

MATURATION AND SEXUAL REPRODUCTION



THE GOOD AND THE BEAUTIFUL

Maturation and Sexual Reproduction

CREATED BY THE GOOD AND THE BEAUTIFUL TEAM

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**Note: This lesson covers sexual intercourse, abstinence before marriage, the difference between love and lust, avoiding petting and masturbation, and respecting the bodies of others. This lesson also contains a Q&A portion for guidance on answering questions.*



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Unit Information

Student Journal



All The Good and the Beautiful science units include activities in a student journal. Each student should have his or her own student journal, and the parent or teacher will direct the student regarding when to complete the activities in the lessons. The journal can be purchased by going to goodandbeautiful.com/science and clicking on the *Maturation and Sexual Reproduction* unit link. This unit is different from other units because it has only a single student journal for children grades 3–8.

Lesson Preparation



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

Science Wall



All science units include vocabulary words to be placed on your science wall, which is a wall or trifold presentation board in your learning area on which you can attach the vocabulary words and other images. Cut out the vocabulary word cards at the beginning of the unit. The course will indicate when to place them on the wall.

Activities



This unit contains hands-on activities but does not include experiments or videos.





Frequently Asked Questions

What worldview and moral stance does this unit take?

This unit takes a nondenominational Christian worldview 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 are 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 he or she reacts; listen to the guidance of the Holy Spirit in determining what, when, and how much to share with each child. Create 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 and the student journal 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 or remove parts from the unit and/or student journal that you disagree with or that make you feel uncomfortable. Throughout the unit, discussion questions are underlined. As you preread 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 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.



SUPPLIES NEEDED



You will need the following supplies for activities. There are no experiments in this unit.

Lesson 1

- A baby picture of each child

Lesson 2

- None

Lesson 3

Optional Activity—Feminine Hygiene Products

- Disposable or reusable pads
- Tampons
- Period panties
- Menstrual cups or other menstruation products

Lesson 4

- None

Lesson 5

- Scissors for each child
- Glue for each child

Lesson 6

- Glue

Lesson 7

- None

Lesson 8

Optional Activity—Hygiene Kit

- Soap/face wash
- Washcloth or sponge
- Shampoo/conditioner
- Toothbrush/toothpaste
- Deodorant
- Brush/comb
- Pads/tampons
- Razor/shaving cream
- Fingernail clippers
- Container





Vocabulary

Instructions: Cut out the vocabulary cards in this section. Place them on your science wall when prompted to do so in the lessons. Review the vocabulary words several times during this unit and, if desired, at various times throughout the school year.

Hormones

chemicals in the body that send messages to the brain, reproductive organs, and other cells to keep the 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.

Testicles

small organs on a male located in a sac of skin (the scrotum) beneath the penis; also called testes

- produce sperm and male hormones
- sensitive to pain and temperature
- able to move closer to or farther from the body to maintain a temperature a few degrees lower than the body

Scrotum

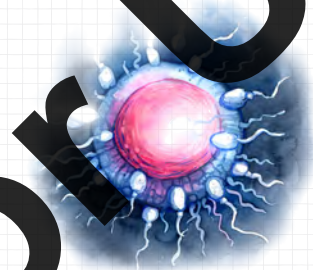
the sac of skin that hangs below the penis and contains the testicles

Penis

the organ on the front of a man's body used to release urine daily as well as semen and sperm during sex

Sperm

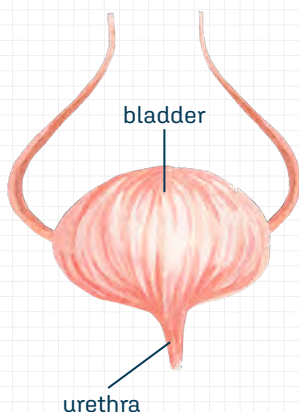
cells that are produced in male testicles that combine with an egg to make a baby



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.



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

Vagina

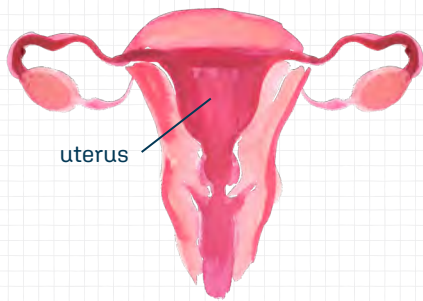
also called the birth canal, it is a muscular, hollow tube extending from the vaginal opening to the uterus

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

connects the vagina with the uterus (womb)

The opening of the cervix is small, about as wide as a straw, but it expands to allow the baby through at delivery.

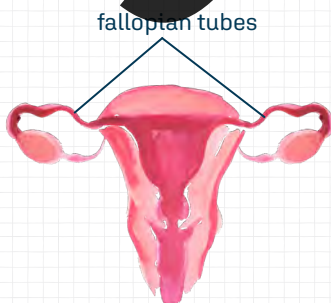
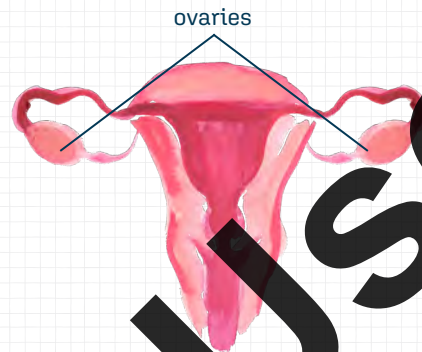


Uterus

also called the womb, it 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

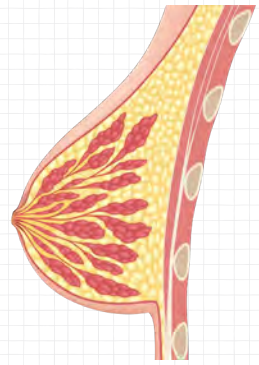


Fallopian Tubes

provide the path for an egg to travel from the ovaries to the uterus

Mammary Glands

the milk-producing glands in women, designed to nourish and feed a baby



Menstrual Cycle

the time period when a woman's ovary sends an egg into the fallopian tube

The egg travels through the fallopian tube to the uterus. If the egg is fertilized, a baby starts to grow in the uterus. If it is not fertilized, it is flushed out of the body along with some blood and tissue from the lining of the uterus that was building in preparation for a fertilized egg.

Sexual Intercourse

when a man inserts his penis into a woman's vagina and sperm is released; also called sex

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 not to do—bodily acts



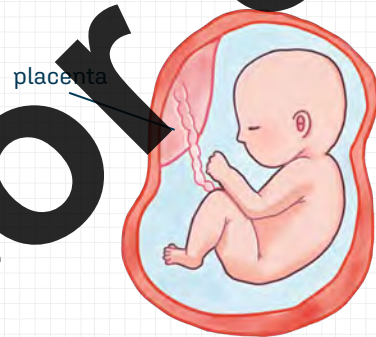
Gestation

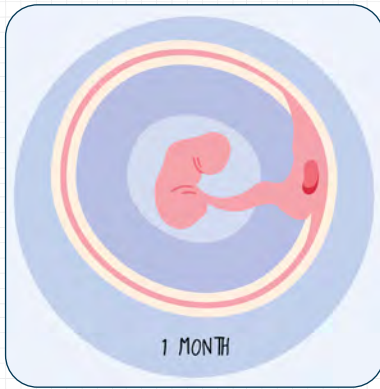
the period of time when a baby is developing in the uterus

The average human gestation is 40 weeks.

Placenta

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





Embryo

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 eight weeks along, it is then called a fetus

Stimulus

something that causes the brain and body to react

OUR SACRED BODIES: MALE BODIES & PUBERTY

Objective

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:

☐ None

Activity Supplies

- A baby picture of each child



☐ 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) 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.

☐ Reproduction

Read to the children: In the Bible we read the following:

“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).

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 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 or 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.

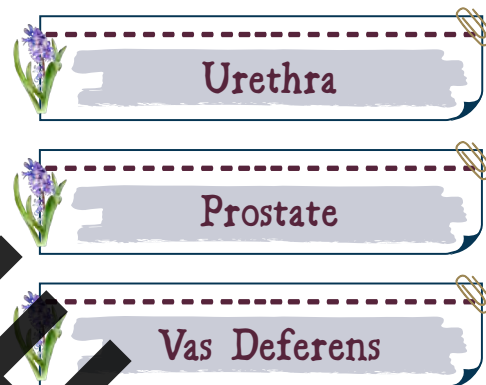
Science Wall: Vocabulary Words



Note: Some parents may feel comfortable keeping vocabulary words for this lesson on their science 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 cards that you feel are age appropriate for the children you are teaching.

Place the vocabulary cards HORMONES, TESTICLES, SCROTUM, PENIS, SPERM, URETHRA, PROSTATE, and VAS DEFERENS on your science wall. Read and discuss the words and their definitions.



Male Puberty

Read to the children: Look at the image at the bottom of this page. This is a hyacinth. The image shows how the hyacinth grows and matures. Our bodies also grow and mature. *Puberty* is the process of physical change in which a human grows from a child to an adult who is able to reproduce sexually. 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 nine and 14 and lasts for two to five years. When puberty starts for boys, the *pituitary* [pih-TOO-uh-tehr-ee] gland,



which is located just below the brain, starts sending **hormones** to the **testicles**, the two egg-shaped glands in the **scrotum** (the sac that hangs under the **penis**). These hormones create testosterone and **sperm**. Men will need 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*.
- Moods can change quickly, and emotions can feel strong.
- 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 are sometimes released through the penis during sleep. This is normal during adolescence and is nothing to be ashamed of.

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 if desired (noting that a future lesson covers the topics of avoiding passionate kissing, petting, masturbation, as well as 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.

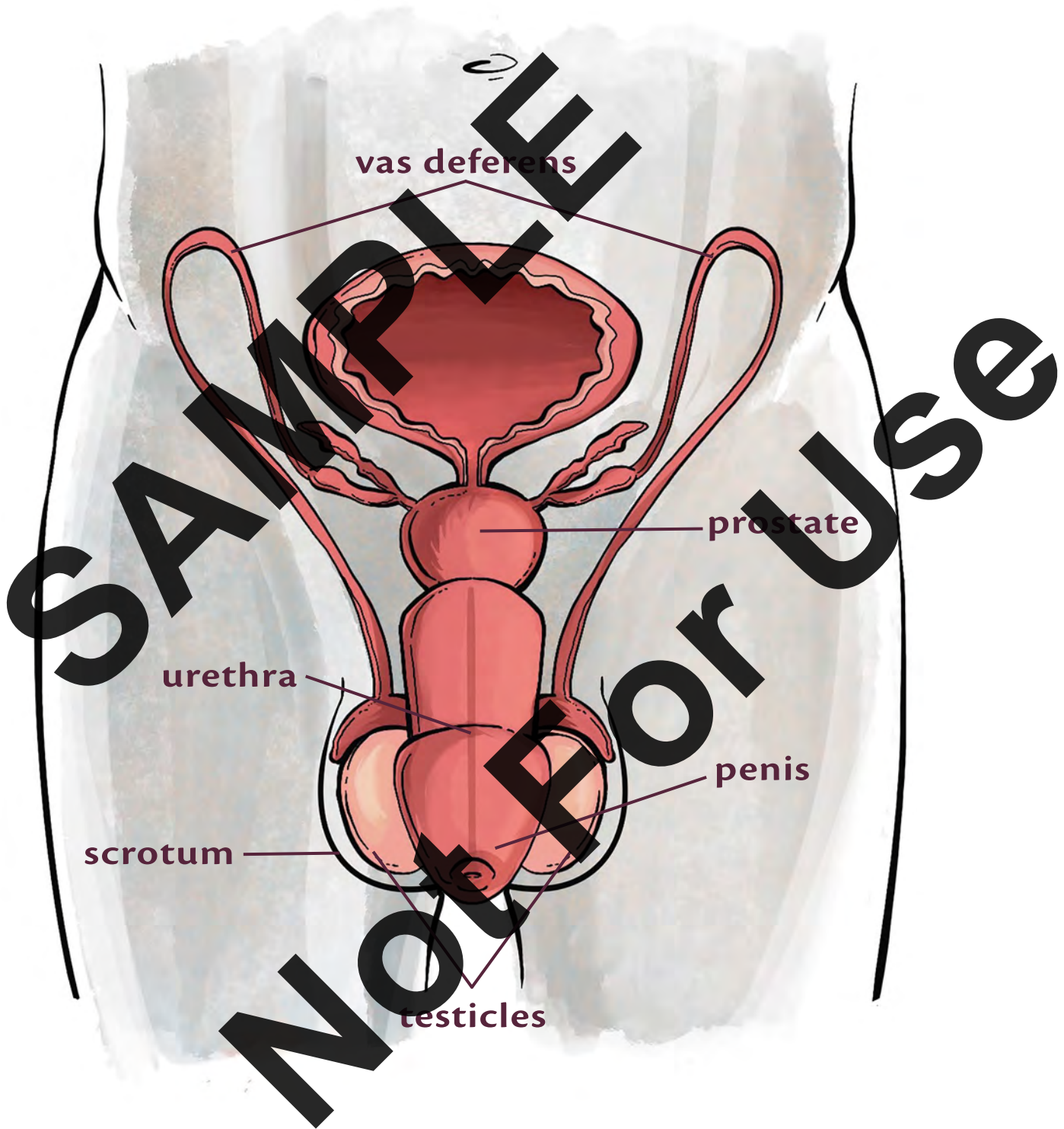
Traits of a Strong Man



Have the children turn to the "Traits of a Strong Man" page in Lesson 1 of their student journals and complete the page.



Male Reproductive System



OUR SACRED BODIES: FEMALE BODIES & PUBERTY

Objective

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



Preparation:

☐ None

Activity Supplies:

• None

☐ The Workmanship of God

Read to the children: Ephesians 2:10 says, talking about God, “For we are his workmanship . . .”

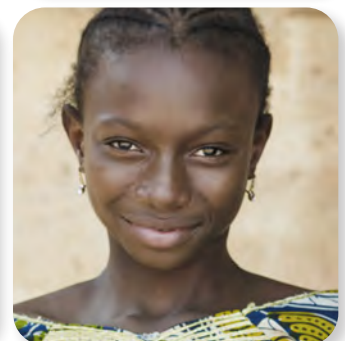
It is incredible to think about the fact that we are each the workmanship of God. Just as God created great variety and beauty in the natural world, He created great variety and beauty in each and every person. Look at the pictures of the girls on the right. Even though they all look so different, aren’t 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. Males and females have not only similarities, but also differences.

In order to procreate or reproduce—both words meaning to create children—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 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.



Science Wall: Vocabulary Words



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

Place the vocabulary cards VAGINA, CERVIX, UTERUS, OVARIES, FALLOPIAN TUBES, and MAMMARY GLANDS on your science wall. Read and discuss the words and their definitions.



Breast Milk

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. There are also carefully created formulas for babies with special dietary needs or for mothers who are unable to or choose not to breastfeed for various reasons. Breastfeeding and bottle feeding a baby are both wonderful bonding experiences. Look at the image below. Can you sense the beautiful bonding between the mother and baby? Pause and discuss. Isn't it wonderful how the baby is getting the nutrition and the love it needs 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 the human body, especially the reproductive parts and female breasts. It's normal to have feelings of attraction to another person, but bodies are sacred 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.



Female Puberty

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 eight 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 armpits 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.

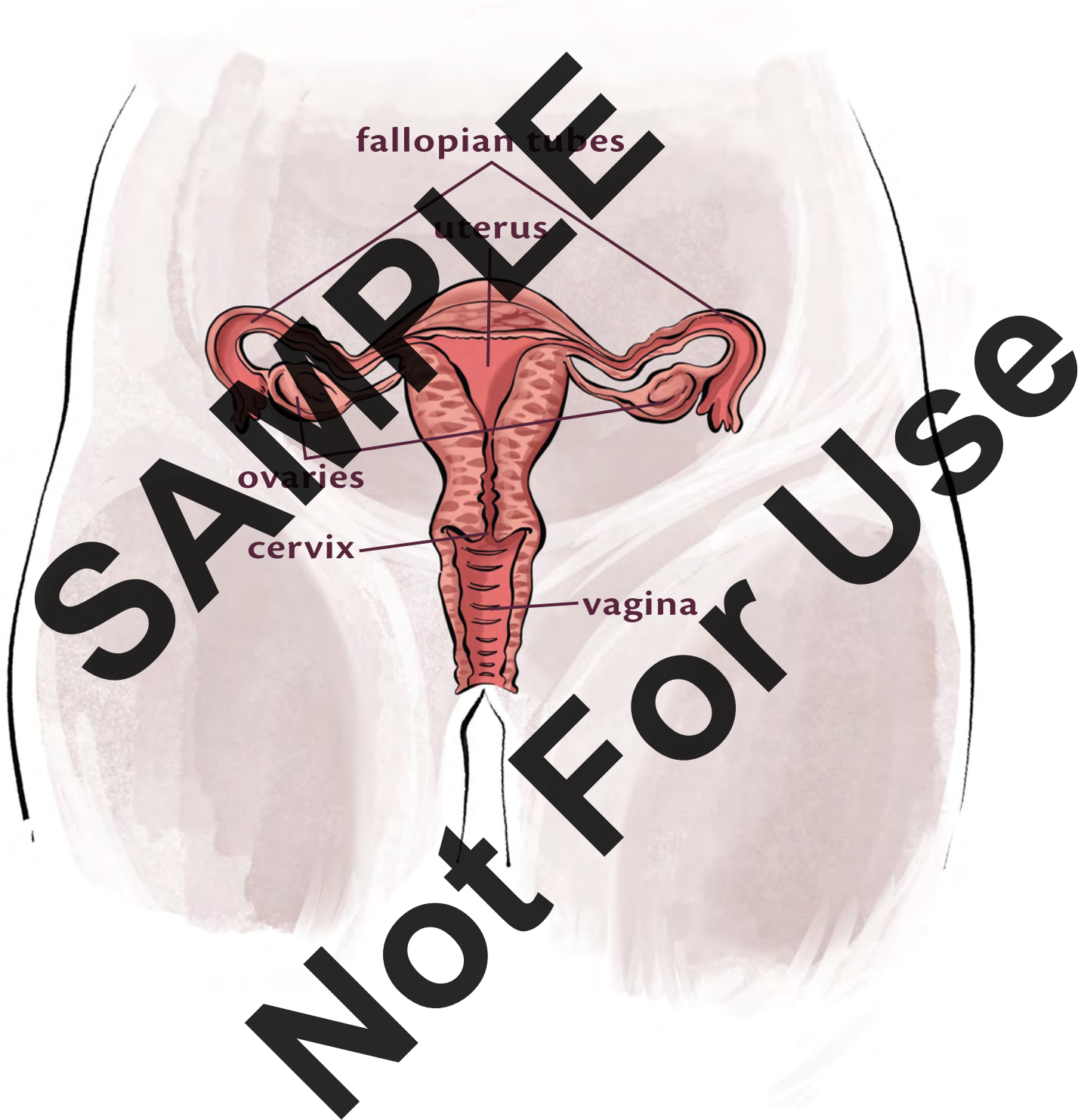
Traits of a Virtuous Woman

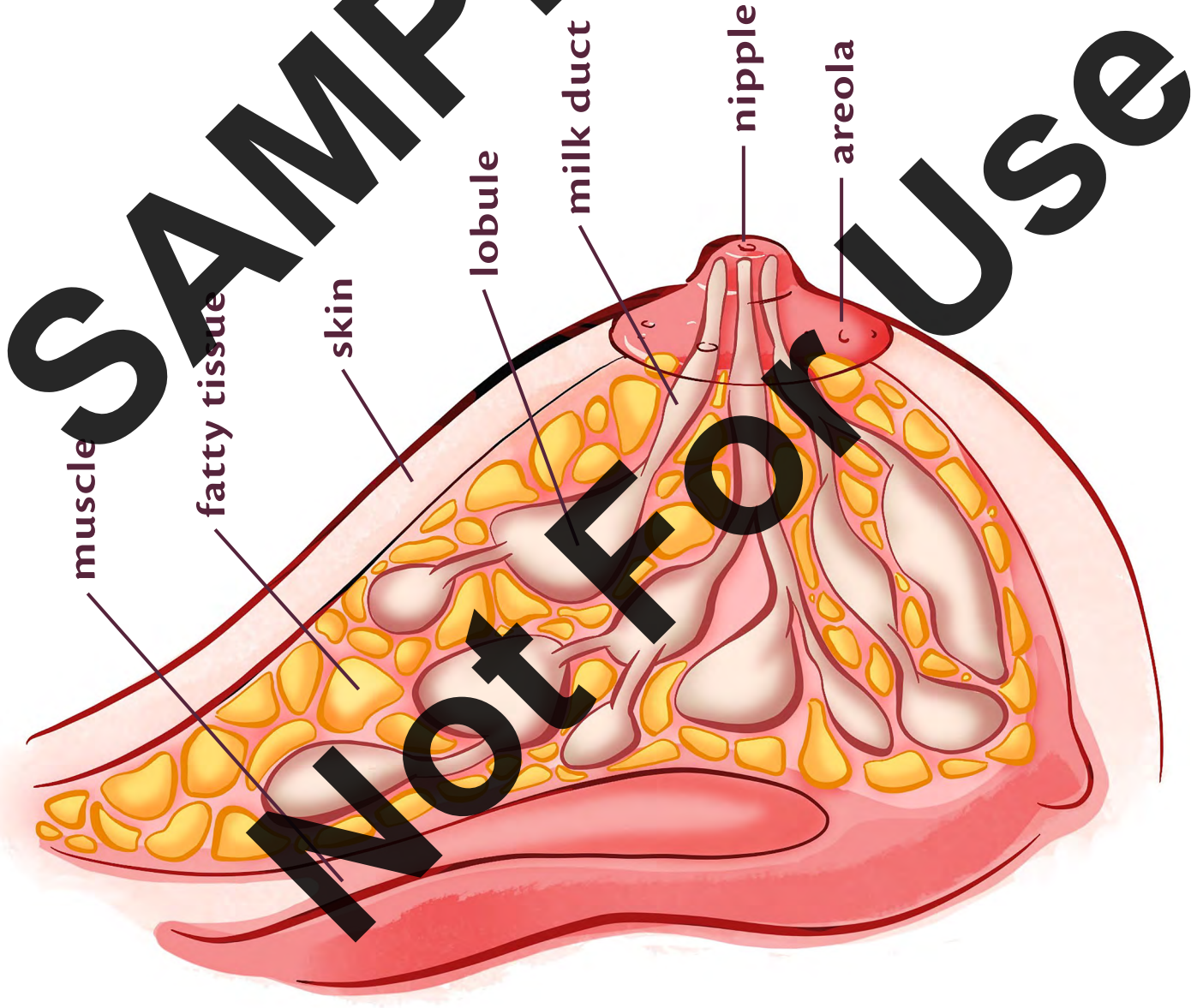


Have the children turn to the "Traits of a Virtuous Woman" page in Lesson 2 of their student journals and complete the page.



Female Reproductive System





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

Areola

Glands on the areola (the shaded circle of skin around the nipple) secrete 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.

MENSTRUATION

Objective

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

Preparation:

☐ None

Activity Supplies:

- Optional: feminine hygiene products, including disposable or reusable pads, tampons, period panties, and menstrual cups or other menstruation products



☐ Female Puberty

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 possibly to 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).

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. This is the same with the menstrual cycle.



☐ Science Wall: Vocabulary Word

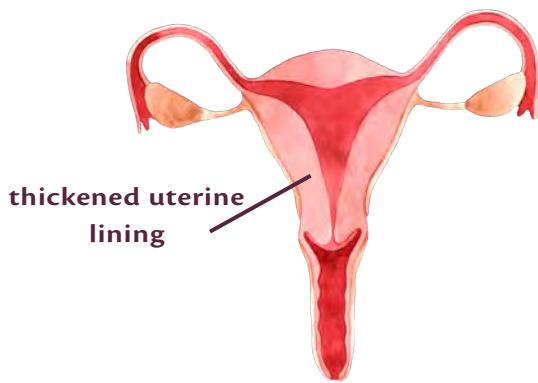


Place the vocabulary card **MENSTRUAL CYCLE** on your science wall. Read and discuss the word and its definition.



☐ The 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 their 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 period, menstrual period, or menstruation.

Along with the bleeding, there are some other common menstruation 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 acne
- 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 gooey pink, red, or brown fluid. You will know your period has started when you see the pinkish, reddish, or brownish stain in your underwear. It is 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 one-fourth 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 part of God's plan for creation.



■ Menstruation Products (Optional)

Note: This section discusses options for feminine hygiene products and how to manage your cycle. As boys will someday have wives and possibly daughters, it may be helpful for them to be taught 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 periods 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, such as a feminine hygiene 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 made of 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 your finger, making them more comfortable for many girls and women than wearing a pad. If it is placed properly, you should not really feel a tampon once it is inserted. Some girls are concerned about inserting it too far or losing it, but because the cervix covers 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, and should be removed every 4–8 hours.

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 snugly inside the vagina, so that it doesn't fall out, and collects the discharge. When it's time to empty it, you 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 feminine 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 become regular.

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



SEXUAL INTERCOURSE AND LIVING VIRTUOUSLY

Objective

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



Preparation:

- ☐ Cut out the “Questions and Answers” cards.

Activity Supplies:

- None



☐ Romantic Relationships

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, doth 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).

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 youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart” (2 Timothy 2:22).

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 whom to marry will be one of the most important decisions in your life. In the Bible we read:

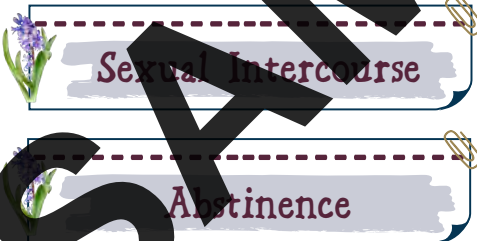
“Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh” (Genesis 2:24).

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.

Science Wall: Vocabulary Words



Place the vocabulary cards **SEXUAL INTERCOURSE** and **ABSTINENCE** on your science wall. Read and discuss the words and their definitions.



Sexual Reproduction

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 streambed, 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 you 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 it 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).

As God’s children, created in His 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 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 a 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.

Questions and Answers

Give the children the cut-out “Questions and Answers” cards. Have the children take turns reading each question and answer you feel are age appropriate for the children you are teaching. Add topics you wish to discuss. It is important not to laugh or act embarrassed or upset with children who have sincere questions or concerns. Help them to feel comfortable discussing sexuality with you.

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, etc.)
- **surgical methods** (vasectomy, tubal ligation)
- **hormonal methods** (pills, patches, inserts, etc.)
- **intrauterine devices**
- **fertility awareness**

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.

Questions and Answers

Question

What does “making love” mean?

Question

Is sex gross?

Question

How often do couples have sex?

Question

Does the wife get pregnant every time?

Question

Can you get diseases from having sexual intercourse?

Question

What are wet dreams?

Question

What is a virgin?

Question

What is adultery?

Answer

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.

Answer

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

Answer

No, the wife can usually get pregnant only 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 people have sex.

Answer

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.

Answer

Sometimes semen (the fluid that contains sperm) is released randomly during a boy’s sleep. Nocturnal (nighttime) emission is sometimes referred to as a wet dream. 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.

Answer

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 HIV. Fortunately, if a husband and wife only ever have sexual intercourse with each other, it’s very unlikely that they will get STIs.

Answer

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).

Answer

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 aligned with God’s commandments. We were never meant to try to “fit in” with the world’s standards.



What is fornication?



What is homosexuality?



What is prostitution?



What is an erection?



What is ejaculation?



What is an orgasm?



What is birth control?



What is abortion?

Answer

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.

Answer

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).

Answer

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.

Answer

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

Answer

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.

Answer

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

Answer

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).

Answer

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.

THE GESTATION AND BIRTH OF A CHILD

Objective

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



Preparation:

☐ None

Activity Supplies:

- Scissors for each child
- Glue for each child

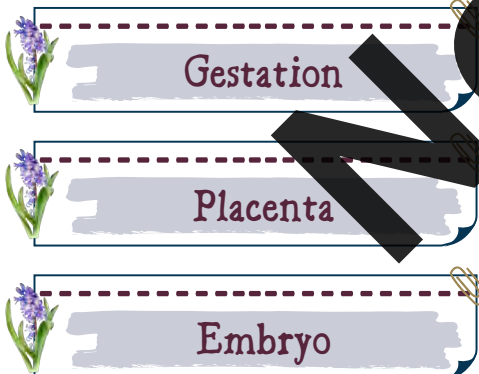
☐ Gestation of a Child

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

☐ Science Wall: Vocabulary Words



Place the vocabulary cards **GESTATION**, **PLACENTA**, and **EMBRYO** on your science wall. Read and discuss the words and their definitions.



☐ From Egg to Infant: Where Do Babies Come From? Mini Book



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



Read to the children: In Psalm 127:3–5, we learn about the blessing of bearing children:

"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 . . ."

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

☐ Gestational Stages



Have the children turn to the "Gestational Stages" pages in Lesson 5 of their student journals and complete the pages by cutting out the pictures and pasting them in the correct boxes. An answer key is provided at the end of the lesson.

From Eggs to Infant

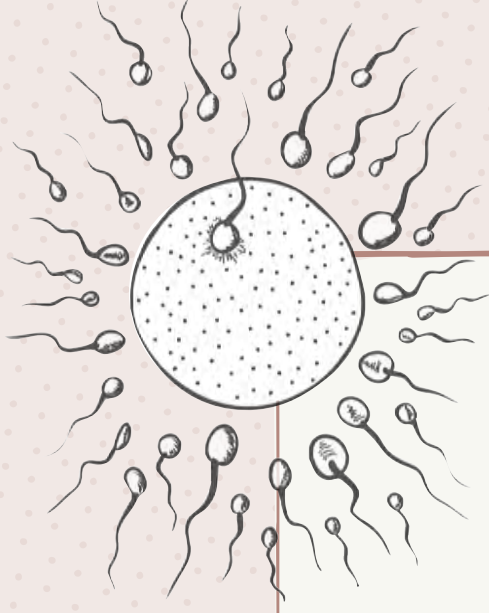
Always Not For Use

Where Do Babies
Come From?



Conception

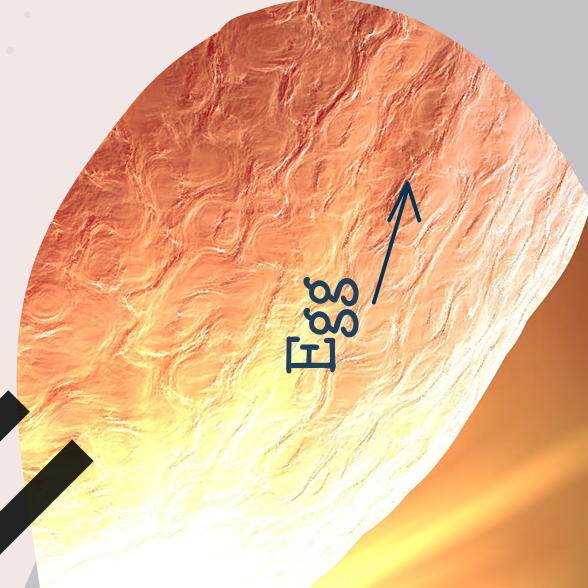
Many of us have seen a new baby and wondered how he or she got here. Because God loves us very much, He has designed a beautiful process to help us bring children into this world and into our families. A baby is formed when an egg from the mother's ovary is released, travels down the fallopian tube, and is met with the father's sperm that fertilizes the egg. It takes about 40 weeks, or 10 months (nine 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 three periods of time called *trimesters*. Each trimester has a unique set of changes that happen as the baby forms.



Sperm



Egg



Not For Use

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 in to 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 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 thirteenth week, when the baby is about the size of a lemon. At this stage of development, the baby has more-defined ears, nostrils, and fingers. Teeth have even begun to form. During the first trimester, the change in hormone levels often causes the mother to feel nauseated and tired.



Week 6



Week 7



Week 8



Week 9

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 1 kg (2.2 lb) and 36 cm (14.2 in) 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.



Week 14



Third Trimester

The last 13 weeks, the third trimester, are a time for the baby to finish out its 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 mother's pelvis. The baby's brain has developed billions of connections, and it is able to hear sounds and open its eyes to see the light coming through. As it gains weight, the baby will reach about 2.7 to 3.1 kg (6 to 7 lb) on average.

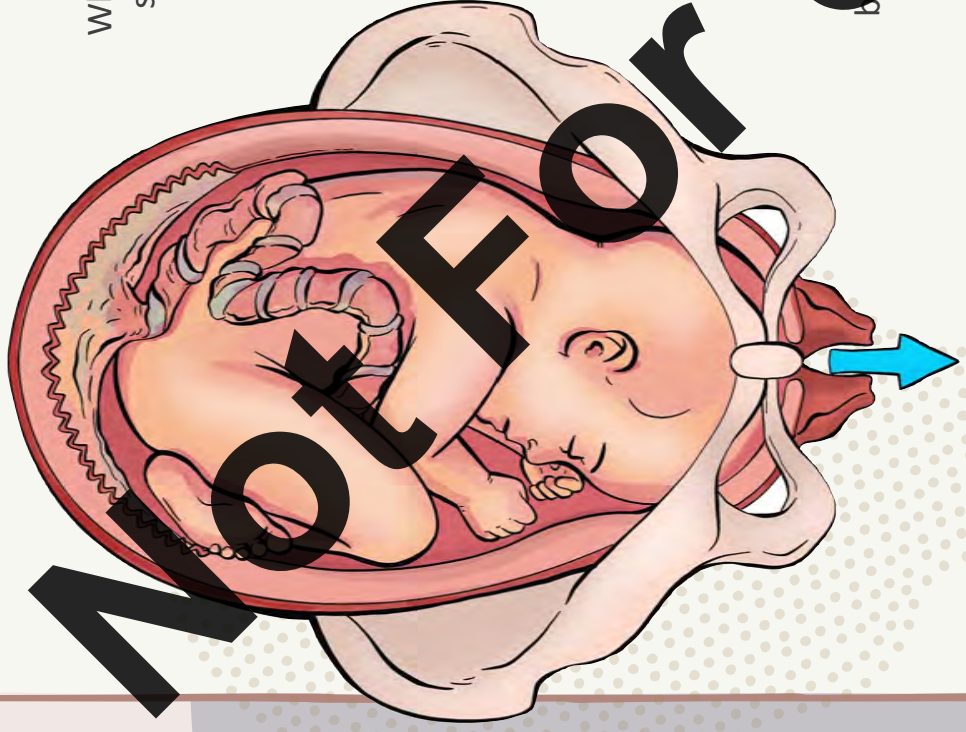
As the mother prepares for her baby to arrive, she often gets a "nesting instinct." She puts all her extra energy into getting her home ready for the baby and preparing the things she will need for birth. Her body also begins to prepare for delivery by exercising the muscles used to help push her baby out and by preparing the breasts for milk production.



Week 28



Labor & Delivery



When the baby is fully grown and ready to be born, some changes begin to happen. A mother may notice that her baby “drops,” meaning that the baby has moved down into the mother’s pelvis.

Usually, the baby comes out headfirst, 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’s pushing down

usually breaks the bag of amniotic fluid, called

the *amniotic sac*, that the baby is in. When this

happens, the mother knows it’s time for the

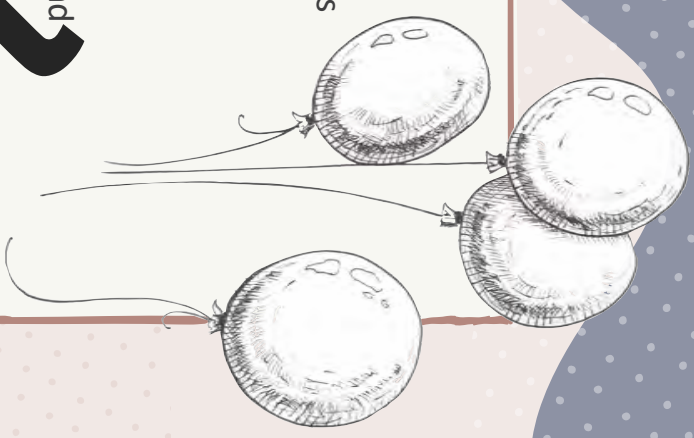
baby to be born.

Birth

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

As the baby makes its way through the birth canal, the soft bones in its head overlap to allow the baby's head to fit through. When the baby is born, the *umbilical cord*, the cord connecting the baby to the placenta, which transfers nutrients from the mother to the baby, is still attached and will be clamped and cut to remove it. The *placenta*, or the bag of tissue

sustaining the baby inside the mother, is delivered after the baby, and in time the uterus and cervix shrink back to their normal sizes. 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.

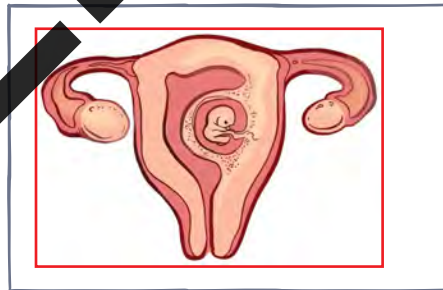


GESTATIONAL STAGES *Key*

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



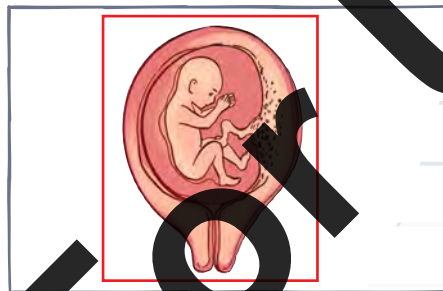
8 Weeks: My hands and feet are growing, and my brain and lungs are beginning to form.



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



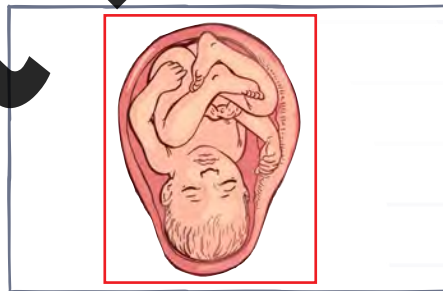
20 Weeks: I've learned how to suck on my hands and swallow, and I can hear you when you talk.



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.



THE DANGERS AND CONSEQUENCES OF PORNOGRAPHY

Objective

Help the children have the tools to overcome the temptations of pornography.



Preparation:

- ☐ Cut out the “Money” and “Stimulus Pictures” cards in the lesson.
- ☐ Cut out the “What Is Pornography?” cards in each child’s student journal.

Activity Supplies:

- Glue

Dangers



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, 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 about these precautions 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.

What Is Pornography?



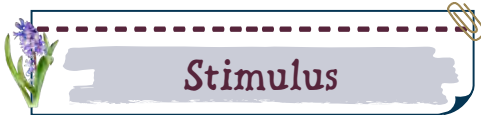
Note: This is a difficult subject, but helping children become comfortable talking about pornography in a safe family setting is very healthy. **Have the children turn to the**

“What Is Pornography?” page in Lesson 6 of their student journals. Lay out one set (or one set per child, depending on personal preference) of the cut-out “What Is Pornography?” cards facedown. Have a child choose a card and read it aloud. Then, have the child glue that card on his or her journal page. Discuss the card. Repeat until all the cards have been discussed.

Science Wall: Vocabulary Word



Place the vocabulary card **STIMULUS** on your science wall. Read and discuss the word and its definition.



Stimulus Pictures



Read to the children: One example of a **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.

I'm going to show you some photos, and you tell me how each one makes you feel. **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 brains actually have a physical reaction, which can make other parts of our bodies react, too. Pornography is also a stimulus. It makes our brains and bodies react.

The Stories of David and Joseph

Read to the children: 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 the page titled "David and Joseph" at the end of the lesson.**

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 to escape, that ye may be able to bear it" (1 Corinthians 10:13).

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.

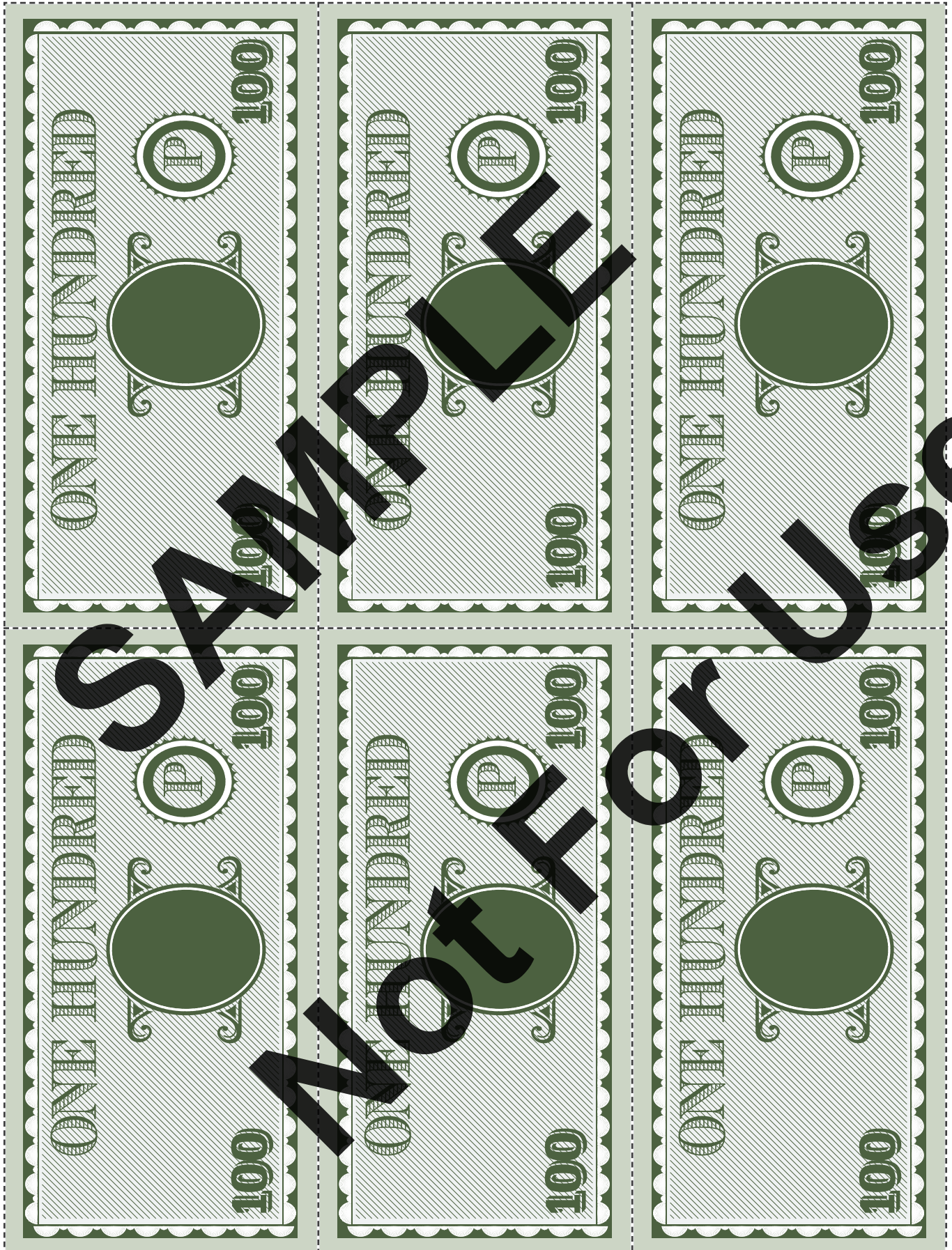
Ask the children if they would like to share an example of a temptation they have faced, how they dealt with it, whether they handled it in the right or wrong way, and what consequences they had. Share examples from your own life, if desired. Be careful not to shame any child, but show love and kindness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

I Can Do All Things Through Christ



Have the children turn to the "I Can Do All Things Through Christ" pages in Lesson 6 of their student journals and work on memorizing the verse as they complete the word puzzles and the coloring page. Repeat the verse with the children until it is memorized.





Stimulus Pictures



David and Joseph



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). Goliath, a champion warrior giant covered in armor, defied and challenged Israel. David, who was still a youth, went to battle against Goliath in the name of the Lord. God blessed David with the ability to slay Goliath! Because of David’s faithfulness, God blessed him and his kingdom.



Years later, King David was in a situation that tempted him. “[I]n an evening tide, that 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). 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). 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, “[H]ow then can I do this great wickedness, and sin against God?” (Genesis 39:9).

“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 39:10–12).



Potiphar’s wife lied about Joseph, saying he was the one being wicked. At first he was blamed for doing something wrong and was cast into prison. However, God blessed Joseph for his faithfulness—for choosing to get away from the temptation.

Meanwhile, Pharaoh was having some troubling dreams. God revealed to Joseph what the dreams meant. Because of this, Pharaoh released Joseph from prison and made him a ruler over all the people. 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 for him and for countless people. Joseph was a slave. When he was put in a tempting situation, he fled! He was blessed and became a ruler who saved the lives of countless people. We have choices to make every day.

THE HARMFUL EFFECTS OF PORNOGRAPHY

Objective

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



Preparation:

☐ None

Activity Supplies

• None



☐ Resisting Pornography

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 a large percentage of the content on the Internet is pornography.¹ Unfortunately, that means it's nearly impossible not to 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 your 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.

☐ Science Wall



Hang the page "If You See Pornography" on your science wall. Read and repeat the three steps with the children until they have the steps memorized. Role-play the three steps with the children if you feel it would be beneficial. Let one child pretend he or she 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: 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.*

■ The Brain and Pornography

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, he or she gets used to the amount of dopamine released, and it no longer gives him or her the “high” feeling. In fact, drug users often find that they can no longer feel normal without taking 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.” So, everyday blessings no longer give good feelings. Even things that used to make people 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).”²

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 he or she has an inappropriate thought enter his or her mind or feels tempted to look up something on the Internet he or she knows is wrong? [Discuss; some ideas could include: 1. Go talk to a parent. 2. Replace the thought with a thought he or she 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 your thoughts and reactions to temptations by choosing what thoughts to act upon and how to flee temptations.

■ Letter



Have the children turn to the “Letter” page in Lesson 7 of their student journals.

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.



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

² 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.



2.

Turn it off or
turn away.



3.

Talk to your
parents.



PERSONAL HYGIENE

Objective

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



Preparation:

- ☐ Place the Optional Activity Supplies in a container to make a hygiene kit.

Optional Activity Supplies:

- Soap/face wash
- Deodorant
- Razor/shaving cream
- Washcloth or sponge
- Brush/comb
- Fingernail clippers
- Shampoo/conditioner
- Pads/tampons
- Container
- Toothbrush/toothpaste



☐ Science Wall: Vocabulary Words Review



Review the vocabulary cards that you have put on your science wall throughout this unit.

☐ Good Hygiene

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, and 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.

☐ *Personal Hygiene for Girls and/or Boys* Mini Books



Have the children turn to the *Personal Hygiene for Girls and/or Boys* mini books in Lesson 8 of their student journals and read one or both books. *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.*



☐ Hygiene Kit (Optional)



Go over the items in the hygiene kit with the children, explaining the purpose of and how to use each item.

