Supplemental Sexual Anatomy Review

PURPOSE

Students may or may not have received education on male and female sexual and reproductive anatomy prior to participating in the Best Practices curriculum. Having correct information about sexual anatomy and function creates a foundation and context for the other Best Practices lessons.

Learning about sexual anatomy also helps young people discern myth from fact and empowers young people to make healthy decisions, avoiding unintended pregnancy and STDs. When students have the facts and can talk comfortably about sexual anatomy, they are more likely to communicate with a partner and seek advice from health care providers when they have questions or concerns.

The activities in this lesson can be used as a supplement for students who do not have this information or may need a review.

STUDENT LEARNING OBJECTIVES:

Participants will:

1. Identify and describe the male and female sexual and reproductive anatomy and functions.
2. Build comfort in communicating about sexual and reproductive anatomy.

LESSON SUMMARY

<table>
<thead>
<tr>
<th>Activities</th>
<th>Minutes</th>
<th>Materials and Preparation Checklist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Optional Introductory Video</td>
<td>5</td>
<td>□ Review the video <em>Different is Normal</em> and decide if you will show it in class or assign it as homework. <a href="https://www.youtube.com/watch?v=t9tFk835vjo">https://www.youtube.com/watch?v=t9tFk835vjo</a></td>
</tr>
<tr>
<td>Anatomy Review</td>
<td>25</td>
<td>□ Make copies of the anatomy diagrams and worksheets, one set for each student. □ Select one of the two options for providing information about sexual anatomy. □ Set up a projector for viewing the optional video or the Sexual Anatomy presentation available at <a href="http://www.mainefamilyplanning.org/bestpractices">www.mainefamilyplanning.org/bestpractices</a>. Review the mini-lecture, if applicable.</td>
</tr>
<tr>
<td>Optional Anatomy Discovery (student research project)</td>
<td>45</td>
<td>□ Make a copy of the four different Anatomy Discovery worksheets, one for each small group.</td>
</tr>
</tbody>
</table>
INTRODUCE THE LESSON

Say,

We are going to talk about sexual and reproductive anatomy. Understanding how the body functions can help someone stay sexually healthy. Many people have concerns about their genitals. In fact, trend data on Google searches show that many people turn to the internet to find out if their genitals are 'normal'. The truth is that everybody is different and these differences are normal.

Show the optional introductory video: Different is Normal - Changing Bodies and Genitals
https://www.youtube.com/watch?v=t9tFk835vjo

ANATOMY REVIEW

Hand out one set of the following anatomy worksheets to each student.

• Female Anatomy: Label the Parts, Internal View
• Female Anatomy: Label the Parts, External View
• Male Anatomy: Label the Parts
• Female Anatomy Parts and Functions: Fill in the Blanks
• Male Anatomy Parts and Functions: Fill in the Blanks

Option 1: Student Research. Students can visit the following web site to research the sexual and reproductive anatomy and complete the worksheets. Have students fill out the anatomy worksheets in class, working individually or in small groups.
http://www.plannedparenthood.org/learn/sexuality/reproductive-sexual-anatomy

Option 2: Mini-lecture. Read the Sexual Anatomy Mini-lecture and show the Sexual Anatomy presentation available at http://www.mainefamilyplanning.org/bestpractices. Students can complete their worksheets while you provide the information.

DEBRIEF THE ACTIVITY

1. Do you think most teens know the correct terms for the parts of the male and female sexual and reproductive systems? Why or why not?

2. Why is it important to use the medically accurate terms and know the parts and functions of the sexual and reproductive anatomy?

Possible answers:

• It’s helpful to be able to tell a medical provider specifics if something is going wrong.
• It contributes to your sexual well-being when you understand how your body works.
REFLECTION

Ask the students to take out a piece of notepaper and complete the following reflection:

1. List three important things you learned from this lesson on reproductive and sexual anatomy.
2. What is one question or comment you still have on the subject of reproductive and sexual anatomy?

CLOSURE

- In order to keep yourself sexually healthy it is important to understand the parts and functions of your sexual and reproductive anatomy.
- This understanding provides a foundation for learning about how to avoid pregnancy and STDs and for seeking medical care when needed.
FEMALE ANATOMY: LABEL THE PARTS – INTERNAL VIEW

Instructions: Label the internal parts of the female anatomy using the word bank below.

Word Bank:

| cervix       | fallopian tubes | fimbriae | ovary(2) | uterus | vagina |

![Diagram of female anatomy with labeled parts]
FEMALE ANATOMY: LABEL THE PARTS – EXTERNAL VIEW

Instructions: Label the external parts of the female anatomy using the word bank below.

Word Bank:

<table>
<thead>
<tr>
<th>anus</th>
<th>clitoris</th>
<th>hymen</th>
<th>inner labia</th>
<th>opening of the vagina</th>
<th>opening of the urethra</th>
<th>outer labia</th>
</tr>
</thead>
</table>

Diagram:

1. [Label for external parts of female anatomy]
2. [Label for external parts of female anatomy]
3. [Label for external parts of female anatomy]
4. [Label for external parts of female anatomy]
5. [Label for external parts of female anatomy]
6. [Label for external parts of female anatomy]
7. [Label for external parts of female anatomy]
8. [Label for external parts of female anatomy]
9. [Label for external parts of female anatomy]
10. [Label for external parts of female anatomy]
FEMALE ANATOMY: LABEL THE PARTS – INTERNAL VIEW

- fallopian tubes
- fimbriae
- ovary
- uterus
- cervix
- vagina
FEMALE ANATOMY: LABEL THE PARTS – EXTERNAL VIEW

- clitoris
- outer labia
- inner labia
- opening of the urethra
- hymen
- opening of the vagina
- anus
1. **The **______________** is a passage that connects a woman’s external sexual organs with her cervix and uterus. It also allows menstrual flow to leave the body.**

2. **The ________is the thin fleshy tissue that stretches across part of the opening of the vagina.**

3. **The __________ is the narrow, lower part of the uterus. It has an opening that connects the uterus to the vagina. This opening allows menstrual blood to leave the uterus and sperm to enter into the uterus.**

4. **The _________________ is a pear-shaped, muscular reproductive organ from which women menstruate and where a pregnancy develops. It is normally the size of a woman’s fist but stretches many times that size during pregnancy. It is sometimes referred to as the womb.**

5. **The __________________ are two narrow tubes that carry eggs from the ovaries to the uterus. Sperm travels into them to fertilize the egg.**

6. **The __________________ are like dozens of tiny fingers at the end of each fallopian tube that sweep the egg from the ovary into the tube.**

7. **The two ________________ store eggs in a woman’s body. They also produce hormones, including estrogen, progesterone and testosterone. During puberty, they start to release an egg each month and do so until menopause.**

8. **The ________________is the spongy tissue that fills with blood during sexual excitement and becomes erect. It is very sensitive to the touch and is made up of a network of highly sensitive nerves. It is the only organ in the human body whose only purpose is sexual pleasure.**

9. **The _________________ is the tube that empties the bladder, carrying urine out of the body. The small opening is located below the clitoris and is difficult to see or feel.**

10. **The _________________ is the opening through which the body eliminates solid waste. It is surrounded by many nerve endings that can produce pleasure.**

11. **The ________________ are covered with pubic hair and connect to the thighs. The _____________ cover the vaginal opening and the urethra.**
Instructions: Using the word bank below, match the parts of the anatomy with the description of their respective function.

Word Bank:

<table>
<thead>
<tr>
<th>anus</th>
<th>cervix</th>
<th>clitoris</th>
<th>fallopian tubes</th>
<th>fimbriae</th>
<th>hymen</th>
</tr>
</thead>
<tbody>
<tr>
<td>inner labia</td>
<td>urethra</td>
<td>outer labia</td>
<td>ovaries</td>
<td>uterus</td>
<td>vagina</td>
</tr>
</tbody>
</table>

1. The ______ vagina ______ is a passage that connects a woman’s external sexual organs with her cervix and uterus. It also allows menstrual flow to leave the body.

2. The __________ hymen ______ is the thin fleshy tissue that stretches across part of the opening of the vagina.

3. The ______ cervix ______ is the narrow, lower part of the uterus. It has an opening that connects the uterus to the vagina. This opening allows menstrual blood to leave the uterus and sperm to enter into the uterus.

4. The ______ uterus ______ is a pear-shaped, muscular reproductive organ from which women menstruate and where a pregnancy develops. It is normally the size of a woman’s fist but stretches many times that size during pregnancy. It is sometimes referred to as the womb.

5. The ______ fallopian tubes ______ are two narrow tubes that carry eggs from the ovaries to the uterus. Sperm travels into them to fertilize the egg.

6. The ______ fimbriae ______ are like dozens of tiny fingers at the end of each fallopian tube that sweep the egg from the ovary into the tube.

7. The two ______ ovaries ______ store eggs in a woman’s body. They also produce hormones, including estrogen, progesterone and testosterone. During puberty, they start to release an egg each month and do so until menopause.

8. The ______ clitoris ______ is the spongy tissue that fills with blood during sexual excitement and becomes erect. It is very sensitive to the touch and is made up of a network of highly sensitive nerves. It is the only organ in the human body whose only purpose is sexual pleasure.

9. The ______ clitoris ______ is the tube that empties the bladder, carrying urine out of the body. The small opening is located below the clitoris and is difficult to see or feel.

10. The ______ anus ______ is the opening through which the body eliminates solid waste. It is surrounded by many nerve endings that can produce pleasure.

11. The ______ outer labia ______ are covered with pubic hair and connect to the thighs. The ______ inner labia ______ cover the vaginal opening and the urethra.
**MALE ANATOMY: LABEL THE PARTS**

**Instructions:** Label the parts of the male anatomy using the word bank below.

Word Bank:

<table>
<thead>
<tr>
<th>anus</th>
<th>Cowper’s gland</th>
<th>epididymis</th>
<th>foreskin</th>
<th>penis</th>
<th>prostate gland</th>
</tr>
</thead>
<tbody>
<tr>
<td>scrotum</td>
<td>seminal vesicle</td>
<td>testicle</td>
<td>urethra</td>
<td></td>
<td>vas deferens</td>
</tr>
</tbody>
</table>

Diagram with labeled parts:

- bladder
- Cowper’s gland
- epididymis
- foreskin
- penis
- prostate gland
- scrotum
- seminal vesicle
- testicle
- urethra
- vas deferens
- bladder
- Cowper’s gland
- epididymis
- foreskin
- penis
- prostate gland
- scrotum
- seminal vesicle
- testicle
- urethra
- vas deferens
MALE ANATOMY: LABEL THE PARTS

- bladder
- seminal vesicle
- Cowper’s gland
- prostate gland
- anus
- epididymis
- testicle
- scrotum
- foreskin
- urethra
- penis
- vas deferens
MALE ANATOMY PARTS AND FUNCTIONS – FILL IN THE BLANKS

Instructions: Using the word bank below, match the parts of the anatomy with the description of their respective function.

Word Bank:

<table>
<thead>
<tr>
<th>anus</th>
<th>Cowper’s gland</th>
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</thead>
<tbody>
<tr>
<td>scrotum</td>
<td>seminal vesicle</td>
<td>testicles</td>
<td>urethra</td>
<td>vas deferens</td>
<td></td>
</tr>
</tbody>
</table>

1. The ________________ is a man’s reproductive and sex organ. It is formed of three columns of spongy tissue that fill with blood during sexual excitement, causing an erection (hard on). It is made up of a shaft and a glans (also known as the head) and is very sensitive to the touch.

2. The opening of the ________________ is located at the tip of the penis. This is where pre-ejaculate, semen and urine leave the body.

3. The ________________ is a retractable tube of skin that covers and protects the head (glans) of the penis. Some men have this removed by circumcision during infancy, usually for religious or cultural reasons.

4. The ________________ is a sac of skin divided into two parts, enclosing the internal reproductive organs, the testicles.

5. The ________________ are two ball-like glands inside the scrotum that produce sperm and hormones, including testosterone. They are sensitive to the touch.

6. The ________________ is the tube in which sperm mature. It leads from each testicle to each vas deferens. It stores sperm before ejaculation. It is tightly coiled on top of and behind each testicle.

7. The ________________ are long, narrow tubes that carry sperm from the epididymis to the seminal vesicles during ejaculation. There are two of them, one connected to each epididymis.

8. The ________________ produces a fluid that helps sperm move through a man’s reproductive tract. It is about the size of a walnut or golf ball and is sensitive to pressure and touch.

9. The ________________ attach to the urethra. They produce a fluid (pre-ejaculate or pre-cum) that prepares the urethra for ejaculation. They are also called bulbourethral glands.

10. The ________________ are two small organs that produce most of the fluid that is contained in semen.

11. The ________________ is the opening through which the body eliminates solid waste. It is surrounded by many nerve endings that can produce pleasure.
Instructions: Label the internal parts of the female anatomy using the word bank below.

Word Bank:

<table>
<thead>
<tr>
<th>anus</th>
<th>Cowper’s gland</th>
<th>epididymis</th>
<th>foreskin</th>
<th>penis</th>
<th>prostate gland</th>
</tr>
</thead>
<tbody>
<tr>
<td>scrotum</td>
<td>seminal vesicle</td>
<td>testicles</td>
<td>urethra</td>
<td></td>
<td>vas deferens</td>
</tr>
</tbody>
</table>

1. The **penis** is a man’s reproductive and sex organ. It is formed of three columns of spongy tissue that fill with blood during sexual excitement, causing an erection (hard on). It is made up of a shaft and a glans (also known as the head) and is very sensitive to the touch.

2. The opening of the **urethra** is located at the tip of the penis. This is where pre-ejaculate, semen and urine leave the body.

3. The **foreskin** is a retractable tube of skin that covers and protects the head (glans) of the penis. Some men have this removed by circumcision during infancy, usually for religious or cultural reasons.

4. The **scrotum** is a sac of skin divided into two parts, enclosing the internal reproductive organs, the testicles.

5. The **testicles** are two ball-like glands inside the scrotum that produce sperm and hormones, including testosterone. They are sensitive to the touch.

6. The **epididymis** is the tube in which sperm mature. It leads from each testicle to each vas deferens. It stores sperm before ejaculation. It is tightly coiled on top of and behind each testicle.

7. The **vas deferens** are long, narrow tubes that carry sperm from the epididymis to the seminal vesicles during ejaculation. There are two of them, one connected to each epididymis.

8. The **prostate gland** produces a fluid that helps sperm move through a man’s reproductive tract. It is about the size of a walnut or golf ball and is sensitive to pressure and touch.

9. The **Cowper’s gland** attach to the urethra. They produce a fluid (pre-ejaculate or pre-cum) that prepares the urethra for ejaculation. They are also called bulbourethral glands.

10. The **seminal vesicle** are two small organs that produce most of the fluid that is contained in semen.

11. The **anus** is the opening through which the body eliminates solid waste. It is surrounded by many nerve endings that can produce pleasure.
SEXUAL ANATOMY MINI-LECTURE

Instructions: Read this script while projecting the Sexual Anatomy presentation.

Slide 1: Female Internal View

The **vagina** is a passage that connects a woman’s external sex organs with her cervix and uterus. It also allows menstrual flow to leave the body.

The **cervix** is the narrow, lower part of the uterus. It has an opening that connects the uterus to the vagina. This opening allows menstrual blood to leave the uterus and sperm to enter into the uterus.

The **uterus** is a pear-shaped, muscular reproductive organ from which women menstruate and where a pregnancy develops. It is normally the size of a woman’s fist but stretches many times that size during pregnancy. It is sometimes referred to as the womb.

The **fallopian tubes** are two narrow tubes that carry eggs from the ovaries to the uterus. Sperm travels into them to fertilize the egg.

The **fimbriae** are like dozens of tiny fingers at the end of each fallopian tube that sweep the egg from the ovary into the tube.

The **ovaries** are two organs that store eggs in a woman’s body. They also produce hormones, including estrogen, progesterone and testosterone. During puberty, they start to release an egg each month and do so until menopause.

Slide 2: Female External View (The Vulva)

The **clitoris** is the spongy tissue that fills with blood during sexual excitement and becomes erect. It is very sensitive to the touch and is made up of a network of highly sensitive nerves. It is the only organ in the human body whose only purpose is sexual pleasure.

The **hymen** is the thin fleshy tissue that stretches across part of the opening of the vagina.

The **urethra** is the tube that empties the bladder and carries urine out of the body. The small opening of the urethra is located below the clitoris is difficult to see or feel.

The **anus** is the opening through which the body eliminates solid waste. It is surrounded by many nerve endings that can produce pleasure.

The **outer labia**, also called the labia majora, is covered by pubic hair and connects to the thighs. The **inner labia**, also called the labia minora, covers the vaginal opening and the urethra.
Slide 3: Male Anatomy

The **penis** is a man’s reproductive and sex organ. It is formed of three columns of spongy tissue that fill with blood during sexual excitement, causing an erection (“hard on”). It is made up of a shaft and a glans (also known as the head) and is very sensitive to the touch.

The **opening of the urethra** is located at the tip of the penis. This is where pre-ejaculate, semen and urine leave the body.

The **foreskin** is a retractable tube of skin that covers and protects the head (glans) of the penis. Some men have had their foreskin removed by circumcision during infancy, usually for religious or cultural reasons.

The **scrotum** is a sac of skin divided into two parts, enclosing the internal reproductive organs, the testicles.

The **testicles** are two ball-like glands inside the scrotum that produce sperm and hormones, including testosterone. Also called testes, the testicles are sensitive to the touch.

The **epididymis** is the tube in which sperm mature. It leads from each testicle to each vas deferens. It stores sperm before ejaculation. It is tightly coiled on top of and behind each testicle.

The **vas deferens** are long, narrow tubes that carry sperm from the epididymis to the seminal vesicles during ejaculation. There are two of them, one connected to each epididymis.

The **prostate gland** produces a fluid that helps sperm move through a man’s reproductive tract. It is about the size of a walnut or golf ball and is sensitive to pressure and touch.

The **Cowper’s glands** attach to the urethra. They produce a fluid (pre-ejaculate or pre-cum) that prepares the urethra for ejaculation. They are also called bulbourethral glands.

The **seminal vesicles** are two small organs that produce most of the fluid that is contained in semen called seminal fluid.

The **anus** is the opening through which the body eliminates solid waste. It is surrounded by many nerve endings that can produce pleasure.

Slide 4: What other parts of the anatomy are sexual?

When it comes to sex, women and men are more alike than they are different. In many ways, for example, the **brain** can be said to be the most important sex organ. The brain controls our sexual responses, releases sex hormones and is where sexual fantasies and our sexual identity live.

**Skin** is also an important sex organ of the body. It carries a network of highly sensitive nerves all over our bodies, so that any body part may be stimulated for sexual arousal.
OPTIONAL ANATOMY DISCOVERY  
(student research project)

If you have time, this additional sexual anatomy activity can be a research project for students, done in class or as a homework project. You may assign one of the four following topics to small groups of students to research and present to the rest of the class.

Say:

In this activity, you will form small groups and be assigned a topic on reproductive and sexual anatomy. You can use the websites listed on your worksheet to do your research. Be sure to take good notes, as you will be the experts on your topic as you share the information with the rest of the class.

- Divide students into small groups of equal size and have them get together in their respective groups.

- Assign each group one of the following topics. Give them 20 minutes to read through the instructions and make a plan for researching and presenting their topic. This can also be assigned as homework.

  Topic 1: Male Sexual Anatomy  
  Topic 2: Female Sexual Anatomy  
  Topic 3: Menstruation  
  Topic 4: Fertilization

Say:

You will be assigned a topic to research as a group. Determine how you will present the information to the rest of the class. You must cover the key terms on your handout, but you can also include additional fun or interesting facts that you discover as you do your research. Be creative in presenting the information.

Offer the following suggestions or some of your own: design a game for the class to play, write a song or a skit, design a colorful poster, etc.

You will present your information to the class so please use appropriate language and pictures. Also, make sure everyone in your group participates in the project. Some could be the researchers, while others work on the presentation, but make sure it is clear how each member contributed to the project.

DEBRIEF THE ACTIVITY

After groups have presented their projects, debrief the activity with the following questions.

1. How did it feel to research and discuss sexual anatomy with your peers?
2. How did it feel to present your topic to your classmates?
3. Were there any myths that were cleared up while doing your research or listening to other presentations?
**THE MALE ANATOMY DISCOVERY PROJECT**

**Instructions:** Using the key words below, design a presentation that describes the journey of a sperm cell from when it’s produced through ejaculation.

Be creative in your presentation. You can create a skit or poster, write a song or poem or design a game for the class to play. Make sure that every member of your group has a role, whether it’s doing the research, working on the presentation or presenting your information to the class.

Here are some websites where you can research your topic:

http://www.maineteenhealth.org/body/parts/male/

http://teenshealth.org/teen/sexual_health/guys/male_repro.html#

http://www.plannedparenthood.org/learn/sexuality/reproductive-sexual-anatomy

**Key words to use in your presentation:**

- scrotum
- testicles (also called testes)
- epididymis
- seminal vesicles
- prostate gland
- Cowper’s glands
- vas deferens
- urethra
- penis
Instructions: Using the key words below, design a presentation on the female anatomy including a description of the external and internal female sex organs.

Be creative in your presentation. You can create a skit or poster, write a song or poem or design a game for the class to play. Make sure that every member of your group has a role, whether it’s doing the research, working on the presentation or presenting your information to the class.

Here are some websites where you can research your topic:

http://www.maineteenhealth.org/body/parts/female/

http://teenshealth.org/teen/sexual_health/girls/female_repro.html#cat20015

http://www.plannedparenthood.org/learn/sexuality/reproductive-sexual-anatomy

Key words to use in your presentation:

ovaries
fallopian tubes
fimbriae
uterus
cervix
vagina
clitoris
urethra
vulva
labia
Instructions: Using the key words below, design a presentation on the process of menstruation (getting your period).

Be creative in your presentation. You can create a skit or poster, write a song or poem or design a game for the class to play. Make sure that every member of your group has a role, whether it’s doing the research, working on the presentation or presenting your information to the class.

Here are some websites where you can research your topic:
http://teenshealth.org/teen/sexual_health/girls/menstruation.html#cat20015
http://www.plannedparenthood.org/learn/womens-health/menstruation

Key words to use in your presentation:

ovaries
fallopian tubes
uterus
cervix
vagina
tampons and pads
uterine lining
puberty
menstrual cycle
ovulation
Instructions: Using the key words below, design a presentation on the process of fertilization.

Be creative in your presentation. You can create a skit or poster, write a song or poem or design a game for the class to play. Make sure that every member of your group has a role, whether it’s doing the research, working on the presentation or presenting your information to the class.

Here are some websites where you can research your topic:

http://teenshealth.org/teen/sexual_health/girls/female_repro.html#a_Fertilization_and_Pregnancy
http://www.plannedparenthood.org/learn/pregnancy/how-pregnancy-happens

Key words to use in your presentation:

- sperm
- egg
- vagina
- uterus
- fallopian tubes
- fertilization
- implantation
- conception
- zygote