 7 - The Harmful Effects of Pornography

Objectives

Teach the children what to do when they see pornography. Teach the harmful effects of pornography on the brain and on relationships.



Preparation

None

Supplies needed

None

□ Read to the children:

There is so much pornography in the world right now, in movies, video games, magazines, books, on the Internet, and elsewhere. In fact, it is estimated that 1/3 of the content on the Internet is pornography. Unfortunately, that means it's nearly impossible to *not* be exposed to pornography at some point. We are going to learn today what to do when you see pornography. We will also learn about the many harmful effects of pornography.

There are basically two main parts of the brain: the thinking part and the feeling part. Here are three steps to use the thinking part of your brain to help you resist temptation when you do see pornography.

1. Call it what it is. Say or whisper out loud, "That's pornography. I don't want to see that." This uses the thinking part of the brain to take charge of the feeling part of your brain. Moving your lips and hearing your voice say the words will further make that connection.

2. Turn it off or turn away. Physically looking away, turning off the computer, closing the book, or

walking away will give the thinking part of your brain the strength to turn away again.

3. Talk to your parents. Speaking with a parent or trusted adult will help the thinking part of your brain understand what just happened. It will also help you make the right choice again the next time you come across bad pictures.

Hang the blackboard page with "If you see pornography" on your science wall. Read and repeat the three steps with the children over and over again until they have the steps memorized. Role play the three steps with the children, if you feel like it would be beneficial. Let one child pretend they saw bad pictures on a screen or in a book, and act out the three steps. Let each child have one or more turns.

Discuss the three steps with the children again in the near future.

Note to parents: When children come to you because they saw pornography, whether it was accidental or sought out, be calm, loving, and understanding so that they know they can always come to you. Assure them that they are not in trouble, and that you want to help them.

¹ Sebastian Anthony, "Just How Big Are Porn Sites?" ExtremeTech, Apr. 4, 2012, extremetech.com.

□ Video Activity

If the videos are still available, watch the three videos found at <https://fightthenewdrug.org/overview/> by clicking on the following icons: brain (2:13), heart (2:32), and earth (2:20). Discuss each video with the children.

Note: <https://fightthenewdrug.org> is a great resource for families to continue to learn about pornography and how to overcome it.

□ Read to the children:

Your brain has a “reward center.” When you do certain things, like eat something delicious or ride a roller coaster, the reward center fills your brain with a “pleasure” chemical called **dopamine**.

Many illegal drugs also release dopamine, making the drug user feel “high.” When a person continues to use the drug, they get used to the amount of dopamine released, and it no longer gives them the “high” feeling. In fact, drug users often find that they can no longer feel normal without more and more drugs to release more and more dopamine. This is called an addiction.

Pornography does the same thing to the brain. The more pornography somebody sees, the less they feel normal without it, and the more they crave to get the “reward” feeling.” Soon, everyday blessings no longer give good feelings. “Even things that used to make them happy, like going out with friends or playing a favorite game, stop providing enjoyment. They experience strong cravings and often find themselves giving more of their time and attention to [pornography], sometimes to the detriment of relationships, school, or work.”

People who seek out pornography report feeling anxious, depressed, in a bad mood, and bad about themselves.

It has even been proven that pornography destroys gray matter in the brain, “in the frontal lobes (which oversee things like planning, prioritizing, and controlling impulses), the striatum (which is involved

with the reward center and helps us control our behavior), and the insula (an area involved with feeling empathy and compassion for others).”

Once somebody starts seeking out pornography, it becomes difficult to stop. Just like any addiction, though, it can be overcome. Talking with parents and praying sincerely are the best resources to fight against the harmful effects of pornography.

What kinds of things could somebody do as soon as they have an inappropriate thought enter their mind or if they feel tempted to look up something on the Internet they know is wrong? [Discuss; some ideas could include: 1. Go talk to a parent. 2. Replace the thought with a thought they can regularly go to, like a happy memory. 3. Get away from the computer/book/phone/etc. and go serve someone. 4. Recite a favorite scripture verse or sing a happy song, etc.]

You can have complete control over thoughts and your reaction to temptations by choosing what thoughts to act upon and how to flee temptations.

□ Letter Activity

Show the children the letter included at the end of this lesson. Read to the children:

This letter was written by a real person who was affected by pornography. It is a very serious and sad letter. Listen carefully as I read it.

Read the letter aloud to the children, pausing for discussion as the Holy Spirit guides you.

Reassure the children that if they come to you because they have seen pornography, you will help them with the problem and not be mad at them.

Note: For help with Internet safety, see *The Good and the Beautiful Safety* unit, Lesson 7: “Internet and Peer Pressure.”

Preparation: Gather supplies and prepare personal hygiene kits for the next lesson, if desired.

² <https://fightthenewdrug.org/how-porn-can-become-addictive/>

³ Brand, M., K. S. Young, and C. Laier. “Prefrontal Control and Internet Addiction: A Theoretical Model and review of Neuropsychological and Neuroimaging Findings.” *Frontiers in Human Neuroscience* 8 (2014).

If you see pornography:

1. Call it what it is.

"That's pornography. I don't want to see that."

2. Turn it off or turn away.

3. Talk to your parents.

Dear young Friends,

When I was seven years old, going into second grade, I was with a group of boys during recess when one of them showed us some pictures. The pictures were of women without any clothes on. I didn't really know why someone would have pictures like that, and it didn't feel right but I didn't know what to do. I had never heard of pornography and hadn't been told it was bad, I just knew it made me feel strange. I didn't say anything about it to anyone, but I wish I had told my mom or dad when I got home from school.

About a year later I was at a friend's house and he showed me more pictures like that in magazines they had. I was kind of scared because it didn't feel right, but it was also kind of exciting and I was curious about what I was seeing. When I went home I didn't say anything to anybody about what I had seen. I was afraid I would get into trouble because I felt like I had done something wrong but I wasn't really sure what. I wish I had told my dad or mom.

As time went by, I would see more pictures like that in different places. I always felt like it wasn't right to look at them, but it also gave me a strange, kind of excited, kind of scared feeling. I still never talked to anyone about it. I wish I had.

As I got older and would see pictures like that, the excited feeling got stronger and stronger, and even though I was pretty sure I shouldn't look, I kept looking because of the way it made me feel. After a while I was actually looking for these kinds of pictures. By now I knew I was wrong, but it was like I wasn't able to stop. I always felt really bad after I had looked at them.

Finally I realized that I couldn't stop on my own. I had developed such a strong habit that I was addicted. I was really, really scared to tell anyone because I felt so bad about what I had been doing and I was afraid my family wouldn't want me anymore and that God wouldn't want me anymore. I prayed so much for help and forgiveness and finally I received courage enough to tell someone. I finally talked about it, and my family and God gave me the strength I needed to give up pornography!

It's been hard to let go of such a strong, bad habit, but over time, with help from others and from my Heavenly Father, I have been changed. I still have to be careful because sometimes I am tempted to look again, but now I have power to resist.

I think that if I would have talked to my parents when I was young, they could have helped me know that what I was seeing was wrong and could have helped me understand what I was feeling. I know that being able to talk to others about it now helps me want to keep free from pornography. And being free from pornography makes life so much better and happier. And I know that God loves me, and He always has.

-Scott S.

Lesson 8 - Personal Hygiene

Objectives

Help the children understand how to care for their growing, changing bodies to be healthy and confident.



Preparation

- Assemble the mini books *Personal Hygiene for Girls* and *Personal Hygiene for Boys*. (NOTE: You may want to print a copy for each child to keep for future reference.)

Supplies needed

Optional: It can be exciting for a child to receive his or her own hygiene kit. The excitement may spark a special interest in caring for the body. Hygiene kit ideas include the following:

- soap or bodywash and face wash
- washcloth or sponge
- shampoo
- conditioner
- toothbrush and toothpaste
- floss
- deodorant
- brush or comb
- pads or tampons for girls
- razor and shaving cream
- fingernail clippers
- a special tote to hold it all

Activity: Vocabulary Words



Review the definitions that you have put on the vocabulary wall (or in a folder or bag) so far in this unit.

Read to the children:

During adolescence, the hormones in your body naturally cause a lot of changes—changes in your voice, your hair, your skin, your body shape, your emotions, and your feelings. This is completely normal! Every adult you know—your parents, church leaders, coaches, neighbors—has gone through these changes and knows what it is like. You are definitely not alone.

During these changes, you will have to start taking responsibility for your own personal hygiene—keeping your body looking and smelling nice. Good hygiene

will help you to be confident and healthy. If you have good hygiene, it will be easier to make friends, land the job you want, and, when it's time, get a date! Let's look at a mini book about personal hygiene.



- Read the mini book(s) *Personal Hygiene for Girls* and/or *Personal Hygiene for Boys* included in this lesson.

Note: As a parent, decide if you want to read both books or just one book with the children, family style, or one-on-one. Consider giving each child a copy of one of the mini books for future reference.

Optional Activity: Hygiene Kit

If you prepared a hygiene kit, present it and answer any questions about how to use the items in the kit.

Personal Hygiene

for Girls



As your body changes from a girl's body to a woman's body, you will need to shower or bathe more regularly. Wash your whole body, from your head to your toes. Use soap (or body wash) and a washcloth (or sponge) on your body to combat the new smells created by hormones and sweat glands. You may not be able to smell yourself, but if you don't wash regularly, others will smell you.

Experiment to see what time of day works best for a daily shower or bath routine. Showering at night before you go to bed will help you get ready faster in the morning, and it will keep your bedding cleaner, but some people love a morning shower to help wake up and feel ready for the day. Be thoughtful of your family's bathroom needs when considering what time of day works best to wash up!

Washing your hands regularly is not only important for hygiene, but it also helps keep you and others around you healthy.



To be clean (and smell clean) as an adolescent and adult means your laundry will need to be washed more frequently. At the end of the day, don't just throw your worn clothes back in your dresser or closet, unless they are still truly clean and fresh. What's the point of washing your body regularly if you put stinky clothes back on it? It's also really important to wash your sheets and pillowcase regularly.

Learn how to wash your own laundry, if you haven't yet. Your parents will be very grateful, and you will be more prepared for adult life.

Feet sweat a lot, so they tend to get really stinky. When wearing closed-toe shoes, such as sneakers or boots, be sure to wear socks, and put on a clean pair of socks each day.

Change your underwear daily, too.

2

Even if you wash your body and your laundry regularly (and you should!), you may have to combat grown-up odors with deodorant. Not everyone needs deodorant, but if you do need it, there are many brands, scents, and applicators to choose from, and you will probably have to experiment to discover what you like best. Your parents can help you decide if you need it and what to use.

While shopping for deodorant, look at the labels. If the label says "Antiperspirant Deodorant," then it contains chemicals which block the sweat glands to reduce sweating. Some people prefer antiperspirants, but some studies have shown that these chemicals pose a health hazard. Talk with your parents or do some research to see which type of deodorant you should use.



3

During puberty, your body produces more oil, which clogs pores and causes zits, also known as pimples, whiteheads, and blackheads. If the pimples drive you crazy, remember that you are not alone! Almost every girl and boy deals with these skin flare-ups at some point.

The best defense against acne is to wash your face daily with soap or a special face wash. Some face washes contain *benzyl peroxide* or *salicylic acid*. These chemicals fight hard against zits, but they can also be harsh on sensitive skin.

Be mindful that picking at pimples can cause more irritation and maybe even permanent scars.

If your acne feels out of control, talk with your parents about seeing a dermatologist—a skin doctor—for help.

Most importantly, remember, it is not your skin that makes you a beautiful, wonderful, special person. It's what's inside you that matters! Your skin doesn't define *you*!

4

Once your period starts, you'll need to use "feminine hygiene" products—pads, tampons, period panties, or a menstrual cup. You don't have to just choose one product and stick with it; over time you will figure out what works best for your body.

Some pads and tampons are available in both deodorant and non-deodorant options. Deodorant pads and tampons have perfumes and chemicals to combat odors, but they can also cause irritation. The best way to fight odors is by washing daily and regularly changing out the hygiene product you are using. Never leave a tampon or menstrual cup inserted for longer than eight hours. This can lead to a serious infection called *toxic shock syndrome*.

When you remove a pad or tampon, wrap it in toilet paper (or the wrapper of a new pad or tampon) and throw it in the garbage. Never flush pads or tampons down the toilet. Don't forget to wash your hands!

If you accidentally get blood on your underwear, just wash it in cold water.

5

Your smile can brighten another person's day and help you make friends. Be confident in your smile by having clean, white teeth and fresh breath. Make sure you have a clean toothbrush with bristles that aren't bent and worn out. Choose a toothpaste that fights plaque, a bacterial film that will form on teeth and cause cavities. Brush for at least two to three minutes, a minimum of twice a day. Make sure you get every part of every tooth—backs, sides, tops—so that plaque and cavities don't have much of a chance.



Keep your gums healthy by flossing at least once a day. If you don't take care of your gums, you could get *gingivitis*, a gum disease that causes red, swollen, and painful gums, as well as bad breath.

For fresh breath during the day, you can try swishing some mouthwash around your mouth and gargling, but do not swallow. Mouthwash is not a substitute for daily tooth and gum care, but it can help fight bacteria that cause bad breath.

If you get braces, your orthodontist will teach you special ways to care for your teeth.

SMILE and make someone's day!

6

Having clean, healthy hair will help you feel confident, which makes others enjoy being around you. Your hair might get oily during puberty. Keep it clean and healthy by washing it regularly. For some, this means two or three times a week, but if you get sweaty or oily, or if you use products like gel or hairspray, you may need to wash it every day. Use a shampoo that works well for your hair type, and then use a conditioner to soften your hair and help keep the tangles at bay. Brush or comb your hair regularly to keep it looking smooth and healthy.

Excessive heat damages hair. If you use heat tools, such as straightening irons, curling irons, and blow dryers, use a warm setting and don't leave it in one place for more than a couple seconds at a time. It's best to not use heat tools daily.

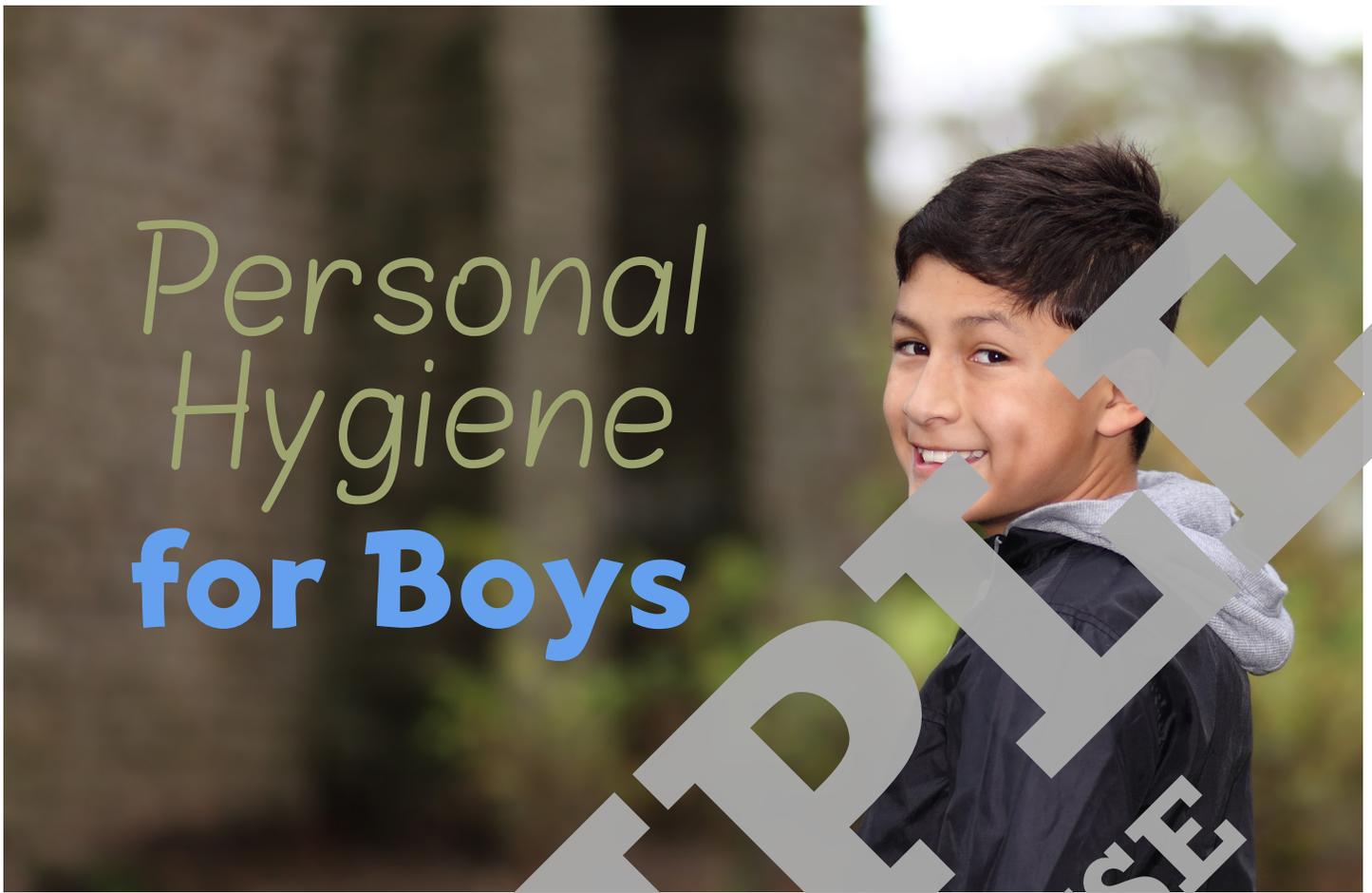
Part of reaching puberty is growing hair in new places. You will start to notice hair on your legs, in your armpits, and in your pubic area. This hair helps keep your body clean and healthy. In some cultures, women choose to shave some of their body hair. This is something you may discuss with your parents to decide what is the right option for you.

Care for your fingernails and toenails by clipping them regularly and keeping them clean.



7

Personal Hygiene for Boys



As your body changes from a boy's body to a man's body, you will need to shower or bathe more regularly. Wash your whole body from your head to your toes. Use soap (or body wash) and a washcloth (or sponge) on your body to combat the new smells created by hormones and sweat glands. You may not be able to smell yourself, but if you don't wash regularly, others will smell you.

Experiment to see what time of day works best for a daily shower or bath routine. Showering at night before you go to bed will help you get ready faster in the morning, and it will keep your bedding cleaner, but some people love a morning shower to help wake up and feel ready for the day. Be thoughtful of your family's bathroom needs when considering what time of day works best to wash up!

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The best defense against acne is to wash your face daily with soap or a special face wash. Some face washes contain *benzyl peroxide* or *salicylic acid*. These chemicals fight hard against zits, but they can also be harsh on sensitive skin.

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If your acne feels out of control, talk with your parents about seeing a dermatologist—a skin doctor—for help.

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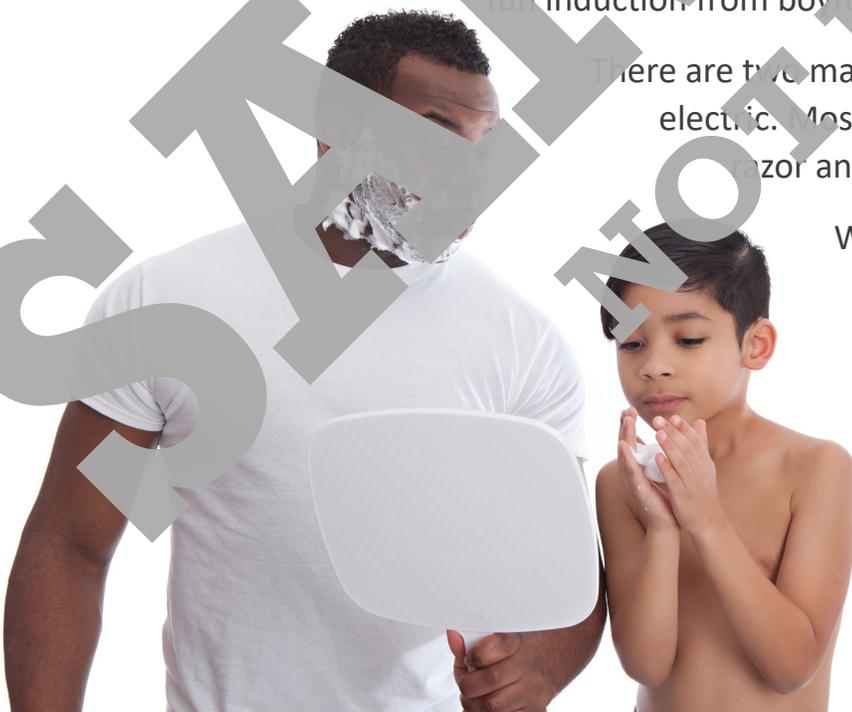


4

You will likely start to see hair growing on your chin and upper lip during puberty. Not everybody chooses to shave, but if you do, the best way to learn how is from a trusted big brother, father, or other adult. Enjoy that first shave—it can be a fun induction from boyhood into manhood!

There are two main kinds of razors—disposable and electric. Most people start with a disposable razor and some shaving cream or gel.

When you shave, make sure you "go with the grain," meaning, shave in the direction the hair is growing. Shaving against the grain may cut the hair slightly closer to the skin, but it can cause razor burn and ingrown hairs, which are painful. You may get a few little cuts and scratches at first. Don't worry. Practice makes perfect!



5

Your smile can brighten another person's day and help you make friends. Be confident in your smile by having clean, white teeth and fresh breath. Make sure you have a clean toothbrush with bristles that aren't bent and worn out. Choose a toothpaste that fights plaque, a bacterial film that will form on teeth and cause cavities. Brush for at least two to three minutes, a minimum of twice a day. Make sure you get every part of every tooth—backs, sides, tops—so that plaque and cavities don't have much of a chance.



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If you get braces, your orthodontist will teach you special ways to care for your teeth.

SMILE and make someone's day!

6

Having clean, healthy hair will help you to feel confident, which makes others enjoy being around you.

Your hair might get oily during puberty. Keep it clean and healthy by washing it regularly with shampoo. For some this means two or three times a week, but if you get sweaty or oily, or if you use products like gel or hairspray, you may need to wash it every day. If you struggle with dandruff (skin flaking from your scalp), try a special dandruff shampoo and make sure to scrub your scalp well. Brush or comb your hair regularly to keep it looking attractive and healthy!

Care for your fingernails and toenails by clipping them regularly and keeping them clean and tidy.



7