

**GRADE 8 | LESSON 7**  
**UNDERSTANDING THE CONSEQUENCES OF  
SEXUAL ACTIVITY**

## LESSON SUMMARY

### LESSON 7: UNDERSTANDING THE CONSEQUENCES OF SEXUAL ACTIVITY

- In this lesson, students will explore the most prominent physical consequences of sexual activity – pregnancy and sexually transmitted diseases/infections.

Students will learn about how pregnancy occurs, how sexually transmitted diseases are and are not transmitted, and the potential health impacts of STDs.

# LEARNING OBJECTIVES

## CORE CONCEPTS

- Describe male and female sexual and reproductive systems including body parts and their functions. (NSES AP.8.CC.1)
- Define sexual intercourse and its relationship to human reproduction. (NSES PR.8.CC.1)
- Define STDs, including HIV, and how they are and are not transmitted. (NSES SH.8.CC.1)
- Describe the ~~signs, symptoms and~~\*-potential impacts of STDs, including HIV. (NSES SH.8.CC.3)

## ACCESSING INFORMATION

- Identify medically- accurate information about STDs, including HIV. (NSES SH.8.AI.1)

\* Signs and symptoms of STDs, including HIV, are addressed in Lesson 9

# ADVANCE PREPARATION

## MATERIALS

- Per student copies of *Pregnancy-STDs* (recommended to print as 2-sided half sheets)
- One set of materials for the *Poker Chip Activity* (see next slide)
- (Optional) Per student or Class Set copies of “Youth STI Infographic” (
- Student notebooks or scrap paper

## ACTIONS

- Ensure pedagogical familiarity and comfort with lesson plan
- Determine how you will facilitate the *Poker Chips Activity* (see next slide)
- Plan where students will write the 3-2-1 Reflection
- Ensure functioning of audiovisual setup
- Test video playback
- Questions? Contact Michele Rusnak or a district STEM Coach.

## ADVANCE PREPARATION: *POKER CHIP* *ACTIVITY*

### MATERIALS

- Clear plastic bag with poker chips (or similar) in three different colors
- A place to tally the results (e.g., board, poster paper)
- A place to drop poker chips that are pulled out of the bag
- A timer or stopwatch

### ACTIONS / DECISIONS

Assign dollar amounts to each of your colors.

- Color 1 = \$1
- Color 2 = \$25
- Color 3 = \$100

Who will manage the timer? Who will tally the chips?

WARM UP

## WARM UP – PREGNANCY (TEACHER)

One handout per student. Students may work in small groups or pairs, at your discretion.

- Use these words to fill in the blanks.
- Some words will NOT be used!

- babies
- birth
- egg
- one (1)
- ovaries
- penis
- pregnant
- semen
- sex
- six (6)
- sperm
- three (3)
- uterus
- vagina

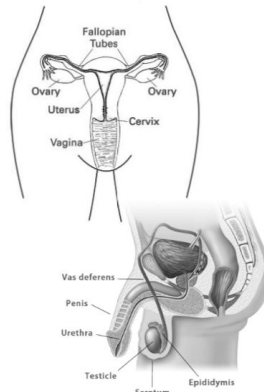
### Pregnancy

Pregnancy begins with \_\_\_\_\_ and an \_\_\_\_\_. Millions of microscopic sperm cells are formed in the testicles and mix with fluids to make \_\_\_\_\_. Every month, one egg is released from the \_\_\_\_\_ and travels through the fallopian tubes. If semen gets into the \_\_\_\_\_ during sex, the sperm swim up the cervix into the \_\_\_\_\_ and then into the fallopian tubes.

Sperm can survive \_\_\_\_\_ days, and it only takes \_\_\_\_\_ cell to get someone pregnant. If the sperm reaches and fertilizes an egg, the egg then divides into more cells as it moves towards the uterus. If these cells attach to the wall of the uterus, the person becomes \_\_\_\_\_.

Not interested in getting pregnant? It's simple! Option 1 – Don't have \_\_\_\_\_. This is the only 100% certain way to avoid pregnancy. Option 2 – If you are having sex, use \_\_\_\_\_ control. Condoms, the pill, an IUD to reduce your chances.

Text: Stay Teen, "Birth Control 101: Pregnancy," Stay Teen YouTube, YouTube, 15 June 2016, <https://www.youtube.com/watch?v=gpa72Cv1E&feature=youtu.be> (Accessed October 2, 2019).  
Images: "Know Your Body," I Wanna Know, American Sexual Health Association, 2019, <https://www.asha.org/know-your-body/body-parts> (Accessed October 5, 2019).



Transition: Today we will be exploring two consequences of sexual activity, pregnancy and sexually transmitted diseases (STDs).

# WARM UP - PREGNANCY

- Use these words to fill in the blanks.
- Some words will NOT be used!

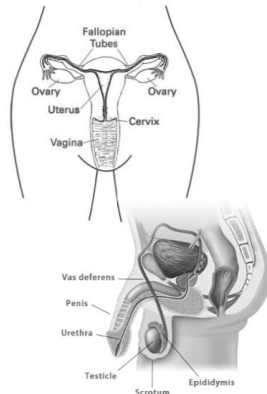
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Text: Stay Teen. "Birth Control 101: Pregnancy." Stay Teen YouTube, YouTube, 15 June 2018.  
<https://www.youtube.com/watch?v=g5u72Ch1E8k&feature=youtu.be> (Accessed October 2, 2019)  
Images: "Know Your Body." / Woman Know, American Sexual Health Association, 2019.  
<https://www.amsa.org/sexual-health/know-your-body> (Accessed October 5, 2019)



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- birth
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- pregnant
- semen
- sex
- six (6)
- sperm
- testicles
- three (3)
- uterus
- vagina



INFORMATION IS POWER

## INSTRUCTIONS: POKER CHIP ACTIVITY

1. Show students clear plastic bag filled with poker chips.
2. Ask for two volunteers to participate in the demonstration. Optional: Solicit students to handle the timer and/or tally the chips.
3. Explain the rules:
  - Each of you may use only one hand and grab one chip at a time. Who will go first?
  - When it is time, you will take out as many poker chips as possible *one at a time* and place them \_\_\_\_\_ (another container or a clear desk/table).
  - (To rest of students): Count the chips as (Participant 1) pulls them out of the bag.
4. After the Participant 1 completes their turn, change the information slightly. "I forgot to mention that the (color 1) chips are worth \$1; the (color 2) \$25; and (color 3) \$100."
5. Allow Participant 2 to complete their turn.
6. Tally the chips by color and record on board. Have participants multiply their total in dollars.

Participant 2 will have the largest amount in dollars, however not necessarily the largest number of chips. Press students to explain why. Emphasize how a little knowledge about a decision can alter how one approaches a situation and how it can improve the outcome.

## POKER CHIP ACTIVITY

- 2 volunteers



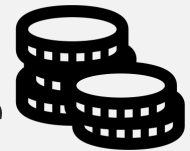
- 30 seconds



- One hand



- Pull as many chips as possible *one at a time*



## CONSEQUENCES OF SEXUAL ACTIVITY (TEACHER)

- Pregnancy
- STDs



Information is  
power!

Note: These are the most prominent *physical* consequences of sexual activity. Let students know that sexual activity can come with mental, emotional and social consequences as well.

## CONSEQUENCES OF SEXUAL ACTIVITY

Today we will be exploring two consequences of sexual activity:

- Pregnancy
- STDs

**With more information, you can make better decisions!**

PREGNANCY

## INSTRUCTIONS:

### *BIRTH CONTROL 101: PREGNANCY*

- Script: “Use this video to check your answers to the warm up.”
- After watching, use the animated slides to ensure students got the correct answers and emphasize key points.

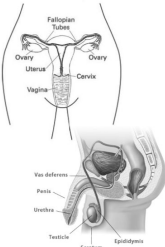
Use the video to check  
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## Pregnancy

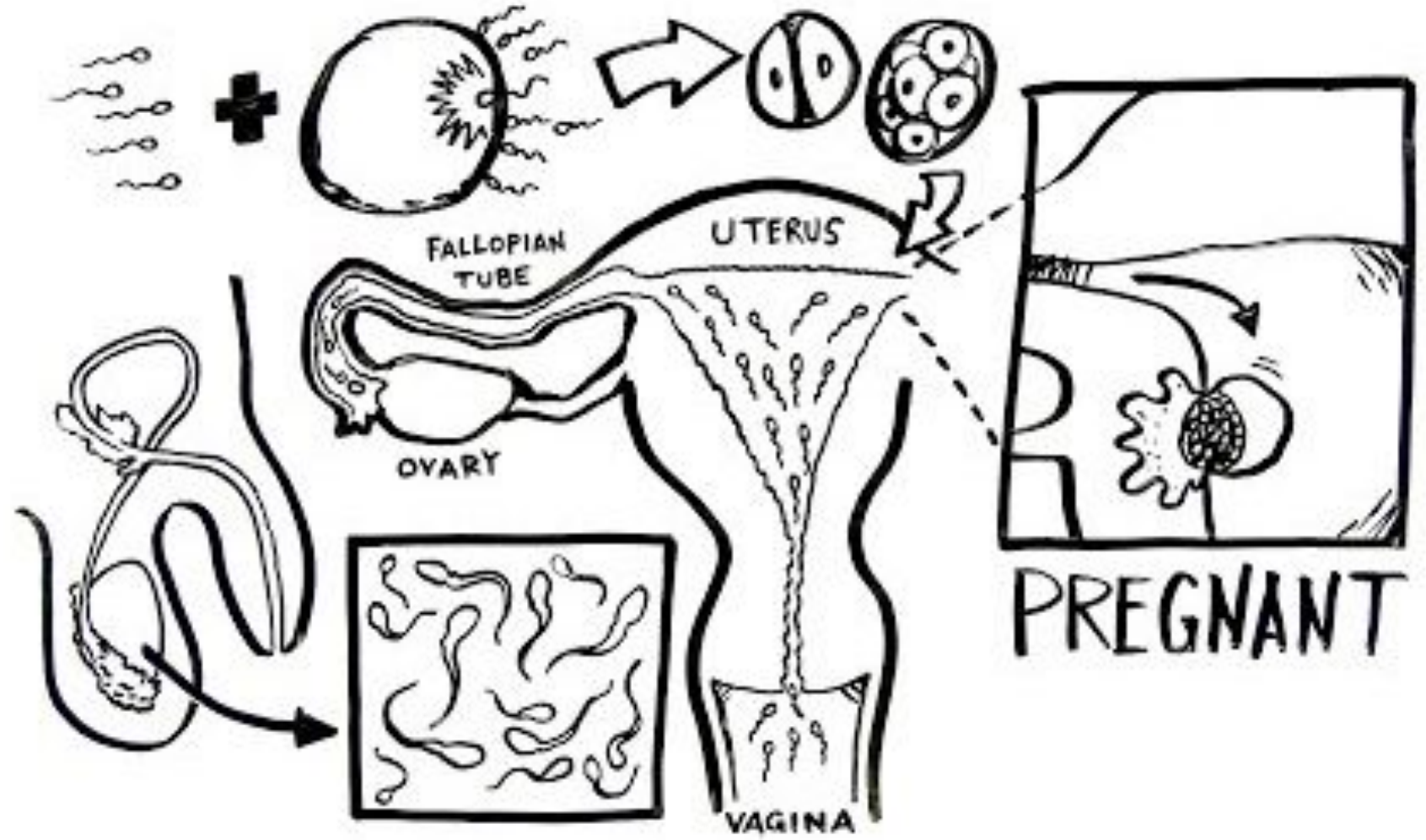
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Sperm can survive \_\_\_\_\_ days, and it only takes \_\_\_\_\_ cell to get someone pregnant. If the sperm reaches and fertilizes an egg, the egg then divides into more cells as it moves towards the uterus. If these cells attach to the wall of the uterus, the person becomes \_\_\_\_\_.

Not interested in getting pregnant? It's simple! Option 1 – Don't have \_\_\_\_\_. This is the only 100% certain way to avoid pregnancy. Option 2 – If you are having sex, use \_\_\_\_\_ control. Condoms, the pill, an IUD to reduce your chances.



Not the Best "Birth Control 101: Pregnancy" (1:00) video from StayTeen.org  
<https://www.youtube.com/watch?v=101Pregnancy>  
 Image: "Your Body" - "Reproductive System" (1:00) video from StayTeen.org  
<https://www.youtube.com/watch?v=101Pregnancy> (Accessed October 1, 2023)



Subtitles are recommended for all videos, when available. *Birth Control 101: Pregnancy* (1:00) video from StayTeen.org

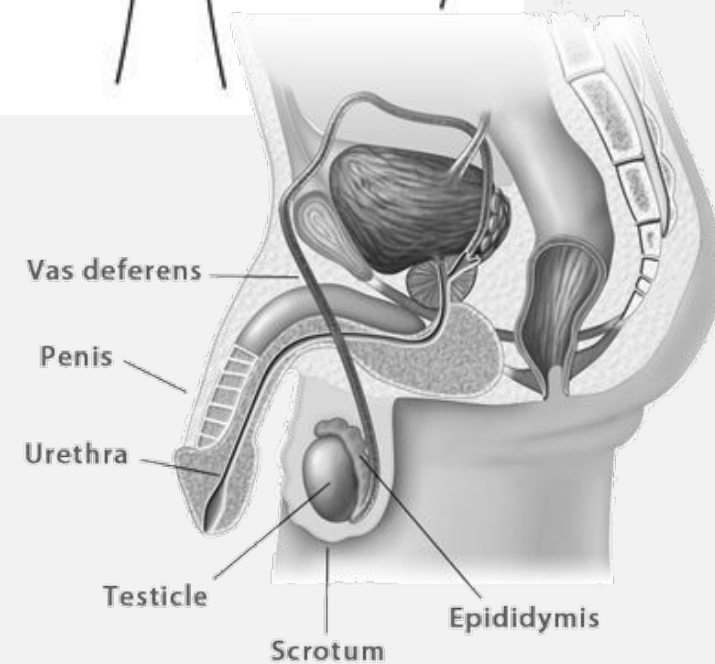
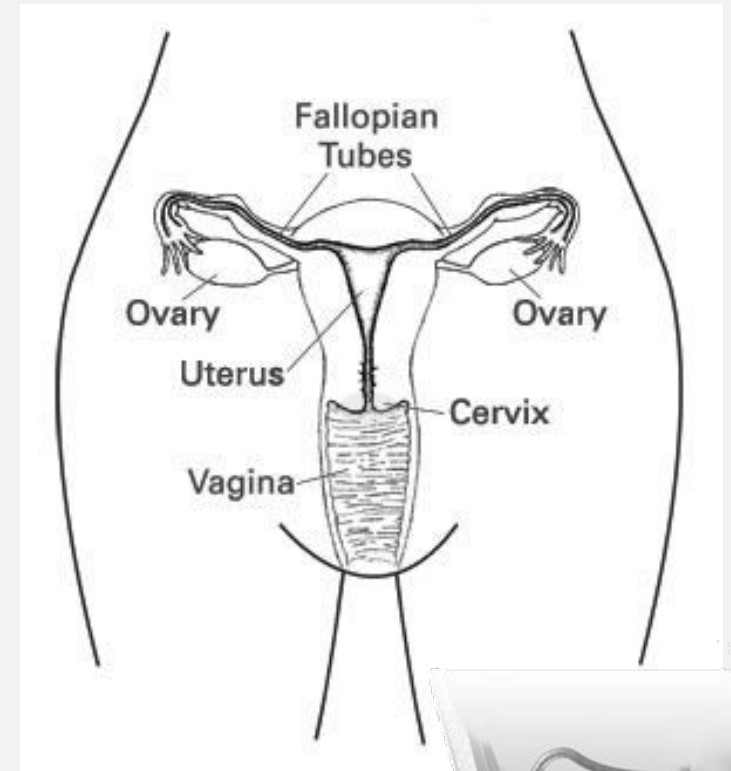


# Pregnancy

Pregnancy begins with **sperm** and an **egg**. Millions of microscopic sperm cells are formed in the **testicles** and mix with fluids to make **semen**. Every month, one egg is released from the **ovaries** and travels through the fallopian tubes. If semen gets into the **vagina** during sex, the sperm swim up the cervix into the **uterus** and then into the fallopian tubes.

Sperm can survive **six (6)** days, and it only takes **one (1)** cell to get someone pregnant. If the sperm reaches and fertilizes an egg, the egg then divides into more cells as it moves towards the uterus. If these cells attach to the wall of the uterus, the person becomes **pregnant**.

Not interested in getting pregnant? It's simple! Option 1 – Don't have **sex**. This is the only 100% certain way to avoid pregnancy. Option 2 – If you are having sex, use **birth control** – Condoms, the pill, an IUD – to reduce your chances.



## AVOIDING CONSEQUENCES (TEACHER)

CONSEQUENCE

- Pregnancy

THE ONLY WAY TO AVOID IS...

- No penis-in-vagina sex

Recommended: Prompt students to complete the sentence before showing the answer.

## AVOIDING CONSEQUENCES

### CONSEQUENCE

- Pregnancy

### THE ONLY WAY TO AVOID IS...

- No penis-in-vagina sex

# SEXUALLY TRANSMITTED DISEASES (STDs)

# INSTRUCTIONS: *WHAT ARE STDs?*

- Have students use the back side of the “Pregnancy” warm up activity to take notes during the video. Instruct students to catch as many terms as they can and point out the Word Bank on the side of the screen.
- If students are concerned that they missed a term, let them know that you will be helping them check their answers after the video.

## Sexually Transmitted Diseases (STDs)

Sexually transmitted diseases (or STDs) are diseases, infections or illnesses that can be spread from a person with an STD to another through \_\_\_\_\_ contact. That includes genital-to-\_\_\_\_\_ contact, which is contact with penises, scrotums, vulvas or vaginas, to any kind of \_\_\_\_\_ – oral, anal or vaginal sex.

Some STDs are fairly common, so there's nothing to be embarrassed about if you ever get one. Some STDs do not cause any \_\_\_\_\_, so many people who have an STD don't know it and might \_\_\_\_\_ it. For those who do have symptoms, they may experience soreness or \_\_\_\_\_ around the genitals; bumps sores or rashes on the genitals; itching, burning or \_\_\_\_\_ while urinating; and girls may get a vaginal discharge that is different from normal.

If you have any of these symptoms, or if you've had \_\_\_\_\_ sex, it's important to get tested for STDs. STD tests differ. Some are blood tests, some test urine, and still others use a swab of saliva or a discharge. Even if you use \_\_\_\_\_, it's a good idea to get tested for STDs at least once a year. You can get an STD test from your \_\_\_\_\_ provider or at a family planning or STD clinic.

Some STDs can be \_\_\_\_\_, while others cannot. But, their symptoms can be managed with medication. Some STDs, if left untreated, can cause serious health \_\_\_\_\_ later in life. So remember, once a person becomes sexually active, it is important to use \_\_\_\_\_ and other latex barriers and to get tested for STDs regularly.

Sells, Jack, et al. What Are STDs? #WhatCheck, Answer Key. <https://www.pearsoned.com/what-check-are-stds-teacher-key/> (Accessed October 2, 2018).

Use the video to fill in the blanks.

Word Bank:

- condoms
- cured
- genital
- healthcare
- pain
- problems
- protection
- sex
- sexual
- spread
- swelling
- symptoms
- unprotected

## WHAT ARE STDs?

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If you have any of these symptoms, or if you've had **unprotected** sex, it's important to get tested for STDs. STD tests differ. Some are blood tests, some test urine, and still others use a swab of saliva or a discharge. Even if you use **protection**, it's a good idea to get tested for STDs at least once a year. You can get an STD test from your **healthcare** provider or at a family planning or STD clinic.

Some STDs can be **cured**, while others cannot. But, their symptoms can be managed with medication. Some STDs, if left untreated, can cause serious health **problems** later in life. So remember, once a person becomes sexually active, it is important to use **condoms** and other latex barriers and to get tested for STDs regularly.



# AVOIDING CONSEQUENCES

## CONSEQUENCE

- Pregnancy

- STDs

## THE ONLY WAY TO AVOID IS.

- No penis-in-vagina sex
- No exchange of bodily fluids
- No skin-to-skin contact involving genitals, anus and/or mouth

The only way to avoid pregnancy is to refrain from penis-in-vagina sex, but even that isn't actually 100% effective. Ejaculate *near* vagina can introduce some risk.

Although kissing is considered to be low-risk when compared to intercourse and oral sex, it's possible for kissing to transmit CMV, herpes, and syphilis.

HIV

1. Present the information about HIV.
2. Present the “True or False?” questions and ask students to reflect on them.
3. After students have had time to think, invite them to share their ideas with a partner.
4. Let students know they will be watching a video to help them check their answers.

## WHAT DO YOU THINK?

HIV stands for **H**uman **I**mmunodeficiency **V**irus. It is the virus that can lead to the development of the disease, AIDS.

HIV attacks the body's immune system. Untreated, HIV reduces the number of T cells in the body.

T cells are what help your body fight disease, and HIV can destroy so many of them that the body become vulnerable. Infections and other kinds of illnesses can take advantage of a very weak immune system.

HIV cannot currently be cured, but it can be managed with proper treatment.

True or False?

**T / F** You can tell by looking at someone whether they have HIV.

**T / F** You can get HIV through casual contact for being near someone with HIV.

**T / F** This product can prevent a person from getting HIV:

- A. Condoms
- B. Birth Control Pills
- C. A medicine called PrEP

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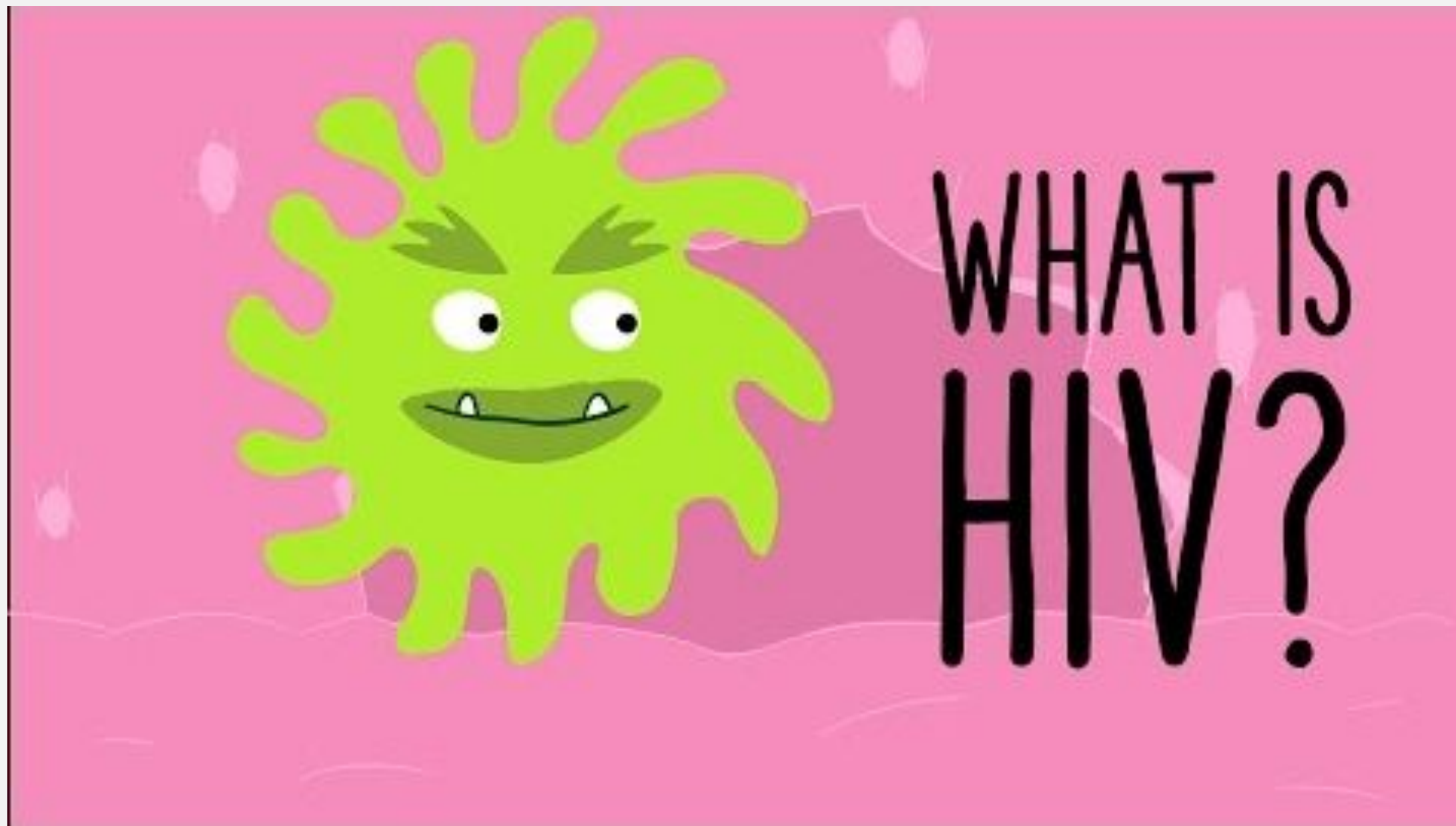
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## WHAT DO YOU THINK?

True or False?

**T / F** You can tell by looking at someone whether they have HIV.

**FALSE**

The only way to know if a person has HIV is to get an HIV test.

**T / F** You can get HIV through casual contact for being near someone with HIV.

**FALSE**

HIV can only be spread through bodily fluids. You cannot get HIV from sharing a glass, hugging, or sharing a bathroom with someone who has HIV.

**T / F** This product can prevent a person from getting HIV:

- A. Condoms **True**
- B. Birth Control Pills **False**
- C. A medicine called PrEP **True**

When you have sex, **CONDOMS** can help provide protection.  
Birth control pills do NOT protect against HIV or any other sexually transmitted disease.

## TEACHER REFERENCE: HIV IMPACT

From the "About HIV/AIDS" webpage at the Centers for Disease Control and Prevention's *HIV Basics* website.

No effective cure currently exists, but with proper medical care, HIV can be controlled. The medicine used to treat HIV is called antiretroviral therapy or ART. If people with HIV take ART as prescribed, their viral load (amount of HIV in their blood) can become undetectable. If it stays undetectable, they can live long, healthy lives and have effectively no risk of transmitting HIV to an HIV-negative partner through sex. Before the introduction of ART in the mid-1990s, people with HIV could progress to AIDS in just a few years. Today, someone diagnosed with HIV and treated before the disease is far advanced can live nearly as long as someone who does not have HIV.

# STD / HIV IMPACTS



## INSTRUCTIONS: IMPACTS OF STDs ON YOUTH

- Use the slides to present some of the impacts of STDs / STIs on youth.
- All information from the *Sexually Transmitted Infections Among Young Americans* infographic from the CDC.

## TEACHER REFERENCE: YOUTH STI INFOGRAPHIC

From the "Adolescents and Young Adults" webpage at the Centers for Disease Control and Prevention's *Sexually Transmitted Diseases* website.

<https://www.cdc.gov/std/products/youth-sti-infographic.pdf>

## SEXUALLY TRANSMITTED INFECTIONS AMONG YOUNG AMERICANS

### Youth bear disproportionate share of STIs

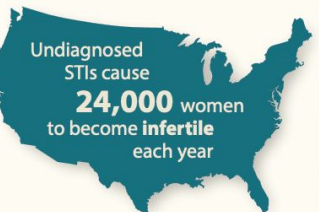
Americans ages 15-24 make up just **27%** of the sexually active population



But account for **50%** of the **20M** new STIs in the U.S. each year



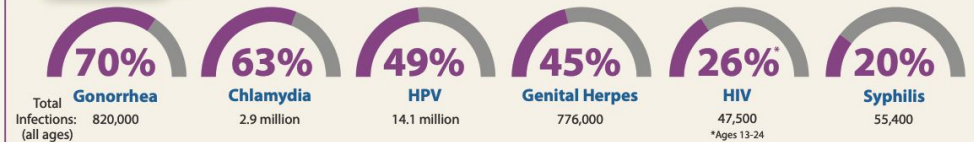
Consequences are particularly severe for young women



Ages 15-24

Ages 25+

### Young people account for a substantial proportion of new STIs



Many do not know they're infected because STIs often have no symptoms

Data are cases among youth ages 15-24



### Unique factors place youth at risk



**Insufficient Screening**  
Many young women don't receive the chlamydia screening CDC recommends



**Confidentiality Concerns**  
Many are reluctant to disclose risk behaviors to doctors



**Biology**  
Young women's bodies are biologically more susceptible to STIs



**Lack of Access to Healthcare**  
Youth often lack insurance or transportation needed to access prevention services



**Multiple Sex Partners**  
Many young people have multiple partners, which increases STI risk

### Young people can protect themselves

**GET TESTED**

**REDUCE RISK BEHAVIORS**

**GET VACCINATED AGAINST HPV**

#### References

- CDC. National Survey of Family Growth, 2006-2010 dataset. Available at [http://www.cdc.gov/nchs/nsfg/nsfg\\_2006\\_2010\\_puf.htm](http://www.cdc.gov/nchs/nsfg/nsfg_2006_2010_puf.htm).
- CDC. Estimated HIV incidence among adults and adolescents in the United States, 2007-2010. HIV Surveillance Supplemental Report 2012;17(No. 4). <http://www.cdc.gov/hiv/topics/surveillance/resources/reports/#supplemental>. Published December 2012.
- CDC. Sexually Transmitted Disease Surveillance 2011. Atlanta: U.S. Department of Health and Human Services; 2012.
- Satterwhite CL, et al. Sexually transmitted infections among U.S. women and men: Prevalence and incidence estimates, 2008. Sex Transm Dis 2013; 40(3): pp. 187-193.
- Tao G, et al. Self-reported chlamydia testing rates of sexually active women aged 15-25 years in the United States, 2006-2008. Sex Transm Dis 2012; 39(8): pp. 605-607.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

## IMPACTS OF STDS ON YOUTH

STI = **S**exually  
**T**ransmitted  
**I**nfection (another  
way to say STD)

### Youth bear disproportionate share of STIs

Americans ages  
15-24 make up just  
**27%** of the  
sexually active  
**population**

But account for  
**50%** of the **20M**  
new **STIs** in the  
U.S. each year



## IMPACTS OF STDS ON YOUTH

Young people account for a substantial proportion of new STIs

Ages 15-24

Ages 25+



**Gonorrhea**

Total  
Infections: 820,000  
(all ages)



**Chlamydia**

2.9 million



**HPV**

14.1 million



**Genital Herpes**

776,000



**HIV**

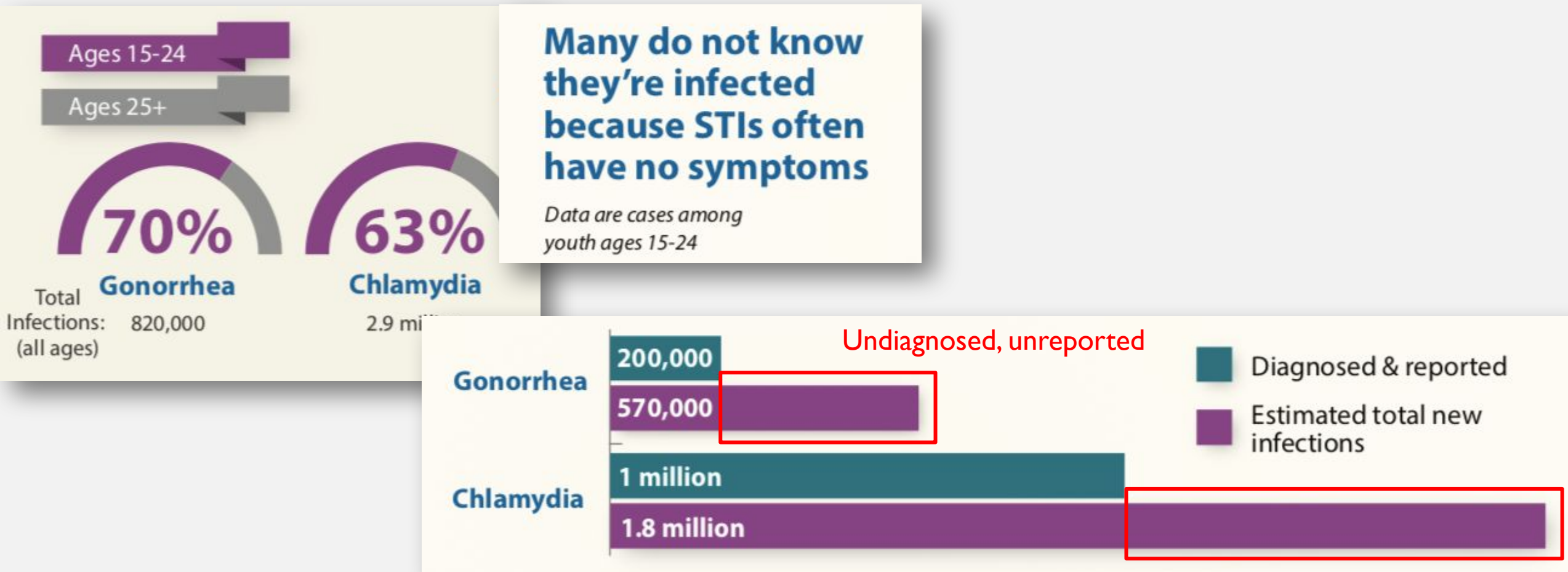
47,500  
\*Ages 13-24



**Syphilis**

55,400

# IMPACTS OF STDS ON YOUTH





# IMPACTS OF STDS ON YOUTH

## Unique factors place youth at risk



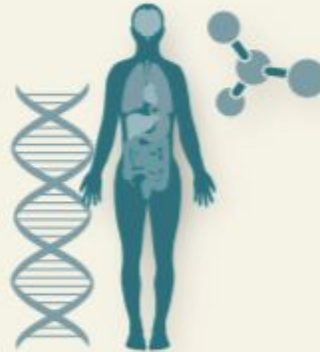
### Insufficient Screening

Many young women don't receive the chlamydia screening CDC recommends



### Confidentiality Concerns

Many are reluctant to disclose risk behaviors to doctors



### Biology

Young women's bodies are biologically more susceptible to STIs



### Lack of Access to Healthcare

Youth often lack insurance or transportation needed to access prevention services



### Multiple Sex Partners

Many young people have multiple partners, which increases STI risk

## IMPACTS OF STDS ON YOUTH

**LEFT UNTREATED, STDS CAN CAUSE:**



**INCREASED RISK OF GIVING  
OR GETTING HIV**



**LONG-TERM  
PELVIC/ABDOMINAL PAIN**



**INABILITY TO GET PREGNANT OR  
PREGNANCY COMPLICATIONS**

# ACCESSING ACCURATE INFORMATION



## INSTRUCTIONS: ACCESSING ACCURATE INFORMATION

As time allows, provide students time to browse these websites and then facilitate a short discussion about what characteristics make these websites “credible” and “accurate.”

- Centers for Disease Control and Prevention “CDC Fact Sheet: Information for Teens and Young Adults: Staying Healthy and Preventing STDs”  
<https://www.cdc.gov/std/life-stages-populations/stdfact-teens.htm>
- American Sexual Health Association *STDs / STIs*  
<http://www.iwannaknow.org/teens/sti.html>
- City of Austin Public Health Department *Sexual Health Clinic*,  
<http://www.austintexas.gov/sexualhealthclinic>

# Consider your source's credibility. Ask these questions:

## Contributor/Author

- Has the author written several articles on the topic, and do they have the credentials to be an expert in their field?
- Can you contact them? Do they have social media profiles?
- Have other credible individuals referenced this source or author?
- Book: What have reviews said about it?

## Publisher

- What do you know about the publisher/sponsor? Are they well-respected?
- Do they take responsibility for the content? Are they selective about what they publish?
- Take a look at their other content. Do these other articles generally appear credible?

## Bias

- Does the author or the organization have a bias? Does bias make sense in relation to your argument?
- Is the purpose of the content to inform, entertain, or to spread an agenda? Is there commercial intent?
- Are there ads?

## Currency

- When was the source published or updated? Is there a date shown?
- Does the publication date make sense in relation to the information presented to your argument?
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SOURCE CREDIBILITY

REFLECTION

## 3 – 2 – 1 REFLECTION

- Three (3) facts I learned today...
- Two (2) things I think are important to share with others...
- One (1) question I still have...

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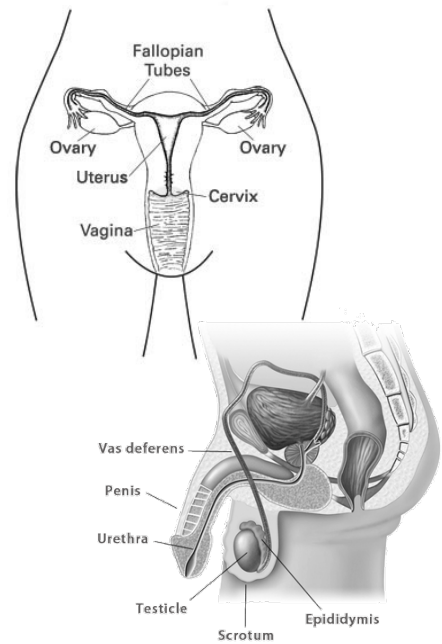
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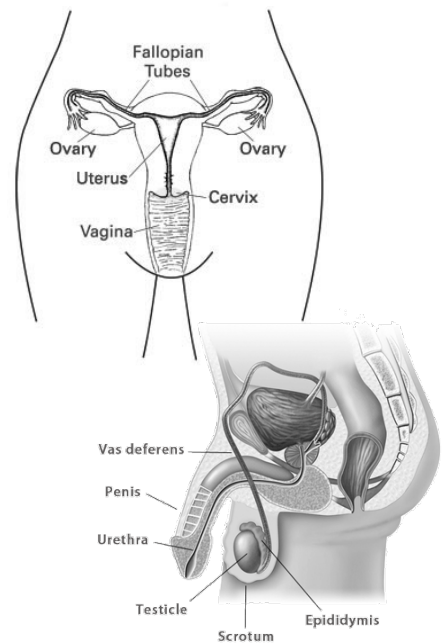
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# Sexually Transmitted Diseases (STDs)

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Some STDs are fairly common, so there's nothing to be embarrassed about if you ever get one. Some STDs do not cause any \_\_\_\_\_, so many people who have an STD don't know it and might \_\_\_\_\_ it. For those who do have symptoms, they may experience soreness or \_\_\_\_\_ around the genitals; bumps sores or rashes on the genitals; itching, burning or \_\_\_\_\_ while urinating; and girls may get a vaginal discharge that is different from normal.

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Some STDs can be \_\_\_\_\_, while others cannot. But, their symptoms can be managed with medication. Some STDs, if left untreated, can cause serious health \_\_\_\_\_ later in life. So remember, once a person becomes sexually active, it is important to use \_\_\_\_\_ and other latex barriers and to get tested for STDs regularly.

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# SEXUALLY TRANSMITTED INFECTIONS AMONG YOUNG AMERICANS

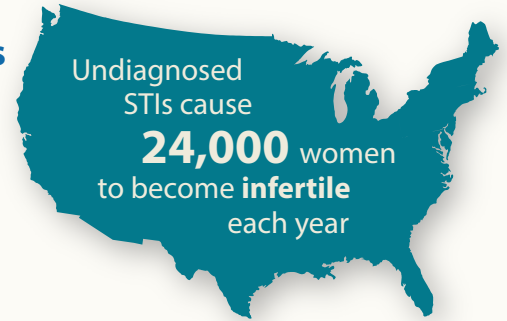
## Youth bear disproportionate share of STIs

Americans ages 15-24 make up just **27%** of the sexually active population

But account for **50%** of the **20M** new **STIs** in the U.S. each year



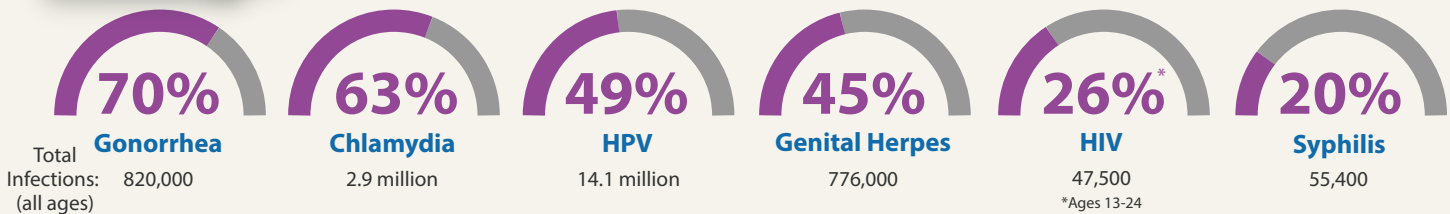
Consequences are particularly severe for young women



Ages 15-24

Ages 25+

## Young people account for a substantial proportion of new STIs



Many do not know they're infected because STIs often have no symptoms

Data are cases among youth ages 15-24



## Unique factors place youth at risk



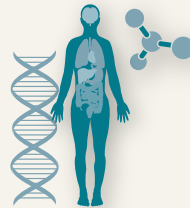
### Insufficient Screening

Many young women don't receive the chlamydia screening CDC recommends



### Confidentiality Concerns

Many are reluctant to disclose risk behaviors to doctors



### Biology

Young women's bodies are biologically more susceptible to STIs



### Lack of Access to Healthcare

Youth often lack insurance or transportation needed to access prevention services



### Multiple Sex Partners

Many young people have multiple partners, which increases STI risk

## Young people can protect themselves

**GET TESTED**

**REDUCE RISK BEHAVIORS**

**GET VACCINATED AGAINST HPV**

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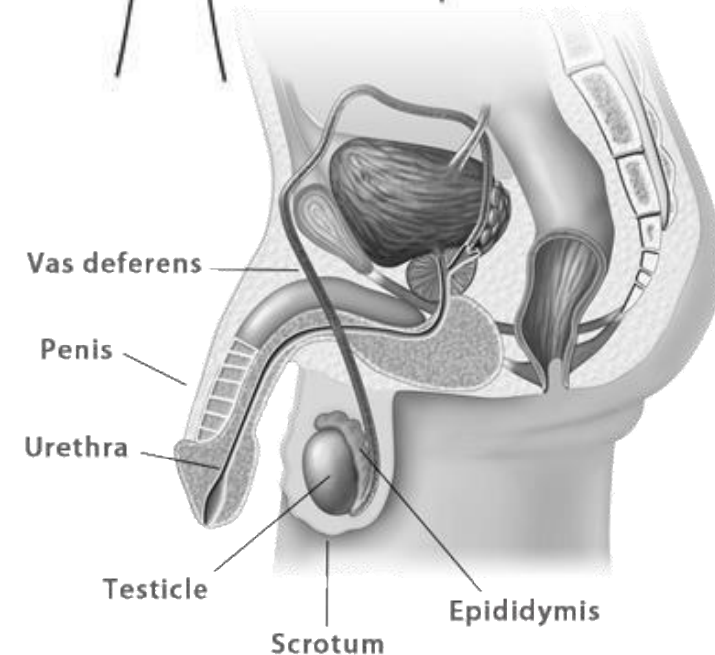
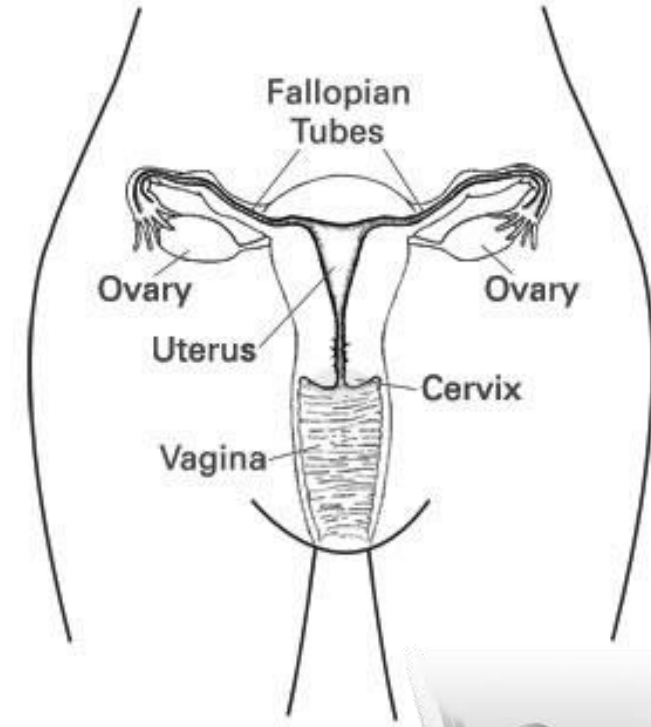
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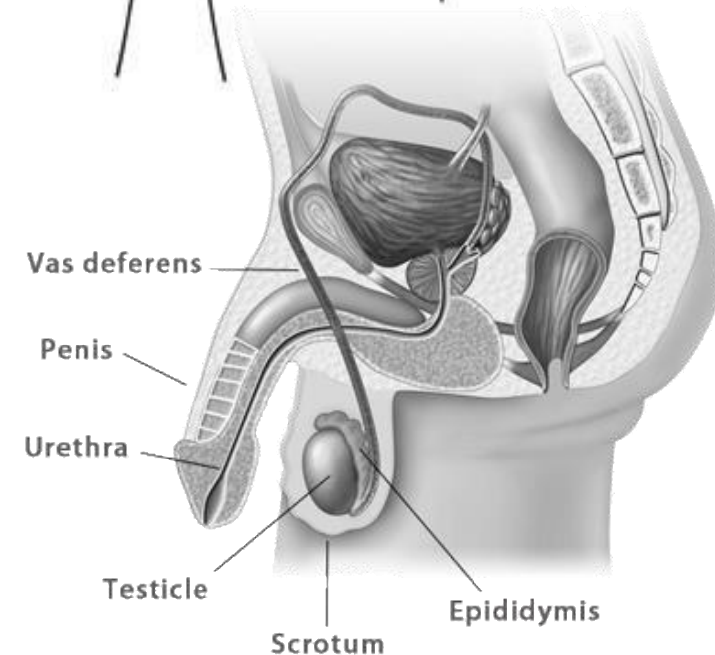
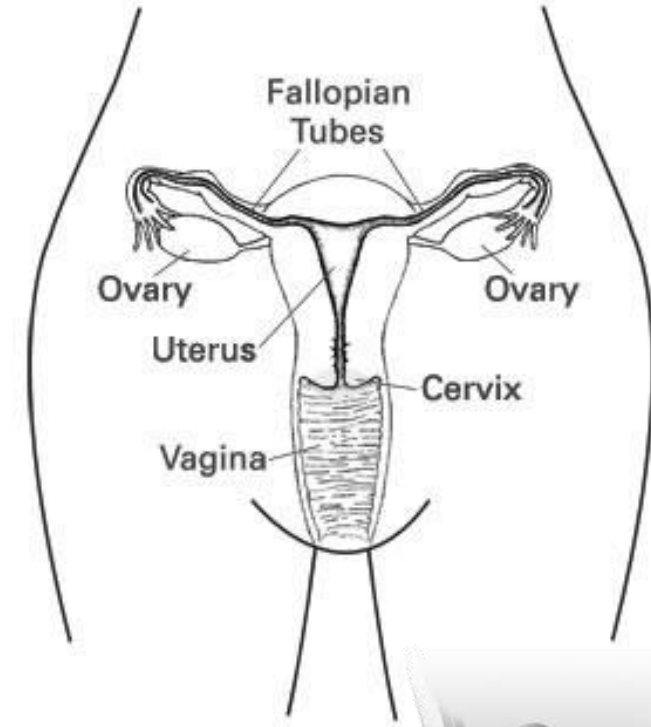


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# Answer Keys

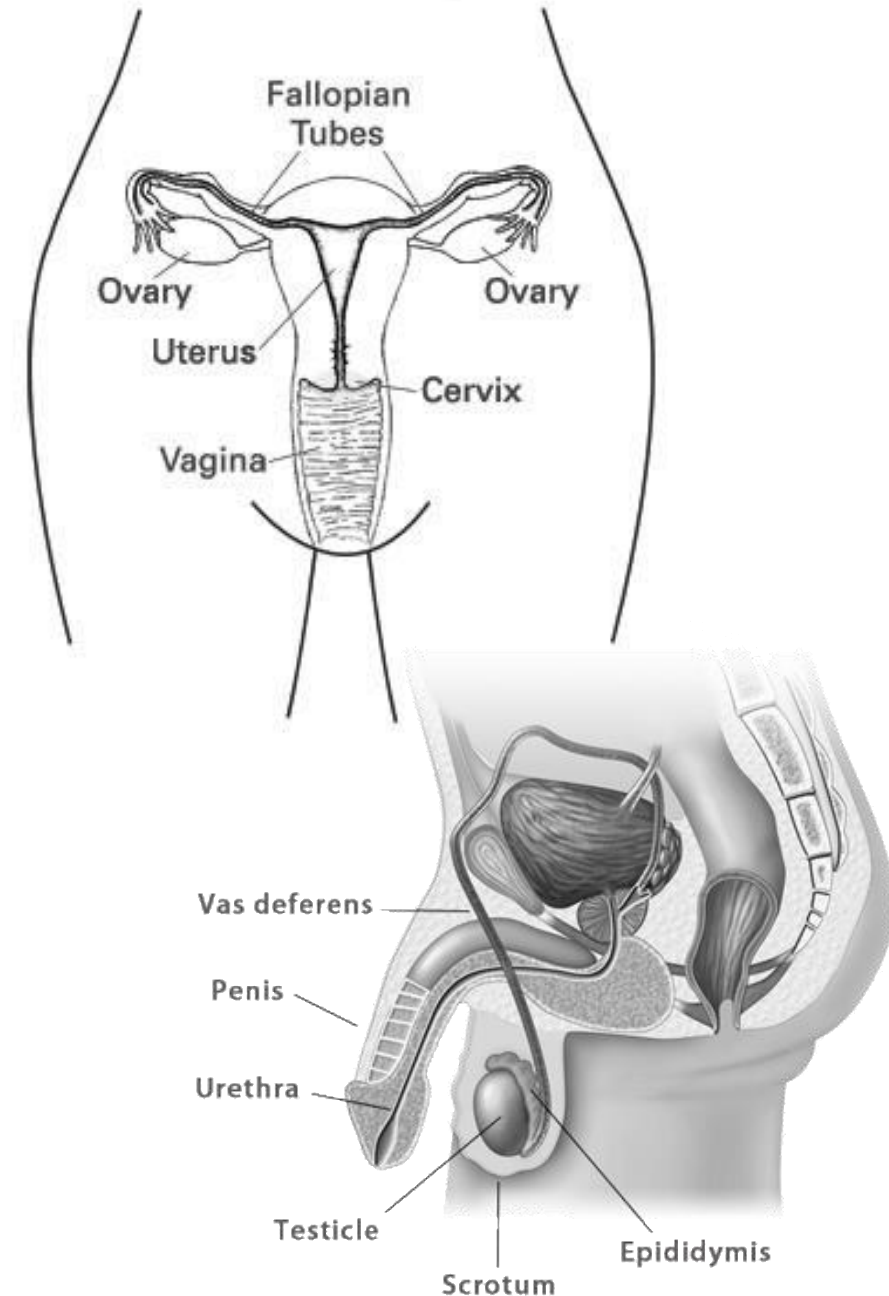


# Pregnancy [KEY]

Pregnancy begins with sperm and an egg. Millions of microscopic sperm cells are formed in the testicles and mix with fluids to make semen. Every month, one egg is released from the ovaries and travels through the fallopian tubes. If semen gets into the vagina during sex, the sperm swim up the cervix into the uterus and then into the fallopian tubes.

Sperm can survive six (6) days, and it only takes one (1) cell to get someone pregnant. If the sperm reaches and fertilizes an egg, the egg then divides into more cells as it moves towards the uterus. If these cells attach to the wall of the uterus, the person becomes pregnant.

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