DO NOW!

From Conception to Birth

WORKSHEET

ACTIVITY
Human Growth & Development
Menstrual cycle (p. 454)
Menstruation

- Each month the uterus prepares for possible pregnancy.

- If pregnancy does not occur, the thickened lining of the uterus, called endometrium, breaks down into blood, tissue and fluids.
Days 1-8

The cycle begins with the first day of menstruation.

Menstruation is the shedding of the uterine lining.
Days 9-13

The hormones FSH and LH cause an egg to mature in one of the ovaries
Day 14

Ovulation occurs and the mature egg is released into one of the fallopian tubes.

Ovulation is the process of release a mature ovum into the fallopian tube each month.
Days 15-28

The egg travels through the fallopian tube to the uterus. If the egg is not fertilized the cycle starts again.
Menstruation

- Females wear sanitary pads or tampons to absorb the blood flow.

- Most females begin their first menstrual cycles between the ages of 10 and 15.

- Menstrual cycle may be irregular at first, as females mature it usually becomes more predictable.
Menopause

Menstruation occurs from puberty until menopause, the end of the reproductive years, which usually occurs between the ages of 45 and 55.
Pregnancy

Human Growth & Development
Stages of Embryonic and Fetal Development

- Fertilization
- First Trimester
- Second Trimester
- Third Trimester
- Birth
Fertilization

- The union of a male sperm cell and a female egg.

- Also known as **Conception**
First Trimester

- 0-14 Weeks
  - 0-2 Weeks – Zygote
  - 3-8 Weeks – Embryo
  - 9-14 Weeks - Fetus
Second Trimester

- 15-28 Weeks

  - 15-20 Weeks – Blinks eyes, body grows, limbs reach proportion
  - 21-28 Weeks – Can hear, Daily Cycle (Awake/Sleep), Weighs 1lb
Third Trimester

- 29 Weeks until Birth

29-40 weeks – all five senses, dreams, 266 days after conception baby is ready (6-9lbs)
Childbirth: Stage 1

- **Dilation**
  - **Early labor**
    - Initial irregular uterine contractions
    - Dilation or Effacing of the cervix to begin the birthing process
  - **Active labor**
    - Contractions become more regular and intense
    - Go to the birthing center/hospital
    - Cervix continues to efface
Childbirth: Stage 2

- Woman begins to push
- Fetus enters birth canal (vagina)
- Birth occurs
Childbirth: Stage 3

- Contractions continue through delivery of placenta
From Conception to Birth

ANSWERS!

ACTIVITY
5 Characteristics of Healthy Relationships

1. Initial attraction - Two people are attracted to each other and want to get to know each other better.

2. Friendship - As the two people get to know each other better, they find they have some things in common.
5 Characteristics of Healthy Relationships

3. Close friendship - The two people get to know each other’s values and feelings and enjoy doing things together. This is considered “dating.”

4. Deep friendship - The two people confide in, trust, and support each other. This is considered “going out.”
5 Characteristics of Healthy Relationships

5. Lifelong love - Two people feel they can commit to each other for life. This relationship may lead to marriage or a monogamous partnership.
3 Components of Healthy Relationships

- **Intimacy** - feelings of emotional closeness that develop with concern and trust that allows the sharing of innermost thoughts with close family and best friends. An intimate friendship is a precedent to a romantic, loving relationship with one special person. Intimacy can be expressed through physical actions (holding hands, kissing, etc).

- **Passion** - is a human drive that begins with physical attraction, fuels romantic involvement, and can culminate in and enhance sexual interaction. Passion without intimacy, boundaries, and commitment can lead to sexual manipulation and abuse.

- **Commitment** - is the public promise within a intimate, passionate, and loving relationship to be supportive, exclusive, and faithful partners for life.
3 Components of Healthy Relationships Handout

Human Growth & Development
LOVE vs. INFATUATION WORKSHEET

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