

# MATURATION AND SEXUAL REPRODUCTION

## STUDENT JOURNAL

This journal belongs to:



THE GOOD AND THE BEAUTIFUL

# MATURATION AND SEXUAL REPRODUCTION

STUDENT JOURNAL



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## 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.

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**SAMPLE**

**Not For Use**

## 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 . . .



"Figure Study of a Knight" by Edwin Austin Abbey  
(1852–1911, between 1871 and 1911)

## 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."

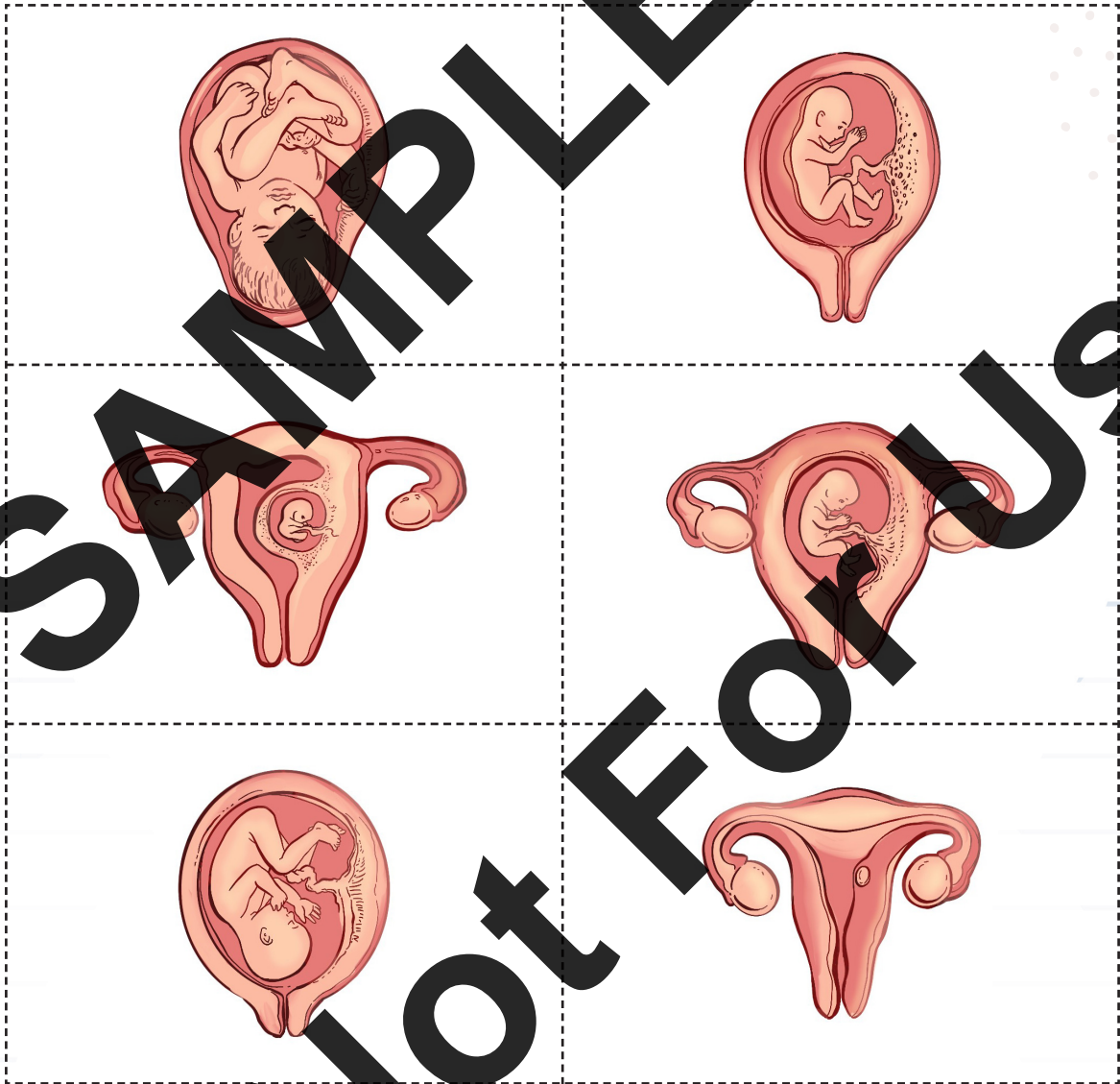
What do you think about that joyful promise from God?

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.



**SAMPLE**

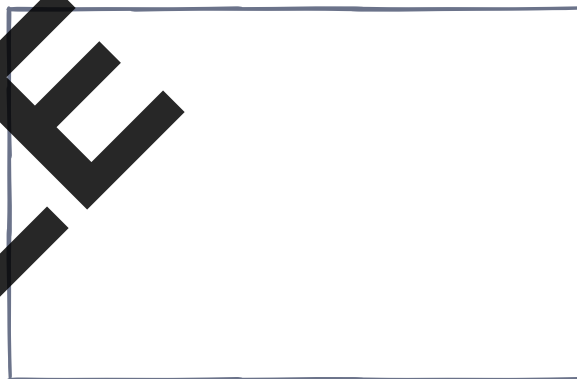
**Not For Use**

## GESTATIONAL STAGES

**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.



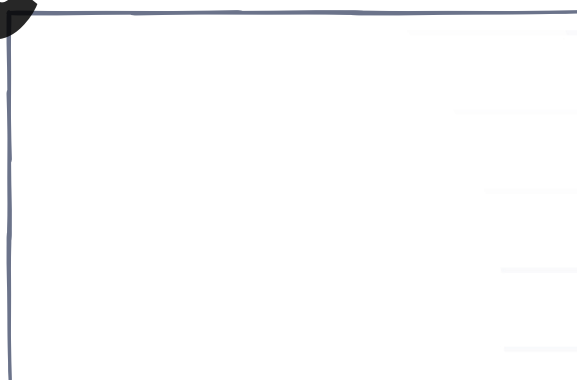
**20 Weeks:** I've learned how to suck on my hands and swallow, and I can hear you when you talk.



**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.



## WHAT IS PORNOGRAPHY?

Lay the cut-out "What Is Pornography?" cards facedown. Have a child choose a card and read it aloud, and then have each child glue his or her card below. Discuss the card. Repeat until all the cards have been discussed.

Pornography is...

**SAMPLE  
Not For Use**



# 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

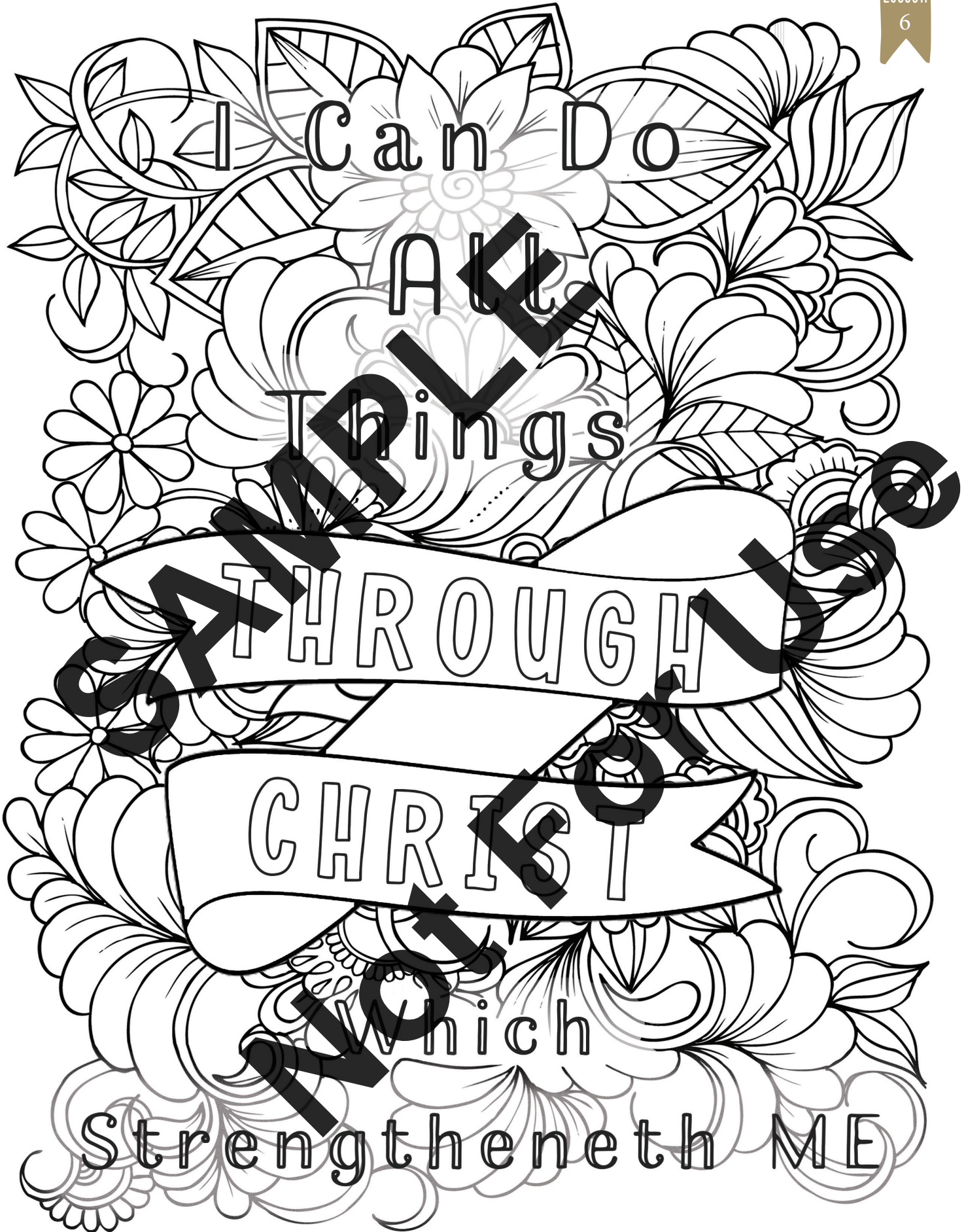
20 8 18 15 21 7 8

which

3 8 18 9 19 20

strengtheneth

13 5 .



## LETTER

Dear Young Friend,

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 those kinds of pictures. By now I knew it 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 a loving 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.



# PERSONAL HYGIENE

## for Girls

# Not For Use





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 them 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 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.



Even if you wash your body and your laundry regularly (and you should!), you may have to combat grown-up odors with deodorant. 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 that 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.



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 all girls and boys deal 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!

*www*





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 choose just 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.





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!



Use

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.

Not for use



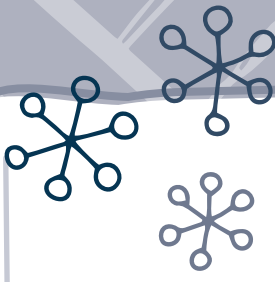


# PERSONAL HYGIENE

## for Boys



Not For Use



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 them 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!

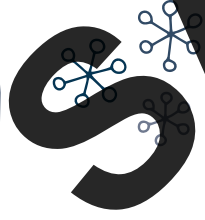
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**Not For Use**

*well*





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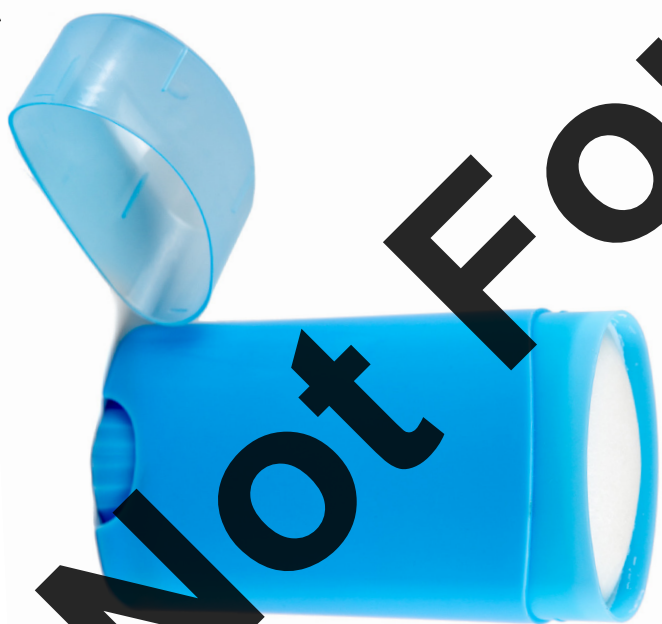
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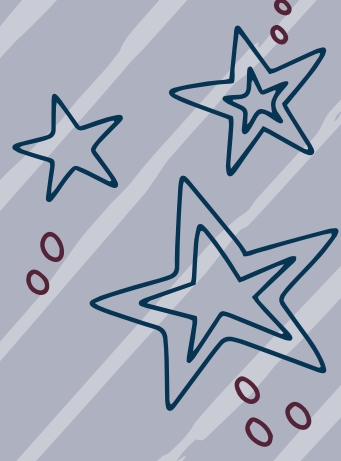
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The best defense against acne is to wash your face daily with soap or a special face wash. Some face washes contain benzyl peroxide or salicylic acid. These chemicals fight hard against zits, but they can also be harsh on sensitive skin.

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 handsome, wonderful, special person. It's what's inside you that matters! Your skin doesn't define you!

*well*





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!





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!



# Use

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.

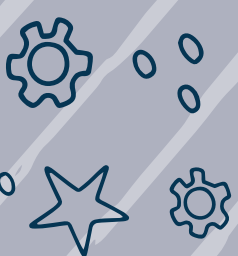
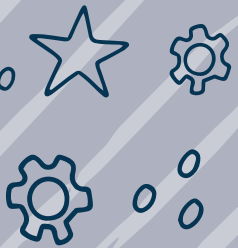
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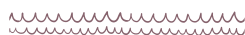
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Care for your fingernails and toenails by clipping them regularly and keeping them clean.



## ADDITIONAL NOTES

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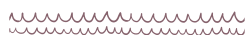
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