

Middle School Anatomy Lesson

Time: 45-60 mins

This presentation is designed to help participants gain an understanding of the sexual and reproductive anatomy. It features line drawings of typical reproductive systems.

Outline

- Introduction (5 mins)
- Activity One: Who is in Charge of Your Body? (5 mins)
- Activity Two: Anatomy and Functions (35 mins)
- Optional Activity: Explaining the Menstrual Cycle (10 mins)
- Optional Activity: Quiz Trade Review Game (10 mins)
- Conclusion (5 mins)



National Sexuality Education Standards

- AP.8.CC.1 Describe human reproductive systems, including the external and internal body parts and their functions, and that there are naturally occurring variations in human bodies (e.g. intersex, vulvas, circumcised and intact penises).
- SH.8.CC.10 Describe the state and federal laws related to minors' access to sexual healthcare services, including pregnancy and STD/HIV prevention, testing, care, and treatment.
- PD.8.AI.1 Define medical accuracy and analyze medically accurate sources of information about puberty, adolescent development, and sexual health



Colorado Comprehensive Health Standards

Sixth Grade

3.2 Apply effective verbal and nonverbal communication skills to enhance health.

- Demonstrate how to ask for assistance to enhance the health of self and others.
- Identify ways to advocate for self and others to enhance health and safety.

Seventh Grade

2.3 Analyze the internal and external factors that influence sexual decision-making and activity.

- Develop strategies that advocate for healthy sexual boundaries and decision-making.

Eighth Grade

2.2 Describe the physical, emotional, mental, and social benefits of sexual abstinence, and develop strategies to resist pressures to become sexually active.

- Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health.



New Mexico Health Education Standards

C1 Students will comprehend concepts related to health promotion and disease prevention.

- B3: explain how health is influenced by the interaction of body systems (PS1 fully met).
- B6: describe ways to reduce risks related to adolescent health issues (PS3 fully met).

C2 Students will demonstrate the ability to access valid health information and health-promoting products and services.

- B6: describe situations requiring professional health services (PS1 partially met).

