

Fifth Grade Pacing Guide

Suggestion: Before starting class review ground rules and complete the introduction worksheet

TOPIC: Drugs SOL: 5.1 The student will explain the effects of substance use and abuse on the body.	
Performance Objectives: Students will be able to: Discuss adverse effects of alcohol, drugs, and tobacco on the body and the relationship to physical and emotional growth during adolescence, including sexual development; to fetal development; and to any adverse effects upon the family unit.	Materials: The effects of drugs, alcohol and tobacco 5.1a-b

TOPIC: Refusal Skills SOL: 5.2 The student will develop skill in saying "no" to any social behavior or activity that he or she perceives as wrong for him or herself. 5.3 The student will recognize threatening or uncomfortable situations and how to react to them.	
Performance Objectives: Students will be able to: Discuss alternatives to situations such as rude behavior, smoking, alcohol or drug use, theft, vandalism, violence, and premarital and unwanted sexual relationships. Recognize uncomfortable solutions such as walking alone, opening doors to strangers, experiencing sexual abuse or incest, receiving obscene telephone calls or text messages, and facing dangers found in shopping malls. Discuss methods of self-protection and recognition and reporting of threats.	Materials: Refusal game cards 5.2a-d Pressure lines 5.3 Tough situations 5.4 Tough situations 5.4

TOPIC: Gender Roles and Media Messages	
SOL:	
5.4 The student will develop an increased understanding of the roles, duties, and responsibilities of family members.	
5.5 The student will examine the messages from mass media related to sexuality.	
Performance Objectives:	Materials:
Students will be able to:	
Discuss contributions to accepting responsibility, how this relates to group success or failure, and how opportunities for leadership may be presented.	Actions and behaviors 5.5
Define the traditional and changing roles, duties, and responsibilities of family members.	Classroom Survey 5.6
Discuss nontraditional roles of males and females are discussed, and options for the lifelong goals of men and women.	Men's job-women's job 5.7
Examine printed materials, advertising, television, wearing apparel, internet, movies, and music in relation to gender stereotyping and to the avoidance of sexual exploitation and sexual violence.	Gender stereotyping 5.8a-b
Understand how the media affects mental health issues related to sexuality.	Media and Photoshop 5.9a-d

TOPIC: Puberty/Reproduction/STI

SOL:

5.6 The student will define the structure and function of the endocrine system.

5.7 The student will identify the human reproductive organs in relation to the total anatomy.

5.8 The student will explain how human beings reproduce.

5.9 The student will recognize the relationship between the physical changes that occur during puberty and the developing capacity for reproduction.

5.10 The student will identify reasons for avoiding sexual activity prior to marriage.

5.11 The student will describe the effects of personal hygiene on one's self-concept.

5.12 The student will become aware of the existence of sexually transmitted infection.

Performance Objectives:

Materials:

Students will be able to:

Understand the basic parts of the endocrine system (pituitary gland and adrenal glands) and their functions.

Reproductive organs 5.10a-b
The reproductive system 5.11

Understand male reproductive organs: penis, testicles, scrotum, and urethra; and on the female reproductive organs: uterus, ovaries, vagina, and fallopian tubes.

Reproductive organs 5.10a-b
The reproductive system 5.11

Understand the reproductive organs are explained in relation to total human anatomy.

Reproductive organs 5.10a-b
The reproductive system 5.11

Understand physical changes that occur during puberty. Topics included are nocturnal emissions and erections; menstruation; instability of emotions, such as mood swings during puberty; development of a positive attitude toward one's sexuality; and the relationship between changes during puberty and one's ability to conceive and bear children.

What's happening? 5.12
True/False Quiz: Your changing body 5.13a-b
Changes to the body (boys and girls) 5.14a-d
Puberty worksheet 1 5.15a-b
Puberty worksheet 2 5.16a-b

Discuss bodily changes in puberty that require special attention to cleanliness and their relationship to a positive self-concept and acceptance from peers.

Myths and facts 5.17

Discuss proper use of feminine hygiene products in relationship to cleanliness.	Girl talk: feminine hygiene 5.18
Describe the uniting of the sperm and the egg and the development of the unborn child inside the uterus.	Where do babies come from? 5.19a-b
Describe the development of the baby at different stages.	Prenatal chart 5.20a-c
Discuss the importance of prenatal care, as well as the profound effects of drugs on the mother and developing child.	Prenatal chart 5.20a-c Discussion lead by teacher
Discuss the consequences of premarital sexual activity.	Benefits of abstinence 5.21 Teen facts 5.22a-c Reasons to be abstinent 5.23 Is parenting for me now? 5.24a-c
Understand the effects of premarital sex, including teenage pregnancy, infant mortality, and sexually transmitted infections are emphasized, as well as the impact on one's reputation, self-esteem, and mental health.	Benefits of abstinence 5.21 Teen facts 5.22a-c Reasons to be abstinent 5.23 Is parenting for me now? 5.24a-c
Discuss the psychological, social, and physical consequences of premarital sexual relations, as well as the benefits of postponing sexual intercourse until one is physically and emotionally mature and has a positive, committed marital relationship.	Benefits of abstinence 5.21 Teen facts 5.22a-c Reasons to be abstinent 5.23 Is parenting for me now? 5.24a-c
Understand factual information regarding the nature of sexually transmitted infection, including human immuno-deficiency virus (HIV)/acquired immune deficiency syndrome (AIDS), and other diseases referred to include but are not limited to Chlamydia, Genital Herpes, Gonorrhea, IIPV, and Syphilis.	Hi risk, lo risk, no risk 5.25a-b See how you rate 5.26a-b

The Effects of Drugs, Alcohol and Tobacco

Body:

Emotions:

Sexual Development:

Fetal Development:

Family:

The Effects of Drugs, Alcohol and Tobacco: Possible Answers

Body:

Brain damage, death

Damage your liver and other organs

Lung disease, stroke, heart attack, cancer, gum disease, mouth sores and high blood pressure

Injury

Emotions:

- Addiction
- Failure in school
- Violence
- Unplanned and unsafe sex
- Suicide
- Depression
- loss of motivation
- Poor judgement
- prevent healthy coping strategies
- confusion, anxiety or mental disturbance

Sexual Development:

female: facial hair growth and disrupted menstruation

both male and female infertility problems

smaller testicles

Fetal Development:

miscarriage, low birth weight, birth defects and learning disabilities

Family:

unhappy relationships, violence, abuse, stealing, lying, crime and traffic accidents

1. Your brother asks you for \$5 and you don't want to give it to him. You're saving it for a concert ticket.

A basic assertive alternative would be to refuse:

2. Your friend asks you to spend the night, but you want to stay home. You have to get up early for karate class.

A basic assertive alternative would be to refuse:

Refusal Game Cards

3. Your boyfriend or girlfriend wants you to go camping with his or her family. You wouldn't feel comfortable doing that.

A basic assertive alternative would be to refuse:

4. Your uncle offers to let you drive his motorcycle by yourself. You're too young; you know it's against the law.

A basic assertive alternative would be to refuse:

5. Somebody you've just met says, "Why don't you give me your number? I'll call you." You aren't sure it's safe.

A basic assertive alternative would be to refuse:

6. Your boyfriend or girlfriend asks to "come over." Your folks aren't home and it's against family rules.

A basic assertive alternative would be to refuse:

Refusal Game Cards

7. Your friend wants to "borrow" your homework. You don't want to get in trouble for cheating.

A basic assertive alternative would be to refuse:

8. Your friend offers to massage your sore feet. They smell and you would feel embarrassed.

A basic assertive alternative would be to refuse:

9. Your mother offers to take you out to eat. You've already been asked to have dinner at a friend's house.

A basic assertive alternative would be to refuse:

10. Your friend offers to "lend" you her birth control pills. You know it's not safe to take someone else's prescription.

A basic assertive alternative would be to refuse:

Refusal Game Cards

11. A man outside the grocery store says "Hey, I'll buy you some wine if you let me keep the change." You don't drink.

A basic assertive alternative would be to refuse:

12. Your girlfriend or boyfriend asks you to touch in a way you don't feel good about.

A basic assertive alternative would be to refuse:

5.2C

13. Your friend offers you some acne medicine. You read the label. It doesn't contain benzoyl peroxide.

A basic assertive alternative would be to refuse:

14. Your friend's dad invites you for dinner. They're having liver. You don't like liver.

A basic assertive alternative would be to refuse:

Refusal Game Cards

15. Your friend wants you to take a few dollars off your mother's dresser to go to the movies. You don't feel right about it.

A basic assertive alternative would be to refuse:

16. Your friend wants you to ask someone whether they like your friend. You'd feel embarrassed.

A basic assertive alternative would be to refuse:

Tough Situations

Situation	What do you do?
You have to walk home alone in a dark and unfamiliar area.	
There is a stranger knocking at your door. He won't go away.	
A trusted adult touches you in a place that makes you very uncomfortable.	
Someone keeps calling your phone, cussing and saying inappropriate things.	
A private photo has been texted and posted online for everyone to see.	
A stranger pulls up in car next to you at a parking lot. He asks you to come closer so he can ask you something.	
You witness what looks like a gun in another students backpack.	
An older kid in the neighborhood is selling drugs to very young kids after school on the playground.	

Actions & Behaviors:

Describe something you said or did that you know was wrong in the situation. (List specific things including gestures, tone of voice, and facial expressions.)

What feelings were you experiencing at the time?

Looking back, how could you make the situation more successful?

What is a leader?

What would a leader do in bad situations?

Do you have what it takes to be a leader? Why or why not?

Gender Stereotyping in Advetrising, Television and Movies

[illegible]

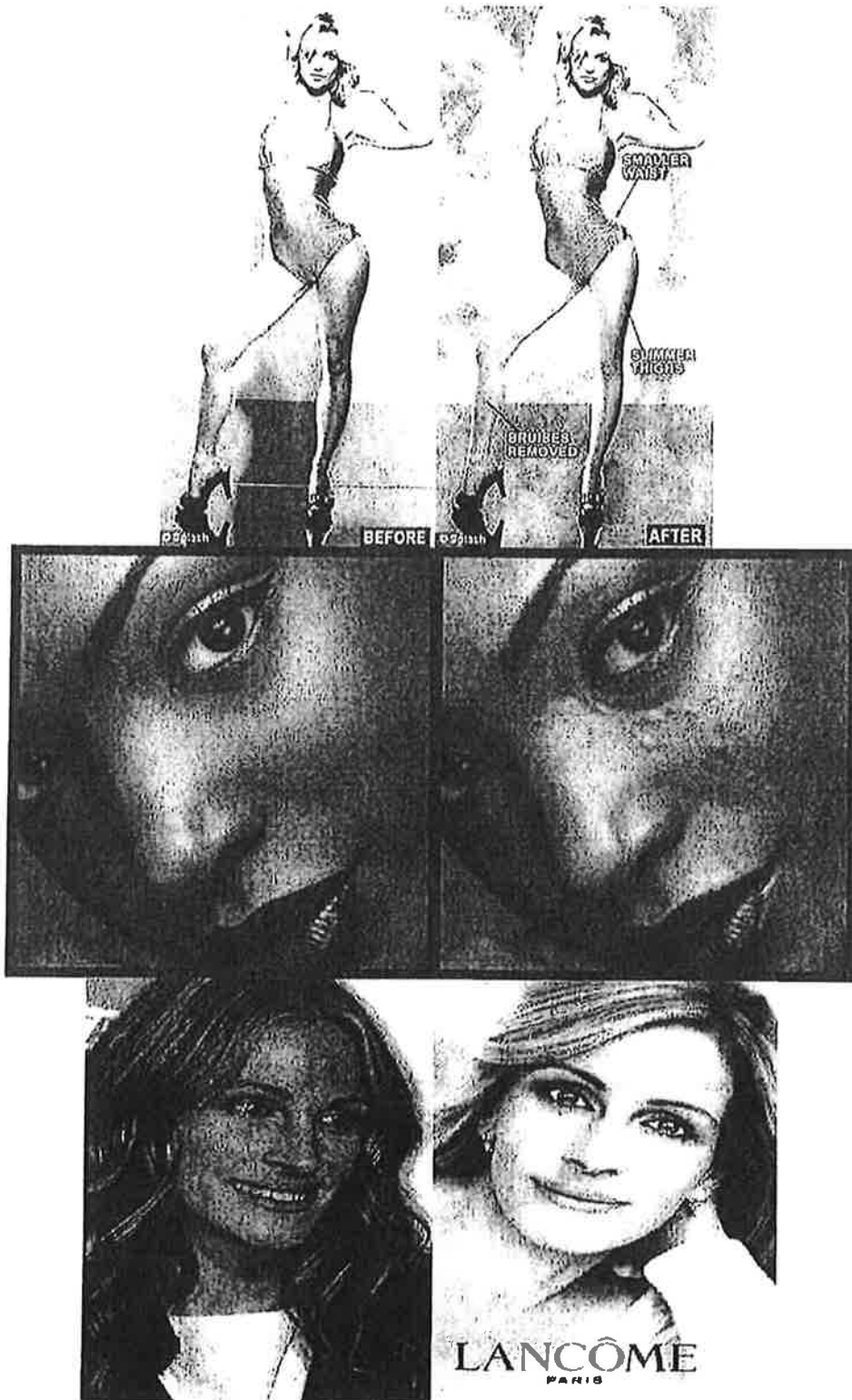
Gender Stereotyping in Advertising, Television and Movies

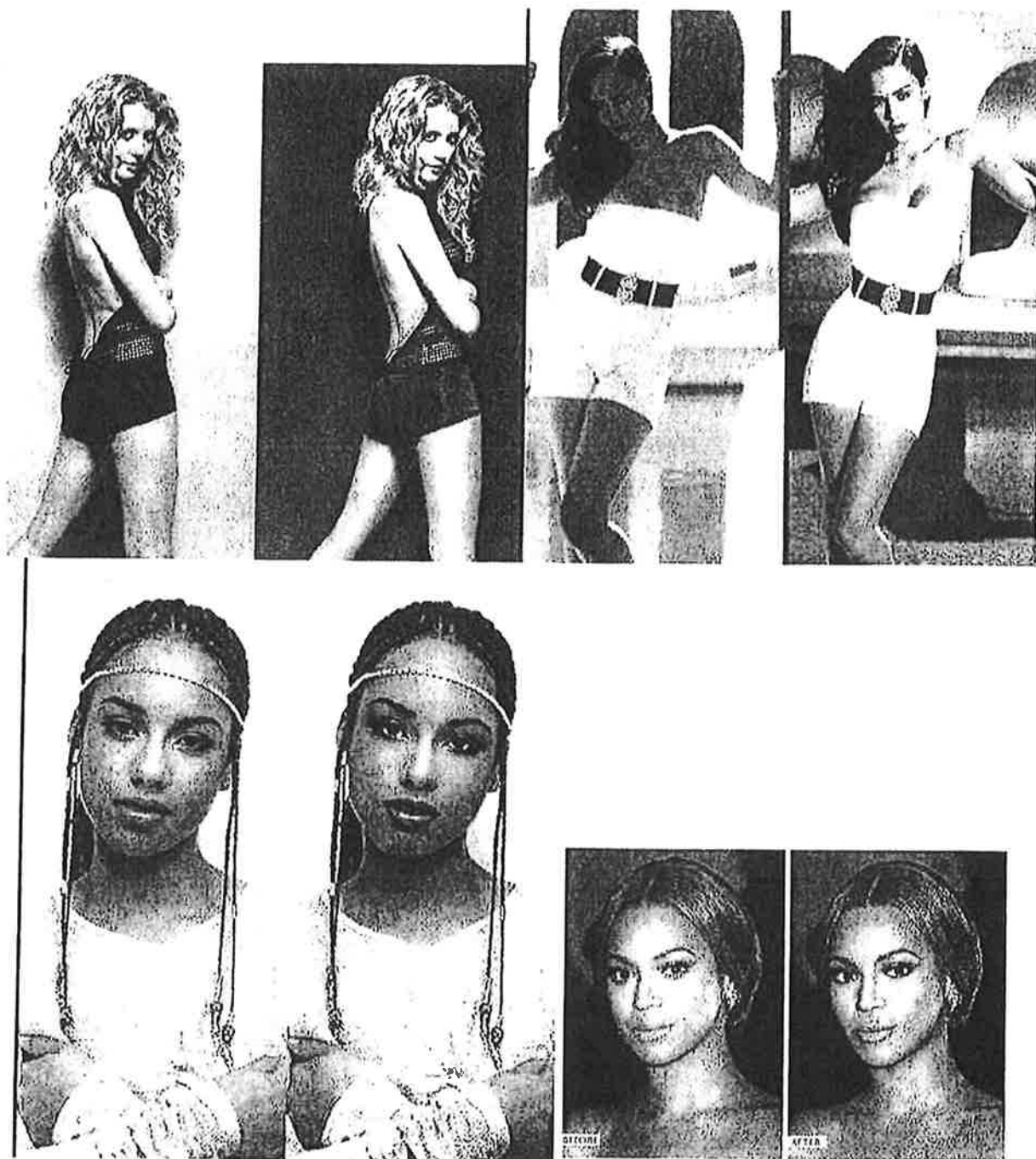
EXAMPLES

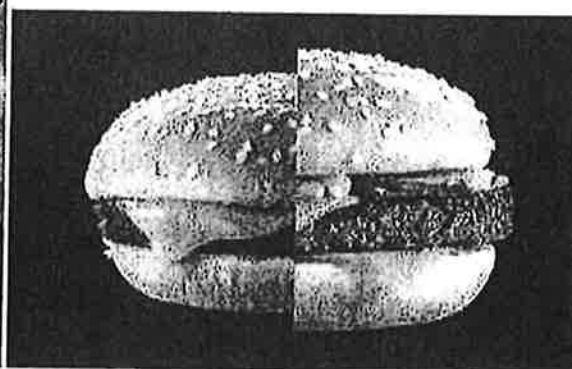
Roles/Characters Women Mostly Play	Roles/Characters Men Mostly Play
Mom	Dad
Office Lady	Police/Fire
Maid	Truck Driver
Love interest	Superhero
Victim	Villain/Killer
Perfume	Gross/Nasty
Beach babe	Military
Diet and Exercise	Fat/Bald/Funny guy
Nurses	Doctor
Teacher	Lawyer
Ditzy	Smart
Gossipy/Dramatic	Serious
Flight attendant	Pilot

Media and Photoshop

Look at the following pictures of celebrities and models (notice the before and after Photoshop.)
Then answer the questions below.







Questions to think about.

1. Would you call advertising and media fake?
2. Was it suprising to see women photoshopped? Explain.
3. Was it suprising to see men photoshopped? Explain.
4. Was it suprising to see food photoshopped? Explain.
5. Do you think people try to look like celebrities and models?
6. Do you think they can ever look like the people they see in magazines , tv and movies?
7. What do you think photoshop does to the average person's self-esteem?
8. What do you think photoshop says about sexuality?

Worksheet 5:7C : "Reproductive Organs: Male and Female"

Part I. Directions: Match the definition from Column 2 with the word it describes in Column 1.

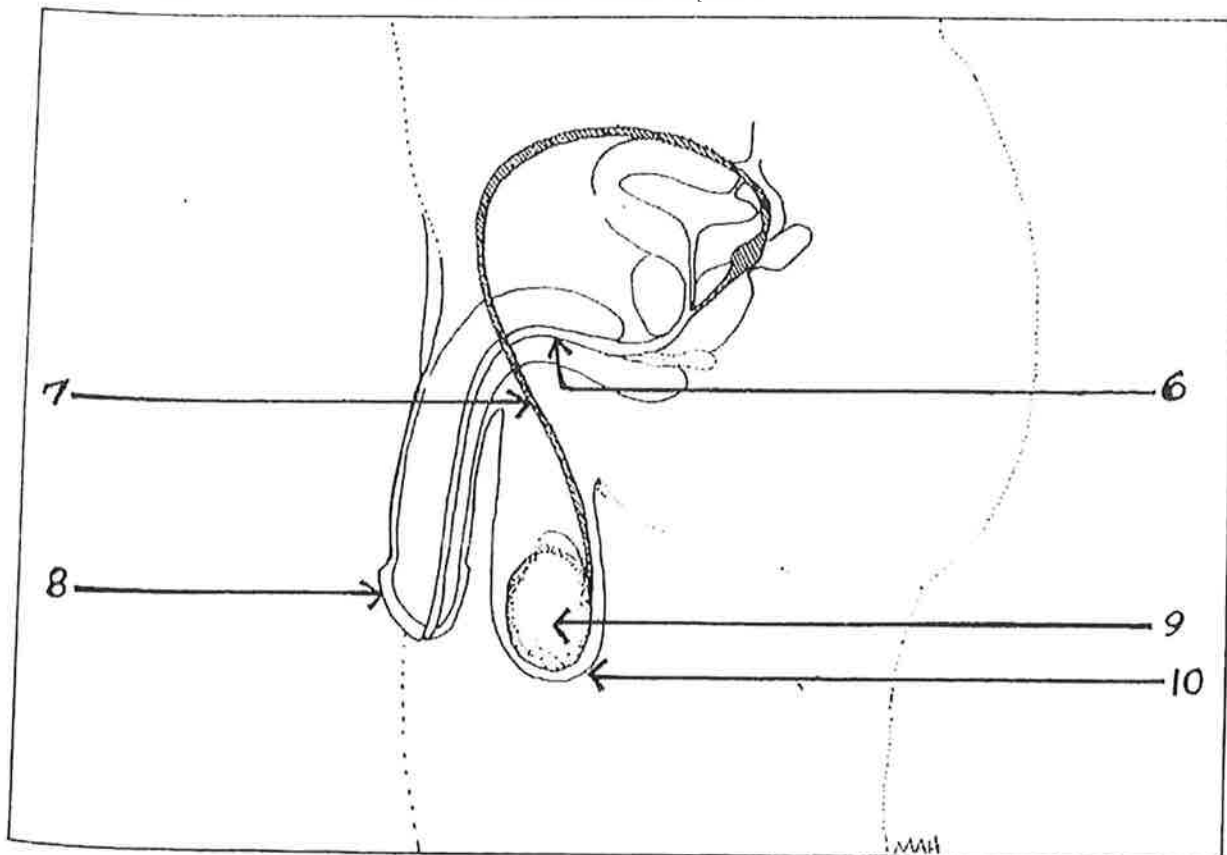
(1)
Male Reproductive Organs

- _____ 1. Penis
- _____ 2. Urethra
- _____ 3. Scrotum
- _____ 4. Testicle
- _____ 5. Vas deferens

(2)
Definitions

- A. Gland in male that produces sperm
- B. Duct through which urine is discharged and, in males, through which semen is discharged
- C. Either of two ducts that allow sperm to pass from the testicles
- D. The male sex organ; also, the male urinary organ
- E. The external pouch that contains the testicles

Part II. Directions: Look at the diagram below and label the body parts by writing the correct term in the blank space.



For use with Family Life Education: Resources for the Elementary Classroom--
Grades 4, 5, 6, DeSpelder & Strickland, Santa Cruz, CA: Network Publications.

Part I. Directions: Match the definition from Column 2 with the word it describes in Column 1.

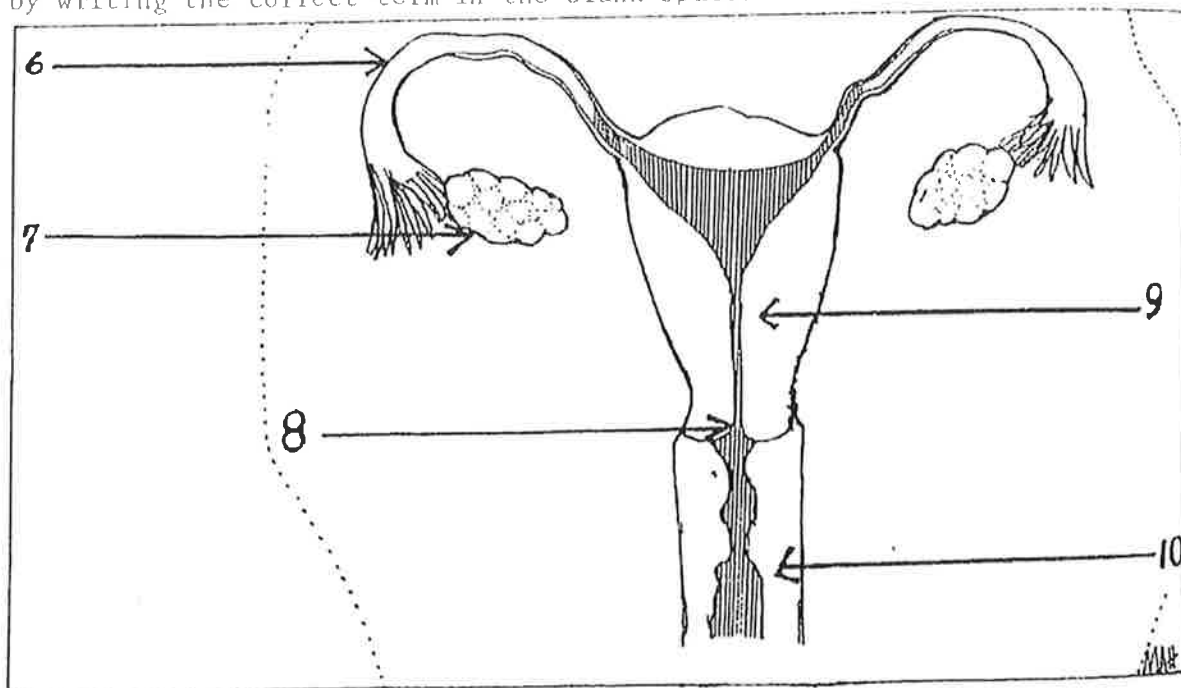
(1)
Female Reproductive Organs

- _____ 1. Cervix
- _____ 2. Vagina
- _____ 3. Uterus
- _____ 4. Fallopian tube
- _____ 5. Ovary

(2)
Definitions

- A. Pear-shaped female reproductive organ in which fetus grows and develops until birth
- B. Female organ in which egg cells and sex hormones are produced
- C. Neck-like, narrow end of uterus which opens into vagina; it stretches to allow a baby to be born
- D. Either of two tubes through which egg released from an ovary each month travels on its way to uterus
- E. Passage that leads from uterus to external genital organs

Part II. Directions: Look at the diagram below and label the body parts by writing the correct term in the blank space.



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Grades 4, 5, 6, DeSpelder & Strickland, Santa Cruz, CA: Network Publications.

Each of the phrases below describes a characteristic of the human reproductive system. Write **males**, **females**, or **both** after each phrase according to which the phrase applies.

1. produce sperm cells _____
2. produce 400 to 500 egg cells in a lifetime _____
3. contribute genes to zygote _____
4. menstruate _____
5. have ovaries _____
6. have testes _____
7. hormones play an important role in the maturation of the reproductive organs _____
8. carry fetus in the uterus _____
9. contribute the chromosome that determines a baby's sex _____
10. produce the hormone testosterone _____
11. produce the hormones estrogen and progesterone _____
12. go through a period called puberty _____
13. grow hair around the reproductive organs _____
14. develop mammary glands _____
15. have external organs that produce the reproductive cells _____
16. have internal organs that produce the reproductive cells _____
17. have all of their reproductive cells at birth _____
18. do not develop reproductive cells until puberty _____
19. release one reproductive cell monthly _____
20. produce millions of reproductive cells daily _____

You Can Find Out: After an egg is fertilized, certain hormones prepare the uterus for the embryo. Consult books in a library and report on the role of these hormones.

What's Happening?!!

Girls

Changes generally occur earlier than boys

Breasts get bigger and may not grow at same rate

Hair appears under the arms and around the pubic area

Increased oil production can cause pimples (need to wash face and body daily)

Increased tiredness

Hips widen and body becomes more curvy

Sexual desires develop

Sweat and body odour becomes more noticeable (need to wash body, clothes and hair, and use anti-perspirant deodorant)

Vaginal discharge more noticeable

Ovulation begins and periods start

Height and weight increases

Hair on arms and legs becomes thicker and darker

Temporary clumsiness can result from body shape changes

Emotional changes – uncontrollable emotions and mood swings e.g. loneliness, crushes, wanting to be independent, self conscious, etc

Boys

Changes generally occur later than girls

Penis and scrotum gets bigger and shape changes

Hair appears under the arms, around the pubic area, on the chest and face

Increased oil production can cause pimples (need to wash face and body daily)

Increased tiredness

Voice breaking – can take one year to happen

Sexual desires develop and wet dreams start to occur

Sweat and body odour becomes more noticeable (need to wash body, clothes and hair, and use anti-perspirant deodorant)

Erections start to occur

Sperm grows in testes

Height and weight increase and muscle becomes more prominent

Hair on arms and legs becomes thicker and darker

Temporary clumsiness can result from body shape changes

Emotional changes – uncontrollable emotions and mood swings e.g. loneliness, crushes, wanting to be independent, self conscious, etc

True/false quiz

Your changing body

- | | | | |
|-----|--|------|-------|
| 1. | Periods start at 13 years of age for all girls | True | False |
| 2. | In girls, one breast may grow quicker than the other | True | False |
| 3. | Girls' and boys' body shapes will change during puberty | True | False |
| 4. | During puberty, increased appetite leads to acne | True | False |
| 5. | During puberty, girls grow hair in more places than boys | True | False |
| 6. | In boys, it can take up to one year for the voice to deepen | True | False |
| 7. | Puberty does change the body's hygiene needs | True | False |
| 8. | All the changes during puberty are external | True | False |
| 9. | Sexual desires will develop in both sexes during puberty | True | False |
| 10. | Boys and girls are likely to have more energy during puberty | True | False |

True/false quiz Answer sheet

Your changing body

False

2. True

3. True

4. False

False

6. True

True

8. False

9. True

10. False

5.13B

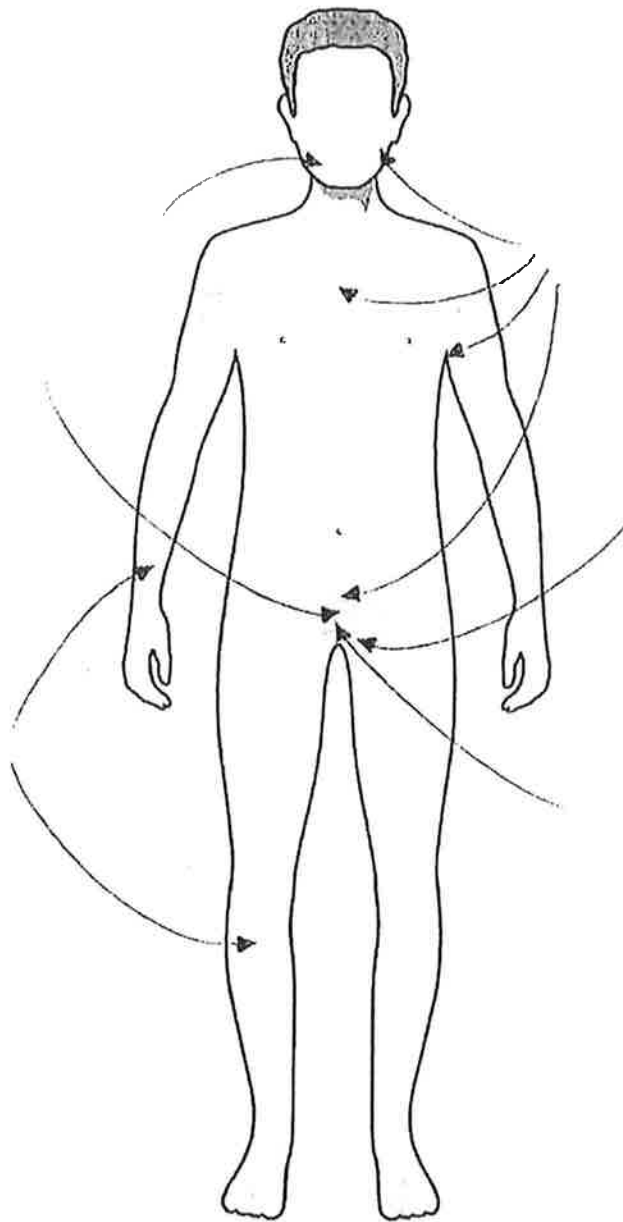
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If you need medical advice please consult your health care professional.

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Changes to the body

Boys' bodies

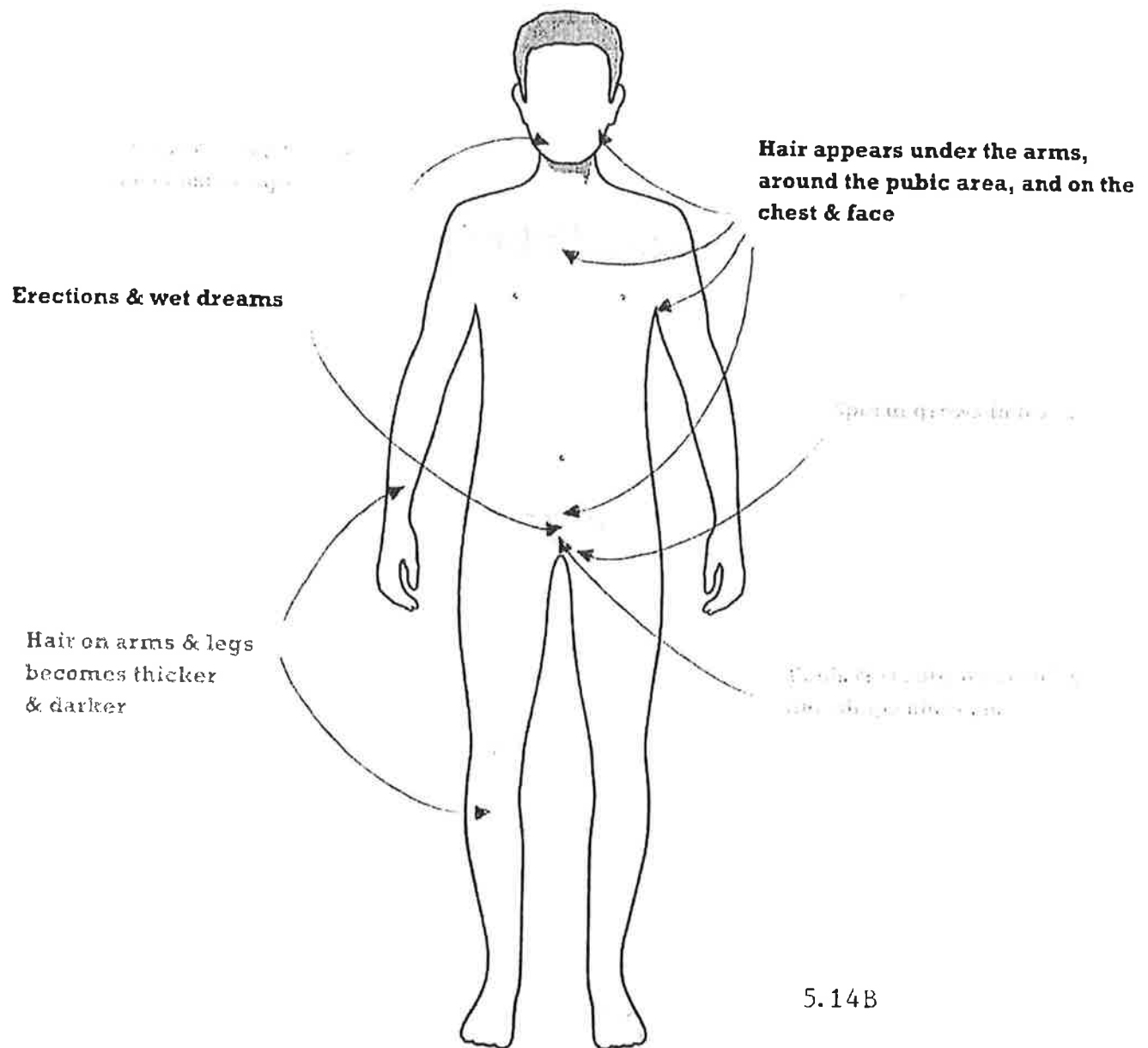
Instructions: Have you been listening?
Next to the arrows, list the changes that occur during puberty.



Changes to the body

Boys' bodies

Answer sheet



5.14B

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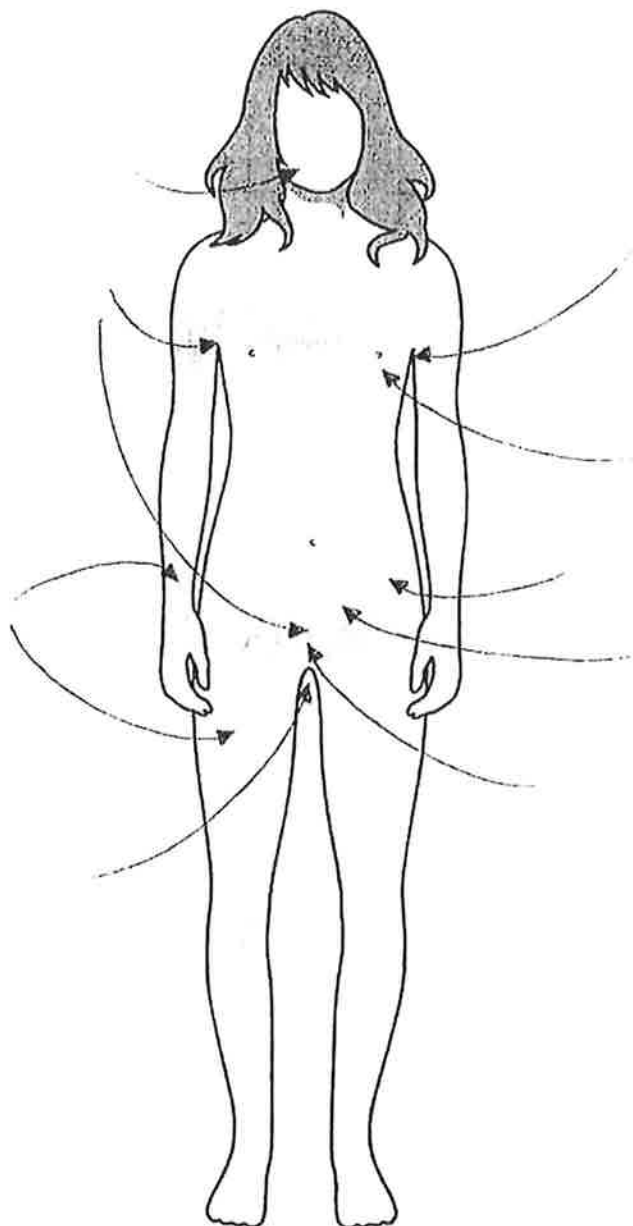
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Worksheet 2:

Changes to the body

Girls' bodies

Instructions: Were you paying attention?
Next to the arrows, list the changes that occur during puberty.



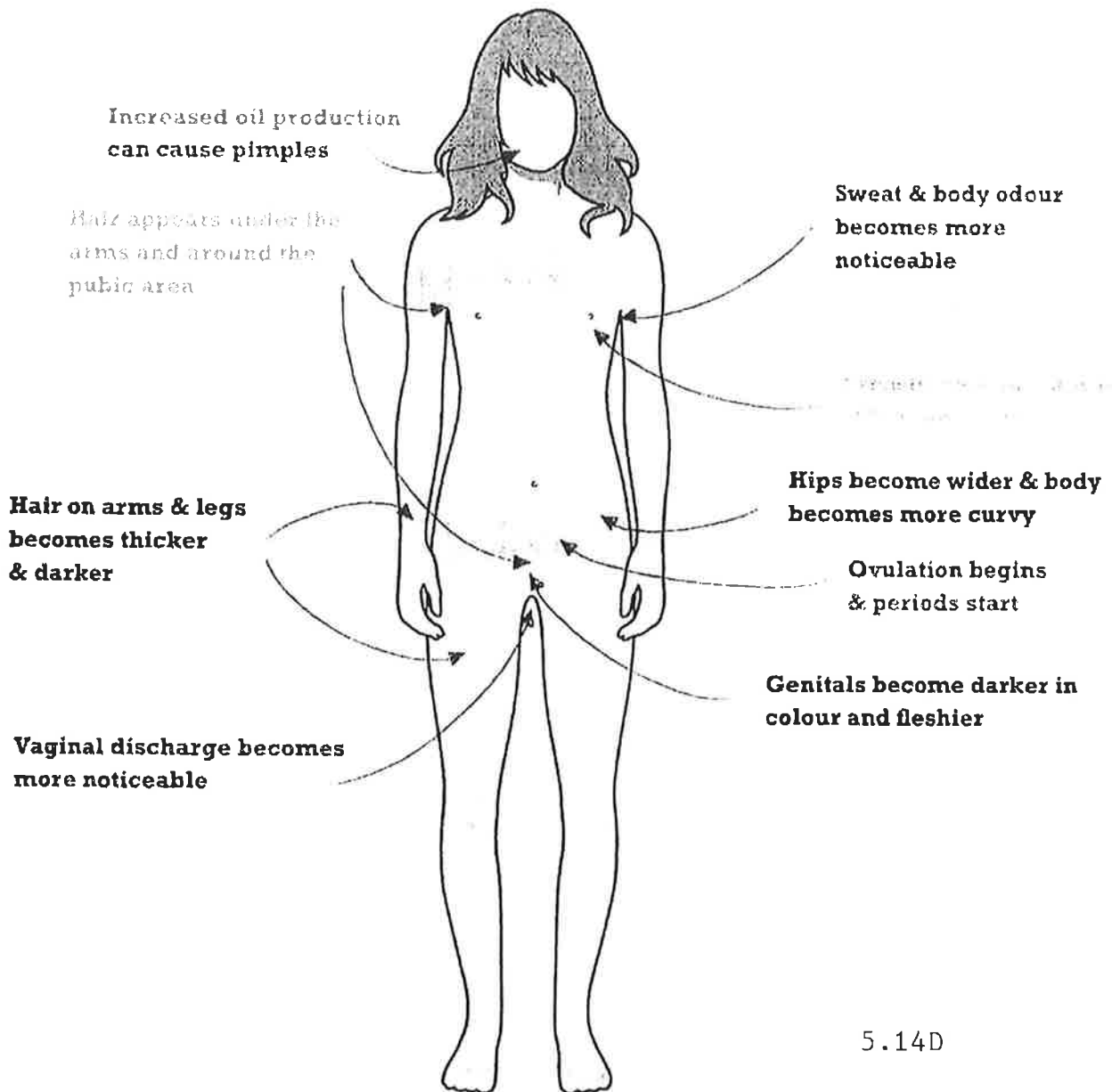
5.14C

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Changes to the body

Girls' bodies

Answer sheet



5.14D

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Puberty Worksheet

Name _____ Date _____



A. List four changes that happen to both boys' and girls' bodies at puberty. Use complete sentences.

1. _____

2. _____

3. _____

4. _____

B. List three changes that happen to girls' bodies at puberty. Use complete sentences.

1. _____

2. _____

3. _____

4. _____



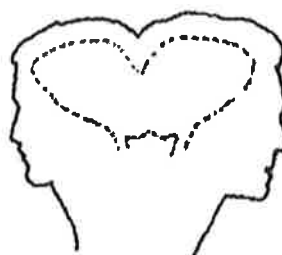
5.15A



C. List three changes that happen to boys' bodies at puberty. Use complete sentences.

1. _____
2. _____
3. _____
4. _____

D. Describe two changes that happen to a person at puberty that are NOT in their body. (Like changes in feelings, relationships, how they behave.)



1. _____
2. _____
3. _____
4. _____

5.15B

Puberty Worksheet 2

NAME _____ DATE _____

DIRECTIONS: Write "T" for "true" next to each statement you believe is correct.
Write "F" for "false" next to the wrong statements.

- _____ 1. Girls may start puberty any time between the ages of 8 and 13.
- _____ 2. Usually, boys start puberty a little younger than girls.
- _____ 3. The pituitary gland, in the brain, tells the body when to begin puberty.
- _____ 4. Boys only get erections when they think about something sexual.
- _____ 5. A person's feelings may change from moment to moment, especially during puberty.
- _____ 6. If your parents started puberty early, you might too.
- _____ 7. You can tell whether a girl is menstruating by looking at her.
- _____ 8. Boys often have some breast growth during puberty.
- _____ 9. It is common for boys to have nocturnal emissions at puberty, but it is also healthy not to.
- _____ 10. The main reason teenagers get acne is they eat the wrong foods.
- _____ 11. Girls should not use tampons until they are grown.
- _____ 12. The vagina is always wet, just like the mouth and eyes.
- _____ 13. There is something wrong with a boy if he ejaculates in his sleep.
- _____ 14. If a boy has not started puberty by age 13, he should see a doctor, because there might be something wrong with his endocrine system.
- _____ 15. It is OK for a girl to shower or play sports during her menstrual period.
- _____ 16. A boy should start wearing an athletic supporter ("jock strap") during puberty when he plays sports, to protect and support his genitals.
- _____ 17. A girl may start wearing a bra for support when her breasts start to develop, especially if she is uncomfortable being active and playing sports.
- _____ 18. It is necessary to wash more often once you begin puberty.

Puberty Worksheet 2 - Answer Key

NAME _____ DATE _____

DIRECTIONS: Write "T" for "true" next to each statement you believe is correct.
Write "F" for "false" next to the wrong statements.

- T 1. Girls may start puberty any time between the ages of 8 and 13.
- F 2. Usually, boys start puberty a little younger than girls.
- T 3. The pituitary gland, in the brain, tells the body when to begin puberty.
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- T 18. It is necessary to wash more often once you begin puberty.

Activity Sheet 5

Myths and Facts about personal care

1. SKIN CARE

- a. A daily skin-care plan can help control pimples.
- b. Stress can contribute to skin problems.
- c. A lot of sun is good for acne.
- d. Chocolate and greasy foods cause pimples.
- e. Scrubbing your face helps eliminate blemishes.
- f. Some people can get pimples by frequently resting their face in their hands.

TRUE

FALSE

2. DENTAL CARE

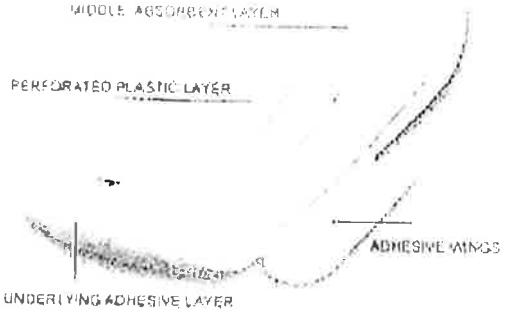

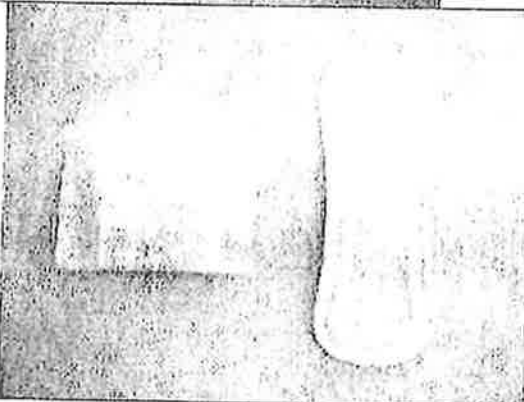
- a. Daily flossing removes food between teeth that can cause bad breath.
- b. Gums that are red, swollen and bleed are healthy.
- c. Tobacco and caffeinated drinks do not stain teeth.
- d. Fluoride toothpaste helps to prevent tooth decay.

3. STAYING FRESH AND DRY

- a. Deodorants reduce the amount of odour causing sweat.
- b. Antiperspirants and deodorants work best on clean skin.
- c. Daily washing or bathing helps reduce the bacteria that can lead to odour.
- d. Eccrine glands produce perspiration that can lead to odour.
- e. Sweat serves no useful function to the body.
- f. The apocrine glands become active during puberty.
- g. Drinking water reduces the concentration of perspiration.
- h. There are 24 eccrine glands in the body.
- i. Males tend to produce more sweat than females.

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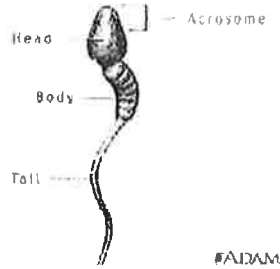
Girl Talk: Feminine Hygiene

 <p>A diagram of a sanitary pad. It shows a rectangular pad with two adhesive wings on the sides. Labels with leader lines point to the following parts: 'MIDDLE ABSORBENT LAYER' at the top, 'PERFORATED PLASTIC LAYER' below it, 'ADHESIVE WINGS' on the right side, and 'UNDERLYING ADHESIVE LAYER' at the bottom.</p>	<p>Pads should be changed at least every 4 to 6 hours and thrown away in the trash (never flushed in the toilet). Fold up the used pad, wrap it in tissue or toilet paper, and put it in the trash.</p>
 <p>A photograph of a single tampon. It is a long, cylindrical, light-colored object with a small, curved applicator at one end. It is shown against a dark background.</p>	<p>Tampons can be convenient for girls when they bathe, swim, participate in other sports or when they are ready. Tampons should be changed every 4 to 8 hours and used for 8 hours maximum.</p>
 <p>A photograph of a pantiliner. It is a rectangular, light-colored, soft-looking pad. It is shown against a dark background.</p>	<p>A pantiliner can help girls feel more in control, especially if they have fears about when their period will begin. She should change it as often as needed to help her feel clean.</p>

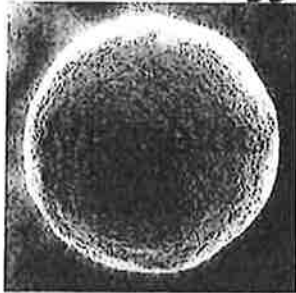
It might be helpful to talk about products as a system: using a combination of pads or tampons when her period starts, and using pantliners for light days, tampon backup, or every day to help her feel clean. The choice of feminine protection products is a personal decision.

Where do babies come from?

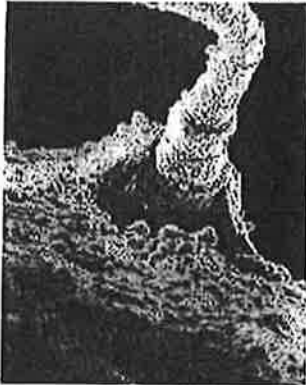
Males have a cell called sperm



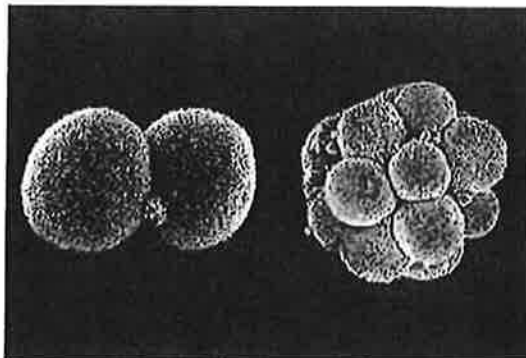
Females have a cell called egg or ovum



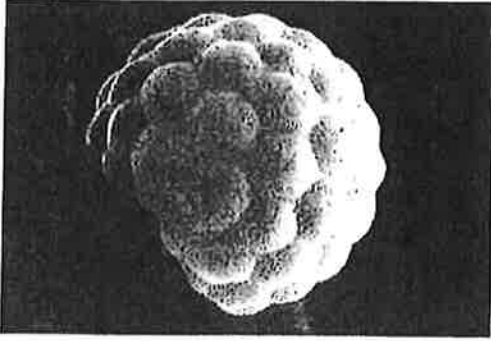
When the two meet, human life begins.



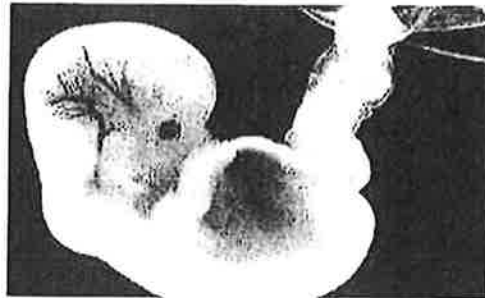
The two cells now create a new cell. This new cell starts to divide and multiply.



It then travel down toward the uterus and attaches to the wall.



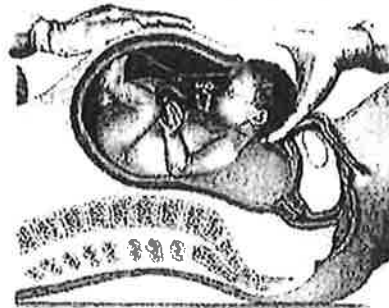
This ball of cells turns into a tiny clump of life called an embryo. The embryo has an umbilical cord that attached from its stomach to a placenta. The placenta feeds and nourishes the baby so it can grow and develop properly.






The developed baby is called a fetus and has been growing for 40 weeks.









The baby will be delivered through the vaginal canal or if there are complications, a cesarean section is needed. That is when the doctor surgically cuts through the stomach muscle to deliver the baby.



PRENATAL CHART

FIRST TRIMESTER	GROWTH & DEVELOPMENT	MAKE GOOD CHOICES
<p>During the First Month</p> 	<ul style="list-style-type: none"> • Cell Multiplication begins. • Fertilized egg attaches to the lining of uterus. • Internal organs and circulatory system begin to form. • Small bumps show the beginning of arms and legs. • Gender determined at conception. • 1/100th of an inch (the thickness of a heavy pencil dot) 	<ul style="list-style-type: none"> • Good health affects the development of your baby. • Alcohol, tobacco and drugs will alter growth of baby. • If your pregnancy is stressful, hormones may be released that are not good for you and baby.
<p>During the Second Month</p> 	<ul style="list-style-type: none"> • All major body parts have formed. • Eyes, ears, and nose are developed. • Tear ducts are forming in eyes. • The heart is beating. • Hands and feet take shape. Fingerprints have developed. • Baby moves often, has an exercise routine. • Measures .56 - .8 of an inch, weighs no more than a peanut. 	<ul style="list-style-type: none"> • The bond between you and baby will form when you begin communicating. • Introduce yourself to your baby. Assure baby that you will provide love and protection. • Get permission from your doctor before taking any medicines. • Stay physically fit. • Eat healthy foods, drink plenty of fluids, and get lots of rest.
<p>During the Third Month</p> 	<ul style="list-style-type: none"> • The head is the largest part of the body. • Can lift head off of chest • Eyes have moved closer together • Ears moved into position. • Baby can frown, yawn, hiccup, suck thumb, open mouth, curl toes. • Bones and muscles are growing. • External genitals are formed. • Fetus never sleeps. • Measures 2.5 inches from crown to rump, weighs 2.8 ounces, is the size of your little finger. 	<ul style="list-style-type: none"> • Take your prenatal vitamins. • Use deep breathing and walking to rock your baby. • Always wear your seat belt. • Your baby will become your main focus as you learn about fetal development. • Read and ask questions about how your baby is growing. • Envision your baby floating safely in your womb. • When you are safe, your baby is safe.

SECOND TRIMESTER	GROWTH & DEVELOPMENT	MAKE GOOD CHOICES
<p>During the Fourth Month</p> 	<ul style="list-style-type: none"> • Baby is rocked and swayed by mom's breathing & walking. • Baby kicks and wiggles toes • Makes a fist, brings hands together. • Fingernails start to grow. • Kidneys begin to make urine. • Sex organs are distinct. • Floats in a quart of amniotic fluid. • Placenta is completely formed. • Measures 6 – 7 inches, weighs about 2.8 ounces. 	<ul style="list-style-type: none"> • Tight clothing will not allow room for your baby to move and grow. • Your baby exercises daily and hopes you do too. • Depression and distress produce chemicals which may cross the placenta and affect your baby. • Stroke and pat your baby. • Play and rest with baby. • Read and sign to baby.
<p>During the Fifth Month</p> 	<ul style="list-style-type: none"> • Mom can feel baby move, quickening. • Baby drinks and tastes amniotic fluid. • Clean fluid replaced every 3 hours. • Baby plays with umbilical cords. • Eyebrows, eyelashes are growing. • Skin is covered with yellowish substance, vernix. • Fine hair called lanugo covers body. • Layer of fat is formed around neck & shoulders to keep warm. • Measures 8 – 12 inches • Weights 9 ounces 	<ul style="list-style-type: none"> • Your center of gravity changes as uterus grows. • Check home for hazards that might make you fall. • Just as your actions affect baby's physical development, your feelings affect her emotional development. • Select calm and pleasant surroundings.
<p>During the Sixth Month</p> 	<ul style="list-style-type: none"> • Skin is thin and wrinkled. • Hair is soft and fine. • Baby touches and explores body. • Moves and manipulates fingers. • Sucks Thumb and fingers. • Eyelids begin to part, eyes open. • Baby listens to conversations. • Can see bright light. • Loud sounds startle baby. • Measures 11 – 14 inches • Weighs 1.2 pounds 	<ul style="list-style-type: none"> • Vigorous exercise or bathing in hot water will cause baby's heart rate and temperature to go up. • Don't ignore warning signs; severe swelling, vision disturbances, headaches. • Recognize your baby's attempts to communicate. He waits for your response. • He hears your voice and responds to it.

THIRD TRIMESTER	GROWTH & DEVELOPMENT	MAKE GOOD CHOICES
<p>During the Seventh Month</p> 	<ul style="list-style-type: none"> • Baby is adding fat and gaining muscle control. • Hair is growing longer. • Skin is red and wrinkled. • Pupils dilate, adjusts to light and dark. • See shades of red when eyes open. • Recognizes voices. • Responds to pain. • Legs are bent toward chest. • Measures 15.75 inches • Weighs 2.4 pounds 	<ul style="list-style-type: none"> • Poor nutrition can impair brain and organ growth. • Loud noises may cause baby's heart rate to increase and body to tremble. • Start preparing for baby's birth and homecoming. • Accurate information about labor and delivery will reduce fears. • Talk to baby about your movements and daily activities.
<p>During the Eighth Month</p> 	<ul style="list-style-type: none"> • Lungs are maturing. • Gaining more fat under skin. • Bones becoming harder. • Lanugo disappeared from face. • Fingernails reach fingertips. • Drinks amniotic fluid, practices swallowing. • Measures 18.9 inches • Weighs 4 – 5 pounds 	<ul style="list-style-type: none"> • Braxton Hicks contractions exercise your uterus. • Make a choice between bottle or breast feeding. • Don't skip meals. • Walking is an excellent form of exercise. • A warm bath or shower is a great way to relax.
<p>During the Ninth Month</p> 	<ul style="list-style-type: none"> • Skin is smooth. Vernix and lanugo disappear. • Will recognize family member's voices when born. • Position is head down, facing mom's back. • Head will engage in pelvis, enlighten. • Bones in head are soft for birth. • Movements are limited in womb. • Measures 19 – 21 inches • Weighs 6 – 9 pounds 	<ul style="list-style-type: none"> • Weekly prenatal visits increase your chances of having a healthy baby. • Your emotions will peak as your body gets ready to give birth. Expect to feel excited, anxious, impatient, irritable. • Review signs of labor. • Count your baby's movements for one hour several times a day. • Relax and enjoy your unborn baby. Let baby know she is loved.

BENEFITS OF ABSTINENCE

FACT
SHEET
6

Abstinence has many benefits, here are a few:

- People of all ages use abstinence for many different reasons.
- You can decide to be abstinent even if you've already had sex.
- Abstinence provides 100% protection against pregnancy.
- Abstinence protects against STIs, including HIV.
- Abstinence means you can be close and intimate without having sex.
- Abstinence lets you focus on your goals for the future.
- Abstinence can improve your physical and emotional health.
- Abstinence helps you regain control over your sexuality and sexual expectations.
- Abstinence can help you attract and marry the right person.