

# HEALTH EDUCATION III

## MODULE 3

### *The Breadth of Life, “Parents Pride”*



#### *What this module is all about*

Reproductive health could be synonymous with the concern about reproductive systems of both male and female. Actually some sectors specifically women’s health advocates, view it in broader manner and in a more holistic way. The government supports this issue. In fact, a number of National Health Goals speak directly to promoting reproductive health to improve quality of life.

This module will help you understand what reproductive health is and its importance. The relationship of reproductive health, birth and infertility will be correlated. The factors affecting the ability to have children will be explained. The reproductive process will be analyzed as you do the activities in this module.

#### *? What you are expected to learn from this module*

At the end of this module, you shall have:

1. defined the meaning of reproductive health,
2. discussed the importance of reproductive health,
3. analyzed the relationship of reproductive health, birth and infertility,
4. explained the factors that affect child birth,
5. discussed the importance of fertilization to being a parent.
6. identified and practiced some reproductive health care tips.



## *How to learn from this Module*

This module is specially made for you. There are certain guidelines to follow in order to understand the module better.

1. Read and answer the pretest,
2. Try to give your best in doing the activities,
3. Observe absolute honesty in doing the activities. Do not allow anybody to do the activities for you, however, you may ask help from others for clarification of certain issues/problems,
4. Do not leave an unaccomplished page,
5. Have a special notebook for your notes and answers,
6. Have fun in doing the activities,
7. Take good care of this module.

### **PRETEST**

Direction: Write the letter of the correct answer in your notebook.

1. Promoting, protecting and maintaining one's reproductive health are life saving and life enhancing.
  - a. true
  - b. false
  - c. not certain
  - d. undecided
2. The ability to reproduce and usually measured by the actual number of birth during reproductive age.
  - a. Sterility
  - b. infertility
  - c. fertility
  - d. fecundity
3. Mrs. Delsa Maracigan, married for five years, has four children. Which factor affecting childbirth is described?
  - a. health
  - b. heredity
  - c. age
  - d. birth spacing
4. Girls begin development and maturation of reproductive organ at approximately this age.
  - a. 12-14 yrs. of age
  - b. 10-13 yrs. of age
  - c. 15-16 yrs. of age
  - d. 8-9 yrs. of age

5. Secondary sex changes which begin during puberty make the adolescents capable of reproduction.

- a. uncertain
- b. undecided
- c. true
- d. false

6. An ovary is to the female as \_\_\_\_\_ is to the male.

- a. penis
- b. scrotum
- c. testes
- d. epididymis

7. It is where fertilization occurs

- a. uterus
- b. ovary
- c. vagina
- d. fallopian tube

8. When it happens menstrual cycle stops.

- a. ovulation
- b. pregnancy
- c. puberty
- d. fertility

9. Pregnancy is no longer possible after their period.

- a. menopause
- b. menarche
- c. menstruation
- d. ovulation

10. Which of the following is not among reproductive health related care tips?

- a. exercise
- b. eat healthy foods
- c. smoking
- d. swimming

## *Lesson 1*

### **Reproductive Health: Meaning and Importance of Reproductive Health**

Reproductive health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system, its function and process.

It involves not only your understanding of the biological elements but also your awareness of how sexuality reproduction and child rearing are carried out. With the basic knowledge about reproductive health, you could properly take care of your reproductive system. You can prevent illness and attain optimum level of health, thus enhancing the quality of life.

Is there really a need to promote reproductive health? Let's find out.

## Activity 1 Newspaper Collage

Gather newspapers and magazines. Clip news items and pictures on the following topics. Cut and paste them on a cartolina to form a collage.

Topics:

1. Early marriages
2. Rape
3. Terminal illness- cervical cancer, breast cancer, prostate gland cancer
4. Miscarriages
5. Infection of STD

Analyze the collage message. Why did you choose the figure to symbolize reproductive health? Are you able to prove there is a need to promote reproductive health? Are you able to gather proofs there are reproductive health problems?

Can the topics listed above possibly result to a health problem? In what ways can they be a reproductive health problem?

How do you take care of your reproductive health? Do you know that there are ways by which you can take care of reproductive health?

## Activity 2 “Top Reproductive Health Care Tips”

Draw a Red M for yes answers and a Blue • for no answers.

Do you.....

1. smoke?
2. eat balance healthy foods?
3. exercises?
4. practice good personal hygiene?
5. take alcoholic beverages?
6. decide not to have sex at this age?
7. take drugs?
8. believe in safe sex?
9. Believe a girl should not get pregnant until she's ready to be a parent?
10. Believe a man should have sex only with his wife?

What questions received your yes answer? Are you happy with your answers? What were your answers in question numbers 1, 5 and 7? Do you think those are healthy, friendly habits? What were your answers in question 6, 8, 9, 10? Do you realize your positive reproductive health outlook?

### Activity 3 “ Send a Message”

What did you learn in this lesson? Form a message arranging the words placed in the box.

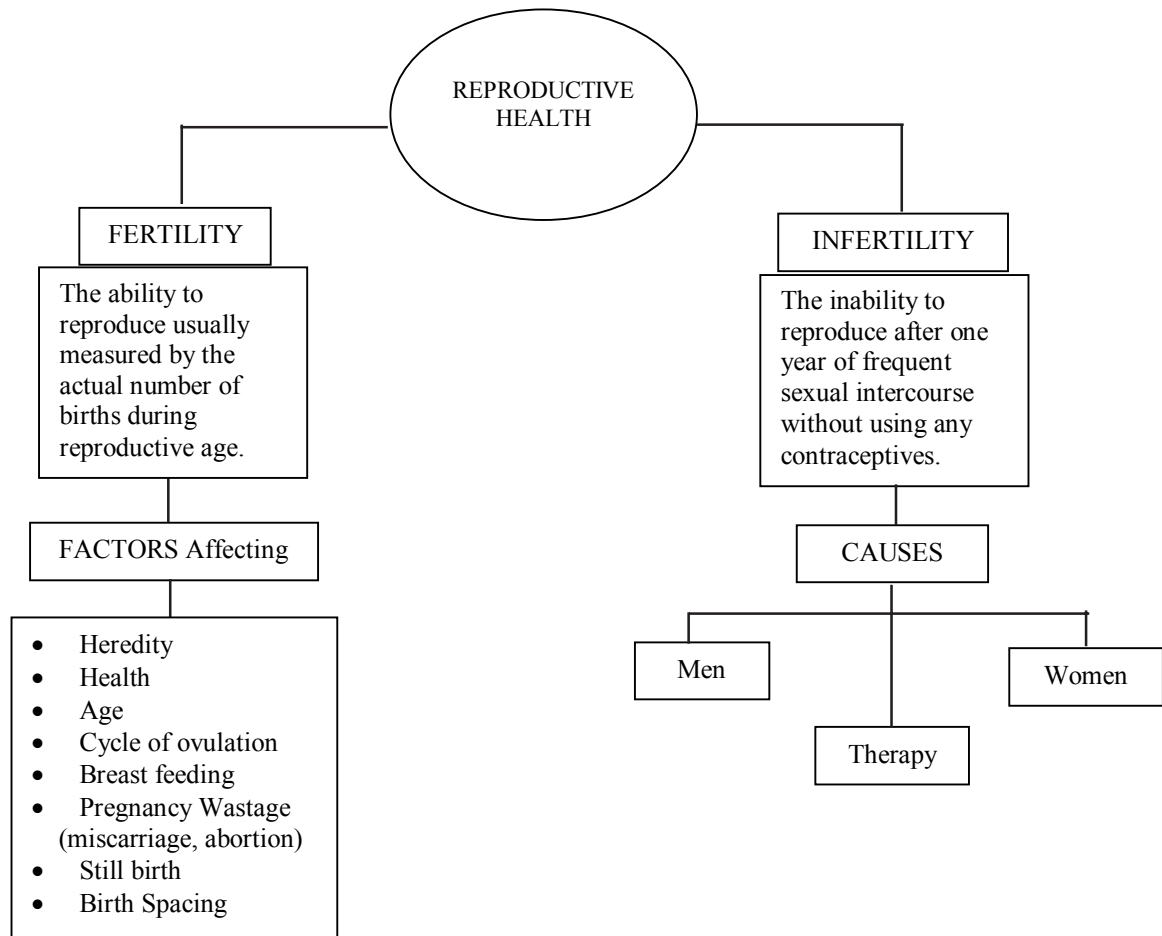
reproductive health and maintaining  
one's Promoting protecting  
and life saving are  
life enhancing

## Lesson 2

### Reproductive Health in Relation to Fertility and Infertility

What is the relation of reproductive health to birth and infertility? Do fertility and infertility determine the reproductive health of an individual?

Look at the diagram and analyze.



### Activity 1 Let's check up

Direction: Fill-in the blank spaces with the correct missing word.

1. Mr. and Mrs. Dy have been married for 5 years and they have 5 children. They are considered a \_\_\_\_\_ couple.
2. Mary has an identical twin baby girls. This condition may be due to \_\_\_\_\_, a factor affecting fertility.
3. Mando and Cecille have been married for the past 10 years and still childless. This condition is referred to as \_\_\_\_\_.
4. Jane and Joe got married at the age of 55 and 60 respectively and they are childless. Their condition may be attributed to the \_\_\_\_\_ factor.
5. The cycle of \_\_\_\_\_ is an important factor in determining the fertility of a woman.

### Activity 2 "Pick the Fact"

Read the following situations carefully. What factor affecting childbirth corresponds the situation?

Write B- for Biological P- Psychological S- Sociological

1. Rita has a normal menstrual cycle.
2. Mrs. Asuncion Nolasco believes her children are her wealth. She has (8) children.
3. Mr. Jason Chavez, an overseas worker, was infected with AIDS.
4. Mr. And Mrs. Villanueva got married 45 and 40 respectively.
5. Mrs. Sharon Cruz had experienced miscarriage for three times.
6. Mr. Ronnie Diaz has twin uncle and twin son.
7. Mr. Alberto Vasquez is an only son, wants so hard to have a son to perpetuate his family name.
8. Mrs. Delsa Marasigan, married for five years, has four children.
9. Cesar believes having many children will prove his machismo.
10. Carol believes her children are her insurance for her retirement years.

Refer to Answer Key

### Activity 3 “What’s in the Box?”

Complete the message by supplying the box with letters corresponding the number given to form a word.

A-4 F-1 L-12 P-15 U-17  
 C-2 G-5 M-10 R-7 V-18  
 D-3 H-11 N-13 S-16 Y-19  
 E-8 I-9 O-14 T-6

1. The ability of the ovaries and testes to produce

7	8	15	7	14	3	17	2	6	9	18	8
---	---	----	---	----	---	----	---	---	---	----	---

9	13	11	8	7	9	6	8	3
---	----	----	---	---	---	---	---	---

2. After the age of 30, a woman’s begins to decline.

1	8	7	6	9	12	9	6	19
---	---	---	---	---	----	---	---	----

3. A 

11	8	4	12	6	11	19
----	---	---	----	---	----	----

 body is capable of having many children.

14	18	17	12	4	6	9	14	13
----	----	----	----	---	---	---	----	----

14	18	17	12	4	6	9	14	13
----	----	----	----	---	---	---	----	----

4. usually occurs once in a menstrual cycle.

5. The risk of 

10	9	16	2	4	7	7	9	14	5	8
----	---	----	---	---	---	---	---	----	---	---

 increases after the age of 30.

Did you get all the messages correctly? Do you agree with the health messages you formed? Did you understand all the topics in the lesson? If you did, then you are ready to start the next lesson! If not you may go back to the lessons you did not understand well!

## Lesson 3

### Importance of Reproductive Process to Being a Parent

Whether planning for childbearing or not, everyone should be familiar with reproductive physiology. Everyone needs to be aware of the structure of reproductive system to become better partners and parents. When you understand your body and its functions, you become better prepared to protect and respect your body.

Readiness for childbearing is initiated at puberty. Puberty is the stage in life at which secondary sex changes begin. Girls begin development and maturation of reproductive organs at approximately 10 to 13 years and for boys 12 to 14 years. Specific hormones are responsible for these changes and this makes adolescents capable of reproduction.

There are two important systems in the reproductive process namely the male and the female reproductive systems.

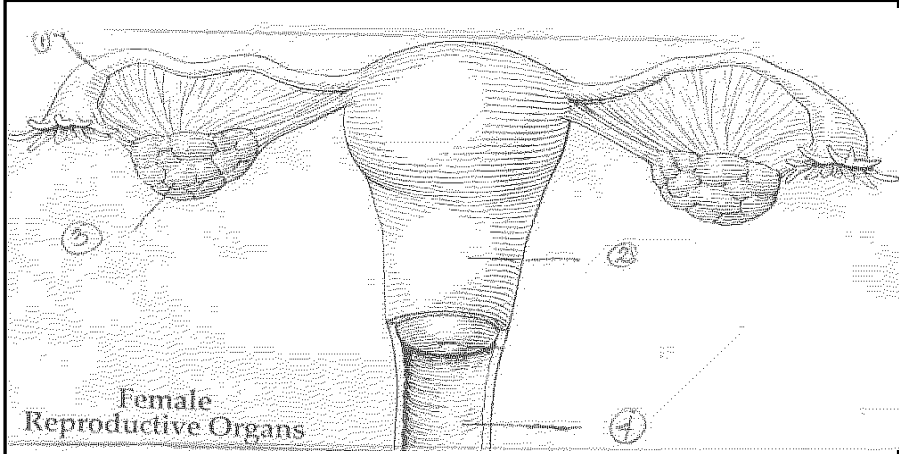
## The Female Reproductive System

The female reproductive system is composed of the following parts:

- the uterus is a pear-shaped muscular organ which receives the egg after its journey down the fallopian tube.
- the fallopian tubes lead the ovaries to the uterus. It is where fertilization or the union of the egg cell and the sperm cell occurs.
- the ovaries produce and store eggs and also feminizing hormones.
- vagina is the opening in the female's body where the baby passes through during birth.

### Activity 1 "Fix the Mix"

Arrange the scrambled letters to identify the female internal reproductive organ.



Female Reproductive Organs

**THE FEMALE REPRODUCTIVE ORGAN**

(1) F L N U A  
P I B A  
T L E O S

(2) E R  
T U  
S U

(3) R I  
V E  
O A S

(4) G N V  
A A  
I

Refer to the Answer Key.

## The Menstrual Cycle:

Every month a woman experiences a monthly cycle of changes. The average cycle is 28 days. A girl can start menstruating between the ages of 10-15 and will continue doing so until the ages 45 to 51. Menarche is the onset of menstruation. Menopause is the period in a woman's life when menstruation stops and pregnancy is no longer possible.

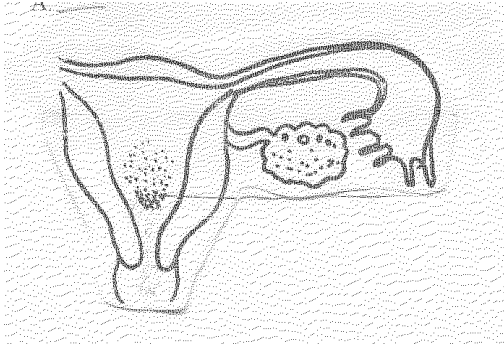
When a female reaches puberty, egg cells start to develop in her ovaries. When the egg matures, it is released from an ovary, ovulation occurs. The released egg travels through the fallopian tube to the uterus. After reaching the uterus, the egg and the thick lining of the uterus begin to break down. The egg and the uterus lining are shed out from body through the vagina as menstrual flow. The period of menstrual flow is called menstruation.



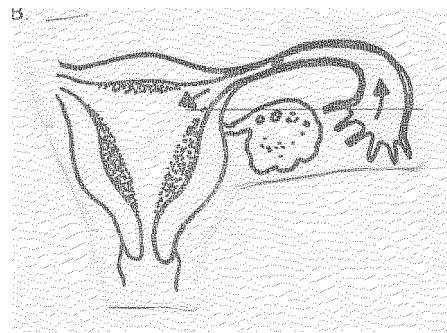
## Activity 2 "Find the Sequence"

Arrange the illustrations below and number them 1-5 according to the stages of the menstrual cycle. Write the number after each letter.

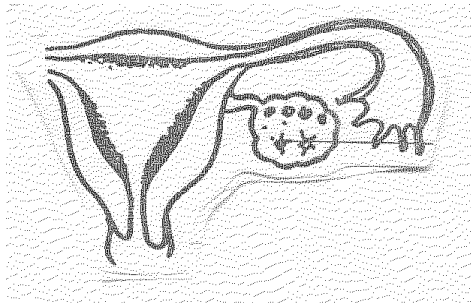
A. \_\_\_\_\_



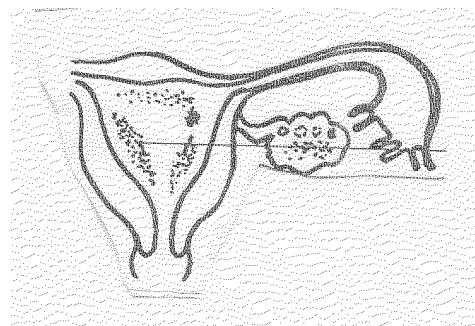
B. \_\_\_\_\_



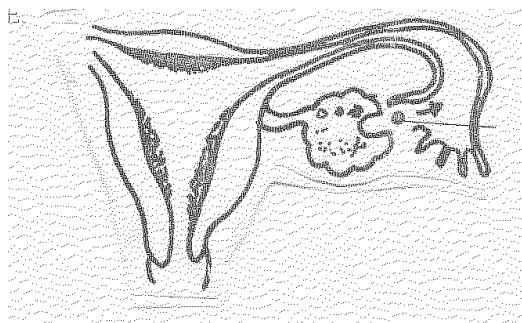
C. \_\_\_\_\_



D. \_\_\_\_\_



E. \_\_\_\_\_



Refer to the Answer Key

If you got all the correct answer. Congratulations!

You are now aware of the menstrual cycle. But if you did not get them all, don't worry!

## How does Reproduction take place?

It is in the fallopian tube that a mature egg and sperm cell unite. The union of an egg and sperm is what we call fertilization process. During this process, the fertilized egg divides, continues moving to the uterus and gets implanted into the thick lining of the uterus. When this happens a woman becomes pregnant and the menstrual cycle stops. In cases when the egg cell is not fertilized, it disintegrates and flows out as menstruation.

### Activity 3 “Word Hunt”

1. Find ten words associated with the female reproductive system.
2. Give the meaning of these words.
3. You can go hunting vertically, horizontally, diagonally, upward, or downwards.

F	E	R	T	I	L	I	Z	A	T	I	O	N
A	S	C	A	E	R	H	O	D	A	V	O	O
L	U	H	N	A	S	T	E	C	H	I	E	I
L	A	I	I	N	I	T	V	I	T	D	C	T
O	P	T	G	G	E	S	I	A	R	P	H	A
P	O	V	A	R	Y	U	U	C	G	U	A	L
I	N	M	V	U	S	R	O	B	L	B	T	U
A	E	A	N	A	T	L	E	S	I	E	O	V
N	M	C	A	S	R	E	V	A	T	R	S	O
T	U	L	N	G	O	L	R	I	N	T	A	S
U	B	E	C	H	V	N	T	U	E	Y	A	U
Q	M	E	N	A	R	C	H	E	S	E	I	L

Below is an illustration of the structure of the male reproductive organ. The structure consists of internal and external parts. Each part has its own function.

The reproductive cells produced by the male are the sperm cells. These cells are produced in paired sex glands called testicles or testes. The testicles are suspended in the scrotum, a saclike structure hanging directly behind the penis, the organ through which sperms are released into the vagina.

The sperm moves into the epididymis, a coiled tube adjacent to the testicles within the scrotum where they are stored there until they are discharged. During ejaculation, the seminal vesicle provides nourishment. The prostate gland secretes a fluid to nourish the sperm. The vas deferens serves as passageway of the sperm

Let's try activity 4.

#### Activity 4 “Catch the Match”

Find the part of the male reproductive organ which corresponds to the functions listed below. Write the letters only.

1. Functions as the sperm and hormone production center.
2. The body’s warehouse for sperm.
3. The organ through which sperms are released into the vagina.
4. A long coiled tube above each testicle through which sperm travels on its way to the urethra.
5. Sacklike structure below the penis which protects the testicles by maintaining the temperature.
6. Secretes fluids that create a healthy environment in which the sperm can live.

How did you rate in the game?

It’s alright if you didn’t get them all correct! Go back if you feel it necessary to read lesson again.

Reproduction is an important aspect of being a parent but you should always remember that becoming a parent carries with big responsibility.

How responsible can you be when you become a parent?

Let’s do activity 5

#### Activity 5 “Open - Ended statement”

Complete the statement.

1. When I become a parent, I want to have children because.....
2. The lesson on reproductive process made me realize that.....
3. Being aware of the structure of reproductive system helps me to....

Are you now ready to take the post test?

You’ve just completed this module, another module is prepared to continue this unit.

Congratulations!

Lets summarize!!!

- Reproductive health is a state of complete physical, mental and social well-being and not merely. The absence of disease or infirmity in all matters relating to the reproductive system. Its functions and process.
- Promoting, protecting and maintaining one’s reproductive health are life enhancing and life saving.
- Fertility is the ability to reproduce usually measured by the actual number of births during the reproductive age.
- Infertility is the inability to reproduce after one year of frequent sexual intercourse without using contraceptives.

- There are factors affecting childbirth.
  - A fertile individual is not necessarily a reproductive healthy individual and so is an infertile person.
  - Everyone needs to be aware of the reproductive physiology to become better partners and parents.
  - Puberty is a stage of life at which secondary sex changes begin.
  - The female internal reproductive organs include the ovaries, fallopian tube, uterus and the vagina.
  - The male external reproductive organs include the penis, the scrotum and testicles. The internal organs include the vas deferens, epididymis, prostate gland and the seminal vesicles.
- 
- The person of menstrual flow is called menstruation.
  - Ovulation is the process of releasing mature eggs from the ovary.
  - Menarche is the onset of menstruation. Menopause is the stoppage.
  - Fertilization is the union of egg and sperm cell.

## POST TEST

1. Usually measures by the actual number of births during reproductive age.

- |                |              |
|----------------|--------------|
| a. sterility   | c. fertility |
| b. infertility | d. fecundity |

2. Girls begin development and maturation of reproductive organ at approximately this age.

- |                        |                        |
|------------------------|------------------------|
| a. 12 - 14 yrs. of age | c. 15 - 16 yrs. of age |
| b. 10 - 13 yrs. of age | d. 8 - 9 yrs. of age   |

3. Adolescents are capable of reproduction because of the secondary sex changes which begin during puberty.

- |              |          |
|--------------|----------|
| a. uncertain | c. true  |
| b. undecided | d. false |

4. \_\_\_\_\_ is to the male as an ovary is to the female.

- |            |               |
|------------|---------------|
| a. penis   | c. testes     |
| b. scrotum | d. epididymis |

5. It is where fertilization occurs

- |           |                   |
|-----------|-------------------|
| a. uterus | c. vagina         |
| b. ovary  | d. fallopian tube |

6. Menstrual cycle stops when it happens

- a. ovulation
- b. pregnancy
- c. puberty
- d. fertility

7. Mrs. Delsa Marasigan married for five years has four children. Which factor affecting childbirth is described?

- a. health
- b. heredity
- c. age
- d. birth spacing

8. After this period, pregnancy is no longer possible.

- a. menopause
- b. menarche
- c. menstruation
- d. ovulation

9. Which is not among reproductive health care tips?

- a. exercise
- b. eat healthy foods
- c. smoking
- d. swimming

10. Promoting, protecting and maintaining one's reproductive health are life saving and life enhancing.

- a. agree
- b. disagree
- c. not certain
- d. undecided

Refer to the Answer Keys

# Answer Key

## PreTest

1. a
2. c
3. a
4. b
5. c
6. c
7. d
8. b
9. a
10. c

## Lesson 1

### Activity 3 “Send a message”

Core message:

Promoting, protecting and maintaining one’s reproductive health are life enhancing and life saving.

## Lesson 2

### Activity 2 “Pick the Fact”

1. B
2. P
3. B
4. B
5. B
6. B
7. S
8. B
9. B
10. P

### Activity 3 What’s in the Box?

1. reproductive, inherited
2. fertility
3. healthy
4. ovulation period
5. miscarriage

## Lesson 3

### Activity 1 Fix the Mix

1. fallopian tubes
2. uterus
3. ovaries
4. vagina

### Activity 2 Find the Sequence

1. c
2. e
3. b
4. d
5. a

### Activity 3 Word Hunt

- |                    |               |          |
|--------------------|---------------|----------|
| 1. fertilization   | 6. ovary      | 11. eggs |
| 2. fallopian tubes | 7. puberty    |          |
| 3. ovulation       | 8. uterus     |          |
| 4. menstruation    | 9. vagina     |          |
| 5. menarche        | 10. Menopause |          |

### Activity 4 Catch and Match

1. C
2. E
3. B
4. A
5. F
6. D

### Post-Test

- |      |       |
|------|-------|
| 1. c | 6. b  |
| 2. b | 7. d  |
| 3. c | 8. a  |
| 4. c | 9. c  |
| 5. d | 10. a |