Puberty Unit Study Guide

Human Sexuality Matching-Match each word with its correct definition or trait.

1. \_\_\_\_\_\_Ovaries A. female organ of intercourse; birth canal

2. \_\_\_\_\_\_Fallopian tubes B. fluid ejaculated from penis. Includes sperm, and fluid from other organs

3. \_\_\_\_\_\_Uterus C. tubes that carry egg to the uterus. Where fertilization takes place

4. \_\_\_\_\_\_Cervix D. the glands that produce egg cells and hormones estrogen and progesterone

5. \_\_\_\_\_\_Vagina E. organ that produces sperm and hormone testosterone

6. \_\_\_\_\_\_Testicles F. the shedding of the uterine lining. Mixture of blood with tissue and mucous

7. \_\_\_\_\_\_Prostate Gland G. entrance to the uterus. A high site of cancer in women

8. \_\_\_\_\_\_Penis H. the male organ of intercourse; allows semen to exit the body

9. \_\_\_\_\_\_Semen J. adds a chemical fluid to the semen. High site of cancer in males

10. \_\_\_\_\_\_Menstruation K. also known as “the womb” this organ nourishes a developing fetus

Identifying Puberty Characteristics

Next to each characteristic, determine whether it occurs in males, females, both genders. Place an M for males, F for females, or B for both

11.\_\_\_\_\_\_\_\_Acne may appear

12. \_\_\_\_\_\_\_Underarm hair grows; pubic hair appears

13.\_\_\_\_\_\_\_\_Perspiration/sweating increases

14.\_\_\_\_\_\_\_\_Voice Deepens; larynx enlarges

15.\_\_\_\_\_\_\_\_Breasts Develop

16.\_\_\_\_\_\_\_\_Hips widen; waistline narrows

17.\_\_\_\_\_\_\_\_ Sperm production begins

18. \_\_\_\_\_\_\_\_First ejaculation occurs; Wet dreams may occur

19.\_\_\_\_\_\_\_\_Ovulation occurs, menstruation begins

20. \_\_\_\_\_\_\_ Testosterone production increases

21.\_\_\_\_\_\_\_\_Progesterone and estrogen production increase

22.\_\_\_\_\_\_\_\_Friends become more important; increased need for independence

23.\_\_\_\_\_\_\_\_Moods change frequently

24. \_\_\_\_\_\_\_ Can become interested in dating partner(s)

25. \_\_\_\_\_\_\_Growth spurt occurs

\*\*\*Review Puberty Notes from class as well to identify tips on how to control acne, body odor, sweating, etc\*\*\*

HIV/AIDS Unit Study Guide

What is HIV?

-Human Immunodeficiency Virus

-the virus that causes AIDS

What does HIV do to the body?

-it attacks the Helper T Cells of the immune system, which overtime weakens the immune system so the body cannot fight off infections and diseases

What is AIDS?

-Acquired Immune Deficiency Syndrome

-a deadly disease that interferes with the body’s ability to fight infections

What are signs and symptoms of HIV infection?

-sometimes a person may have NO symptoms

-some may have flu-like symptoms early on such as fever, chills, night sweats, sore throat, swollen glands, headache

How does someone get HIV?

-by coming into contact with certain bodily fluids:

1.semen

2. vaginal secretions

3. blood

4. breast milk.

- this occurs from sexual contact with an infected person

-from sharing a needle with an infected person

-contact with infected blood through cuts, scrapes, etc.

-a baby can be born with it (note: medication during pregnancy can significantly reduce this risk today)

-if mom is infected and breastfeeds the baby

NOTE: in the PAST people did get HIV from blood transfusions, but since 1985 they test donated blood.

What are ways HIV is NOT spread?

-through insects (mosquitoes, ticks, etc)

-giving blood (donating blood)

-hugging, shaking hands

-sharing a toilet

-sharing eating utensils

-swimming in the same pool

-any other casual contact

When does someone go from being HIV positive to having AIDS?

-when the T cell count drops below 200 in a sample of blood

-if they develop an opportunistic infection (a disease rarely seen in a person unless their immune system is weakened)

-remember, it can take many years for an HIV positive person to develop AIDS

Is there a test to tell if someone has HIV?

-yes, a blood test or cheek swab test

-finding out early on if you are infected is best because medicine can delay how fast HIV destroys the immune system

-be aware of the “window period”….it can take up to 6 months for HIV to show up on the test

Can HIV be cured? Is there treatment for it?

-no cure

-no vaccine

-medication can help a person live longer, but do not cure the infection

-group of drugs are called anti-retrovirals

-AZT is most common medication given

-the goal of HIV treatment is to get to “undetectable” levels. This reduces HIV complications AND prevents others from getting it through sexual contact.

How can I prevent HIV infection?

-abstain from sex-100% effective

-if sexually active, use a condom (but note that these reduce the risk, not completely eliminate it)

-do not share needles

-if you get a tattoo or body piercing, let a professional do it

-avoid coming into contact with blood

-do not use drugs or alcohol since they make it hard to make good decisions

Other facts to know:

-new medication known as PrEP (pre-exposure prophylactic) is medicine a person can take daily to prevent HIV infection.

-the age group with the highest rate of new infection is ages 15-24

-to date, over 34 million people around the world have been infected with HIV

-many people who have HIV do not know, that is why it is important to get tested