

Review & Post Test

Grades 9 and 10, Lesson #30

Time Needed

one class period

Student Learning Objectives

To be able to...

1. Recognize the importance of early detection and treatment of all sexual health problems.
2. Recall the cognitive information (vocabulary, key concepts) from the entire unit, with at least 75% accuracy.

Agenda

1. Explain the lesson's purpose.
2. Review and discuss yesterday's homework to reinforce the cognitive information.
3. Answer any remaining anonymous or verbal questions, using the opportunity to review key concepts.
4. Administer the Post-test.

Materials Needed

One class set of:

Sexuality Unit Post-test

One per student:

Post-test Answer Sheet

Anonymous question box or envelope

Activities

1. Explain the purpose of the lesson:

We are going to accomplish two things today. We'll be reviewing the previous lesson and answering any unanswered questions from the entire unit. We'll also be doing a unit post-test, to compare with your pretests, so I can find out how much you've learned. As we review the lesson, a large envelope will continuously circulate around the room. If you have a question you would like to ask anonymously, put it in the envelope and I will answer them at the end of our discussion.

2. Have everyone get out last night's homework. Go around the room and initial them, so you can give credit, later, to those who completed the assignment. Then explain that people will get twice the credit if their answers are 100% correct ... and that everyone has the opportunity to earn those points, by correcting his or her paper now.

Have volunteers read each question (and their answers) aloud. You may want to read the "how to" descriptions yourself, to avoid student anxiety and potential flippancy. **The correct answers are:**

- | | | |
|-------------------|------------------------|-----------------|
| 1. a,c,d and e | 4. b,c,d and e | 7. d. |
| 2. b,d,e, f and g | 5. a,c,d,f, g, h and i | 8. b,c,d and e |
| 3. a and e | 6. b and d | 9. b, c,e and f |

10. **There are many good answers, including:**

- » Offer to go along.
- » If you are female, invite her to join you when you go for your Pap test, so she can see what it's like.
- » Remind her she can always tell the doctor or nurse practitioner to stop (she's in charge).
- » Suggest that deep breathing and trying to relax the muscles sometimes help.
- » Tell her how much you care about her and her health and how much you hope she'll go ahead with the Pap test, despite her nervousness.

Near the end of the Homework this statement appears: "Not all sexual health problems are STDs or cancers." Elaborate by bringing up these few miscellaneous issues not yet addressed in this unit:

One of the most common problems teenaged men have in the genitals is "testicular torsion" ... where the tubes of the spermatic cord get twisted and, as the young man matures, they suddenly get very, very painful. If this happens, he needs to see a doctor right away, or he could lose a testicle! The doctor can simply untangle the tubes.

Another common problem in young women and young men is an infection of the urethra, the bladder, or (in guys) the epididymis. Sometimes these infections are caused by sexually transmitted germs sometimes, not. In any case, a doctor or clinic can help. If a person has to urinate (go to the bathroom) often, or if the need to urinate is sudden and powerful, or if it burns when the person urinates, it's important to see a doctor.

*A young woman should also see a doctor if she has severe cramping during her period. Mild cramping during menses is to be expected; the uterus is a muscle, squeezing its lining out. However, extreme cramping is a function of too much of hormones called prostaglandins. She can try **ibuprofen** (found in a number of over-the-counter medications such as Advil®), a heating pad, massage or orgasm to try to relieve these extreme cramps. If these things don't reduce the cramps, she may need to see her doctor or nurse practitioner. **It's not "in her head; it's in her endocrine and nervous systems!***

*Summarize this concept: **If the person has ever had sex before, he or she should ask to be tested for STDs (otherwise the doctor could miss something important) - but remember that people who have not had sex can have sexual health problems, too.***

3. Answer any questions from the envelope (as well as any verbal questions people have). It is perfectly OK if some of these questions, many of which were written before the unit, have since been answered. Answer them today, or get students' help in answering them, by way of review. This is your opportunity to touch, briefly, on the vocabulary and key concepts from the entire unit:

touch and abstinence

puberty and adolescence

pregnancy

UN-planned Pregnancy

sexually transmitted diseases

the reproductive system

sexual exploitation

planning to parent

contraception

sexual health care

Just make sure you save at least twenty minutes for the Post-test.

4. Administer the Post-test.

The answers to the post-test are...

REPRODUCTIVE SYSTEM:

1. abdomen

2. vas deferens

3. scrotum

4. epididymis

5. Cowper's gland

6. fallopian tube

7. clitoral hood

8. labia

9. buttocks

10. fimbria

PUBERTY/ADOLESCENCE:

11. F

12. T

13. T

14. T

15. T

16. F

17. T

18. T

SEXUAL EXPLOITATION:

19. consenting

20. illegal

PREGNANCY, PLANNED AND UN-PLANNED:

- | | |
|------------------|-------|
| 21. blastocyst | 26. F |
| 22. contractions | 27. F |
| 23. F | 28. T |
| 24. T | 29. T |
| 25. T | 30. e |

CONTRACEPTION:

- 31 - 33. **any three of the following are acceptable:**
 abstinence (or “saying NO” or “not doing it”)
 implant
 sterilization (or “tubal ligation” or “vasectomy” or “getting your tubes tied”)
 intra-uterine device (or “IUD”)
 shot (Depo-Provera)
 oral contraceptives (or “the pill”)
 patch
 ring
 combining 2 Methods (condom and hormonal contraceptives)
34. 5 days

SEXUALLY TRANSMITTED DISEASES:

- | | |
|----------------------|-------|
| 35. human | 39. a |
| 36. immunodeficiency | 40. d |
| 37. virus | 41. F |
| 38. AIDS | 42. T |

- 43 - 45. **any three of the following are acceptable (wording doesn't matter; meaning matters):**

- **abstain** from sexual intercourse (and IV drugs)
- maintain mutual, long-term **monogamy**
- have **fewer sexual partners** in lifetime (be selective)
- use latex **condoms** correctly, consistently (preferably with spermicide)
- **share safer kinds of touch** (e.g. hugs, massage, shampoos)
- look for **symptoms** (in self and partner[s])
- **talk** with partner[s] about STDs, sexual experience, etc.
- get regular, thorough STD **check-ups**
- **wash and urinate** before and after intercourse (and have partner do the same)

SEXUAL HEALTH CARE:

46. F
 47. F
 48. T
 49. F
 50. F

Sexuality Unit Post-Test

PLEASE DO NOT WRITE ON THIS TEST. PLEASE USE YOUR ANSWER SHEET.

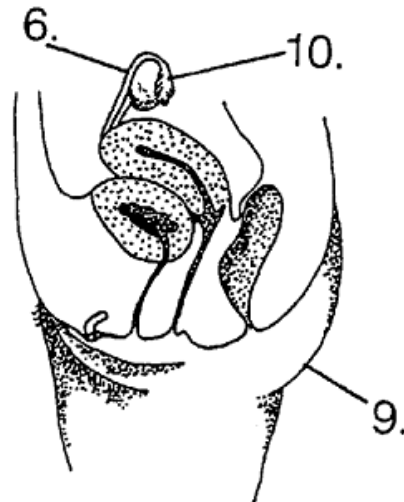
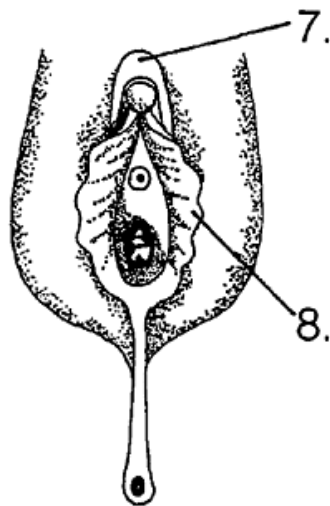
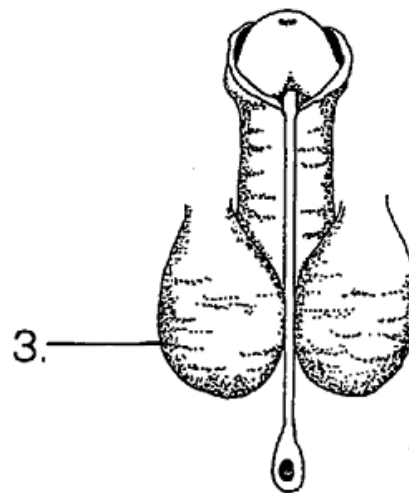
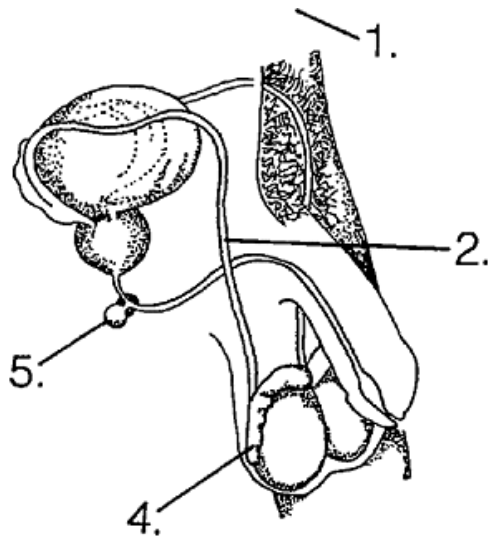
DIRECTIONS: Use 10 of the following terms to fill in blanks 1-10.

esophagus
Cowper's gland
buttocks
abdomen

fimbria
fallopian tube
lung
clitoral hood

breast
forehead
vas deferens
shoulder

labia
epididymis
scrotum
elbow



DIRECTIONS: Mark each statement T (true) or F (false).

11. ____ Most people, male and female, begin to have nocturnal emissions at puberty.
12. ____ Everyone gets pubic hair around their genitals at puberty.
13. ____ Most of the changes of puberty happen to everybody, male or female.
14. ____ Only females begin to menstruate at puberty.
15. ____ As they move through adolescence, most people begin to feel more self-confident.
16. ____ Quiet, soft-spoken guys are usually gay.
17. ____ You can't tell by looking at someone whether he or she is gay.
18. ____ Abstaining from sexual intercourse is the safest choice for teens, whether they are gay or straight.

DIRECTIONS: Use 2 of the following terms to fill in the blanks in questions 19 and 20.

manipulative
persuasion
adult

consenting
illegal
contraceptive

unusual
embarrassing
heterosexual

19. The opposite of "exploitive" touch is _____ touch.
20. If you're going with someone, and they say they want to have sex with you, and they change their mind at the last minute ... and you get mad and make them do it, that's _____.

DIRECTIONS: Use 2 of the following terms to fill in the blanks in questions 21 and 22.

fertilization
chromosome(s)
nocturnal emission(s)

fetus(es)
blastocyst(s)
contraction(s)

sperm
menstruation
placenta(s)

21. A fertilized egg forms a ball of cells called a _____ as it travels toward the uterus.
22. The squeezing of the uterus to push the baby out is called _____.

DIRECTIONS: Mark each statement T (true) or F (false).

23. ____ People can't start a pregnancy the very first time they have sex.
24. ____ It is the sperm that determines what sex the baby will be.
25. ____ It is best for a pregnant woman not to change kitty litter.
26. ____ It is best not to exercise during pregnancy.
27. ____ Beer and wine are probably safe for a woman to use it during pregnancy.
28. ____ One reason teens' babies are more likely to have birth defects is the pregnant teen's diet.
29. ____ Abortions are safest before 12 weeks of pregnancy.
30. ____ Which of the following alternatives (in a chance pregnancy) is **not** legal in the U.S.?
- a. letting a family member raise the baby
 - b. placing the baby in foster care
 - c. having an abortion
 - d. raising the baby
 - e. selling the baby
 - f. making an adoption plan for the baby

DIRECTIONS: For questions 31 through 33, list 3 of the **9 most effective** kinds of birth control.

31. _____
32. _____
33. _____

34. You can use Emergency Contraception (like Plan B) for up to _____ after intercourse.

35-37. The letters HIV stand for:

35. _____
36. _____
37. _____

38. The last stage of HIV Disease is called _____.

39. Which of the following is not a common, early symptom of an STD?
- a. a lump in the breast
 - b. unusual discharge
 - c. a sore on the genitals
 - d. lumps or bumps on the genitals
 - e. burning when you go to the bathroom

40. Which of the following should a person **not** do if he thinks he might have an STD?
- go to a doctor
 - read or call a hotline for more information
 - talk with the person or people with whom he has had sex lately
 - wait and see if the symptoms go away
 - stop having any kind of sex until it is cured

DIRECTIONS: Mark each statement T (true) or F (false).

41. ____ If you had HIV, you would know it.
42. ____ A man can get HIV from a woman or from another man.

DIRECTIONS: For questions 43 through 45, list 3 things a person can do to reduce his or her risk of getting or giving an STD.

43. _____
44. _____
45. _____

DIRECTIONS: Mark each statement T (true) or F (false).

46. ____ All breast lumps should be seen by a doctor, whether they hurt or not.
47. ____ Breast self-exam should be done once a week.
48. ____ Testicular cancer is one of the most common cancers in men aged 14-34.
49. ____ Only a doctor can do testicular self-exam properly.
50. ____ A Pap test is a test for gonorrhea.

Answer Sheet

Name _____

Period _____

Date ____/____/____

REPRODUCTIVE SYSTEM:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

PUBERTY/ADOLESCENCE:

- 11.T F
- 12.T F
- 13.T F
- 14.T F
- 15.T F
- 16.T F
- 17.T F
- 18.T F

SEXUAL EXPLOITATION:

19. _____

20. _____

PREGNANCY, PLANNED AND UN-PLANNED:

21. _____

22. _____

23. T F

24. T F

25. T F

26. T F

27. T F

28. T F

29. T F

30. a b c d e f

BIRTH CONTROL:

31. _____

32. _____

33. _____

34. _____

SEXUALLY TRANSMITTED DISEASES:

35. _____

36. _____

37. _____

38. _____

39. a b c d e

40. a b c d e

41. T F

42. T F

43. _____

44. _____

45. _____

SEXUAL HEALTH CARE:

46.T F

47.T F

48.T F

49.T F

50.T F

Do not write below this line.

.....

	# CORRECT	# POSSIBLE
REPRO. SYS	_____	10
PUB./ADOL	_____	8
SEXUAL EXPLOIT	_____	2
PREG	_____	10
CONTRACEPTION	_____	4
STDs	_____	11
SXL. HLTH. CARE	_____	5

TOTAL	_____	50