

MATURATION AND SEXUAL REPRODUCTION

STUDENT JOURNAL

This journal belongs to:



INSTRUCTIONS

This student journal accompanies *The Good and the Beautiful Maturation and Sexual Reproduction* science unit. It contains all the worksheets and journal pages that are needed to complete the unit. Each student will need his or her own copy of the student journal.

Have each student take his or her time to create high-quality work as the activities and worksheets are completed. Students may enjoy looking back on their past discoveries when they've finished.

TABLE OF CONTENTS

Lesson 1.1
Lesson 2.2
Lesson 5.3
Lesson 6.6
Lesson 7.13
Lesson 8.15

TRAITS OF A STRONG MAN

Ephesians 6

- 10: Finally, my brethren, be strong in the Lord, and in the power of his might.
- 11: Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.
- 12: 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.
- 13: 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.
- 14: Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;
- 15: [A]nd your feet shod with the preparation of the gospel of peace;
- 16: [A]bove all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.
- 17: And take the helmet of salvation, and the sword of the Spirit, which is the word of God:
- 18: [P]raying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints . . .



Discuss:

Immorality is often portrayed as normal or even manly in popular media. Paul teaches us that resisting temptation is actually a sign of strength.

- 1 How does God define strength and manliness?
- 2 How is preparing to resist temptation like preparing to go to battle?



Read the verses above from Ephesians 6:10–18, and then make a list of ways to be strong in the Lord.

TRAITS OF A VIRTUOUS WOMAN

Proverbs 31

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. . . .

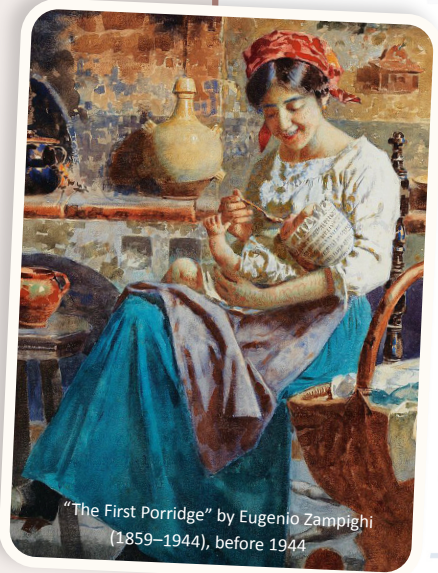
17: She girdeth her loins with strength, And strengtheneth her arms.

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; Yea, 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.



Discuss:

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."

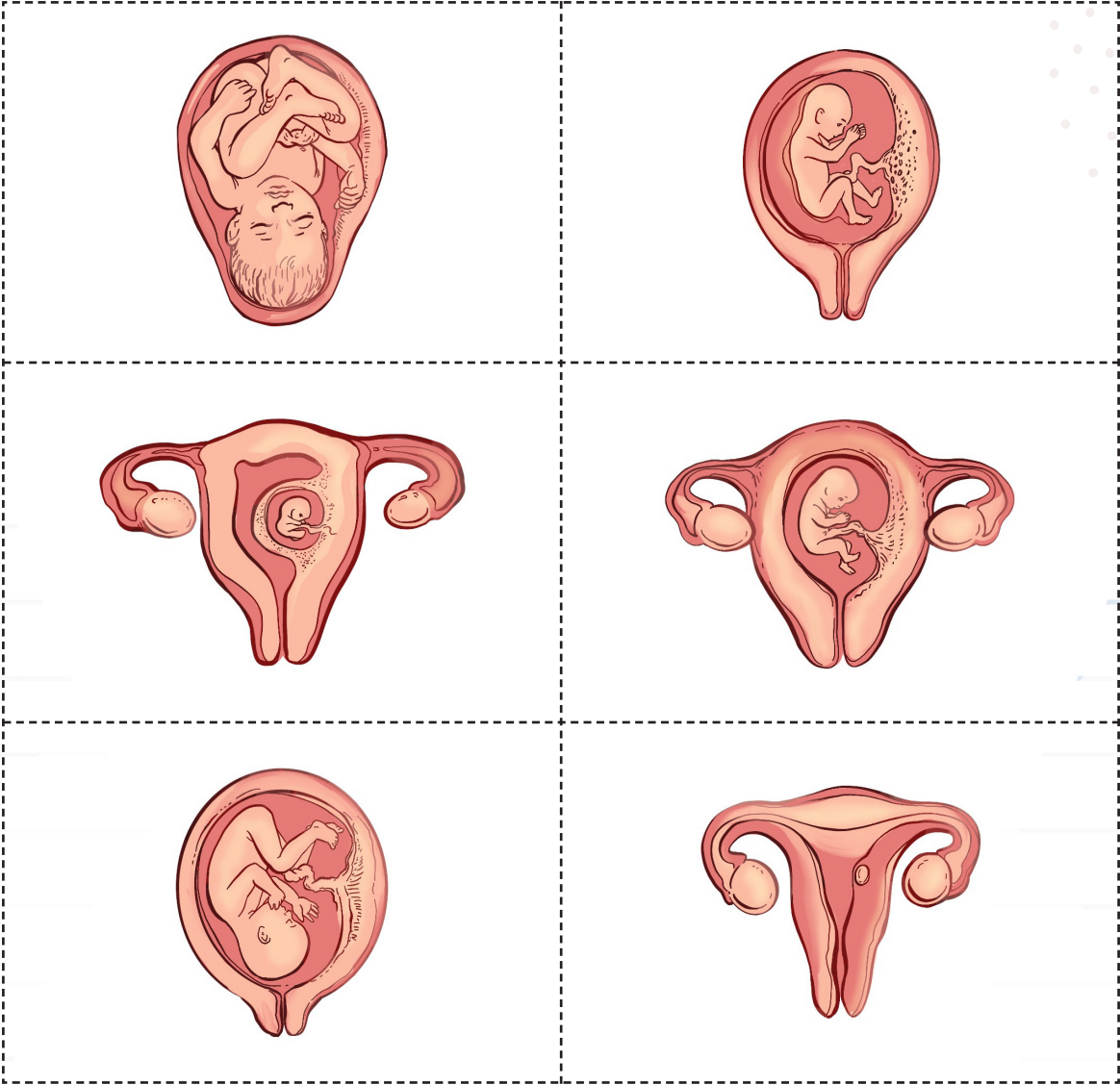
What do you think about that joyful promise from God?



→ Read the verses above from Proverbs 31, and then make a list of character traits of virtuous women.

GESTATIONAL STAGES

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



WHAT IS PORNOGRAPHY?

Cut out the cards below to be used with the "What Is Pornography?" page to the left.

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, social media, 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.

I CAN DO ALL THINGS THROUGH CHRIST

Practice the scripture verse below while completing the activities. Add color to the drawing on page 11.

1 Write the missing words on the lines using the word bank below.

I can do _____ things
through _____
which _____ me.

Christ all strengtheneth

2 Use the key below to write the correct letter on each line for the verse.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

_____ 9 _____ 3 _____ 1 _____ 14 _____ 4 _____ 15 _____ 1 _____ 12 _____ 12

things _____ 20 _____ 8 _____ 18 _____ 15 _____ 21 _____ 7 _____ 8

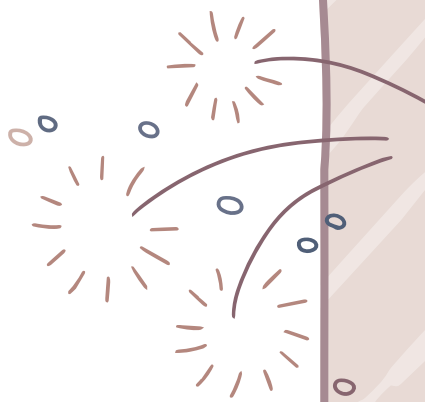
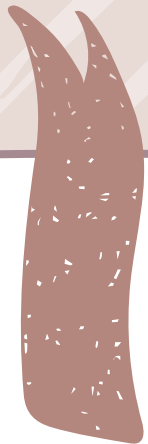
_____ 3 _____ 8 _____ 18 _____ 9 _____ 19 _____ 20 which

strengtheneth _____ 13 _____ 5 .



PERSONAL HYGIENE

for Girls





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 do 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.

Having clean, healthy hair will help you properly care for your scalp and feel confident. 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 for others, washing may need to be less frequent. If you get sweaty or oily, or if you use products like gel or hairspray, you may need to wash it more frequently.

Use a shampoo that works well for your hair type. Different hair types may necessitate the use of different products, such as conditioner to soften your hair. Help keep the tangles at bay by brushing or combing 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 few seconds at a time. It's best not to 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. Some 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.



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 another 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!

