

Lesson Plan – Pregnancy Part I

TOPIC: Pregnancy Part I	TARGET-AGE RANGE: 9–15	TIME: 45 minutes
SUBJECT: Life Skills		
IDEAL NUMBER OF LEARNERS: 25–40		
WHAT ADVANCE PREPARATION, IF ANY, IS REQUIRED OF THE TEACHER FOR THIS LESSON? <ul style="list-style-type: none">• Research the age of consent to secure a pregnancy test and/or contraception.• Research credible community locations where young people could obtain a confidential pregnancy test, if possible.• Secure copies of any resources obtained for learners.		
LEARNING OUTCOMES: <p>By the end of this lesson learners will be able to:</p> <ol style="list-style-type: none">1. Describe the process of conception. [knowledge]2. List several early symptoms of pregnancy. [knowledge]3. Identify when a pregnancy test is needed to access a confidential test. [knowledge]		
LIFE SKILLS DEMONSTRATED IN THIS LESSON: <ol style="list-style-type: none">1) Critical thinking about what behaviours put one at risk for pregnancy.		
RESOURCE MATERIALS FOR TEACHER: <ul style="list-style-type: none">• Pregnancy Visuals 1–3 and way to display those visuals or make copies of them to distribute to your learners.		
MATERIALS FOR LEARNER: <ul style="list-style-type: none">• Local pregnancy resources obtained (list of resources and/or brochures or flyers)—One copy per learner• Individual Homework – Pregnancy—One copy per learner		



Lesson Plan – Pregnancy Part I

This lesson is enhanced when learners have the following background knowledge: Content from the International Technical Guidance on Sexuality Education—Key Concept 4 – Human Development; 4.2 – Reproduction; Level I

PROCEDURE:

Step 1) 5 minute

Introduce the topic by stating, “Today’s class will focus on pregnancy. Tell me what you already know about pregnancy.” Call on volunteers to share what they know about pregnancy and then go on to say, “Today we will cover some basics about pregnancy, including how it happens, the symptoms of pregnancy a woman feels, and where to go to get a pregnancy test. Let us start by reviewing conception, or the process by which a sperm and egg join and implant in a female’s uterus, resulting in pregnancy.”

Step 2) 15 minutes

Using the Pregnancy Visuals, start with Visual #1 and provide the following quick lecture to the learners about conception. Display Visual #1 and say, “The ovum or egg cell, in a woman’s body, is about as big as a grain of sand. While a sperm, from a male’s body, is much, much smaller. If a sperm and egg join, that is what we call fertilization.”

Display Visual #2 and say, “Fertilization usually occurs when sperm from a man’s body joins with an egg from a woman’s body, generally during vaginal sexual intercourse. When a man releases semen from his penis, he releases millions of sperm and they take a few days to travel from the back of the vagina, through the cervix, into the uterus and up to the fallopian tube, where if there is an ovum present, they might join together. A woman becomes pregnant when the fertilized egg travels back down the fallopian tube and implants into the lining of the uterus.

Display Visual #3 and say, “If a fertilized egg survives, then it begins to divide and travels to the uterus implanting into the rich lining there. This process is called implantation. Once fertilization and implantation have completed, we say conception is complete.”

Before proceeding to the next step, ask learners if they have any questions about these three processes. You can check for understanding by asking learners to define fertilization (when sperm joins with the egg), implantation (when the fertilized egg implants itself into the lining of the uterus) and conception (upon implantation) before moving on.

Step 3) 10 minutes

Ask learners to brainstorm common early symptoms of pregnancy and write any correct symptoms they suggest on the chalkboard. Explain a little about each symptom by saying, “Not all pregnant women experience the same symptoms of pregnancy or even to the same degree. Some women can be pregnant without experiencing any of these symptoms. Explain that if a man and woman have had vaginal sex without using any form of birth control, and she is experiencing any of these symptoms, it would be important for her to take a pregnancy test and HIV test. The reason it’s important to get an HIV test is because she might have acquired HIV and would need to know this to seek treatment for herself and to prevent transmission to the fetus if pregnant. Some common early symptoms of pregnancy include:

- Missing a menstrual period
- Tender, swollen breasts
- Feeling very tired
- Feeling sick to your stomach and/or vomiting
- Having to urinate more often



Lesson Plan – Pregnancy Part I

PROCEDURE (CONTINUED):

Step 4) 5 minutes

Hand out resources you have gathered about local health centers or other structures where young people can get pregnancy tests and more information about pregnancy and prenatal care. Briefly review each resource you are distributing in terms of their hours, confidentiality, the costs for services, etc. Remind learners that if someone has had vaginal sex and they are experiencing any of these symptoms, it would be important to take a pregnancy test and an HIV test. Explain that a pregnancy test is performed by checking for a certain hormone in a woman's urine that is generally present 10–14 days after vaginal sex. There is also a test that is performed in health centers that measures a hormone in the bloodstream to determine if a woman is pregnant, which is detectable within 10 days of fertilization. Meanwhile, an HIV test detects HIV antibodies either from a sample of saliva or blood, which can take up to three months to develop after infection.

Step 5) 10 minutes

As closure, ask three volunteers to share one important thing they learned today. Distribute and explain the homework and let learners know that in the next class period, they will be playing a game in which they will look at common misunderstandings about how a woman can and cannot get pregnant. Note that understanding how pregnancy happens and how women know they are pregnant is helpful for everyone, including young people, their friends, and family.

KEY MESSAGES OF LESSON:

- 1) Pregnancy begins when a fertilized egg implants in the uterus.
- 2) It is important to get tested for pregnancy if a woman experiences any of the early symptoms of pregnancy such as missing her menstrual period, breast tenderness, feeling sick to her stomach, and/or feeling very tired.

ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:

- Teachers can ask learners to define the following key concepts—fertilization, implantation, and conception.
- Teachers can ask learners to correctly identify five early symptoms of pregnancy.
- Teachers can ask learners to list two places young people can go to get a pregnancy test in their community.

HOMEWORK WITH FOCUS ON FAMILY INVOLVEMENT ACTIVITIES:

- Distribute and explain the homework activity, providing each learner with a copy of the worksheet, Individual Homework – Pregnancy

POSSIBLE ADAPTATIONS:

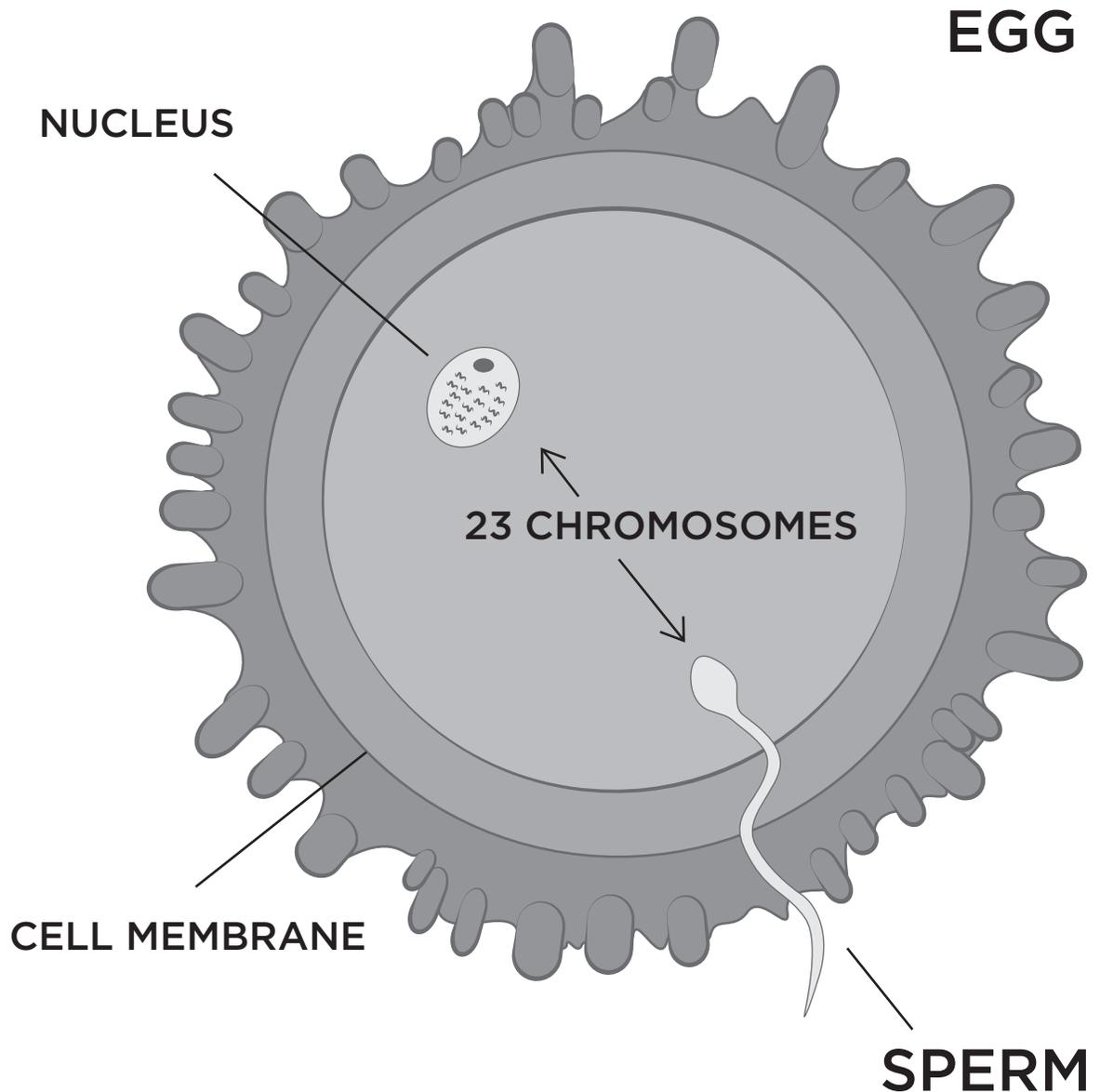
- Large class size—None
- Limited materials/technology—None

Adapted from: *Family Life and Sexual Health – High School Version, Lesson 3: Pregnancy; Public Health – Seattle & King County, Revised 2011*
www.kingcounty.gov/health/flash



Pregnancy Visual 1

Sperm & Egg (Ovum)

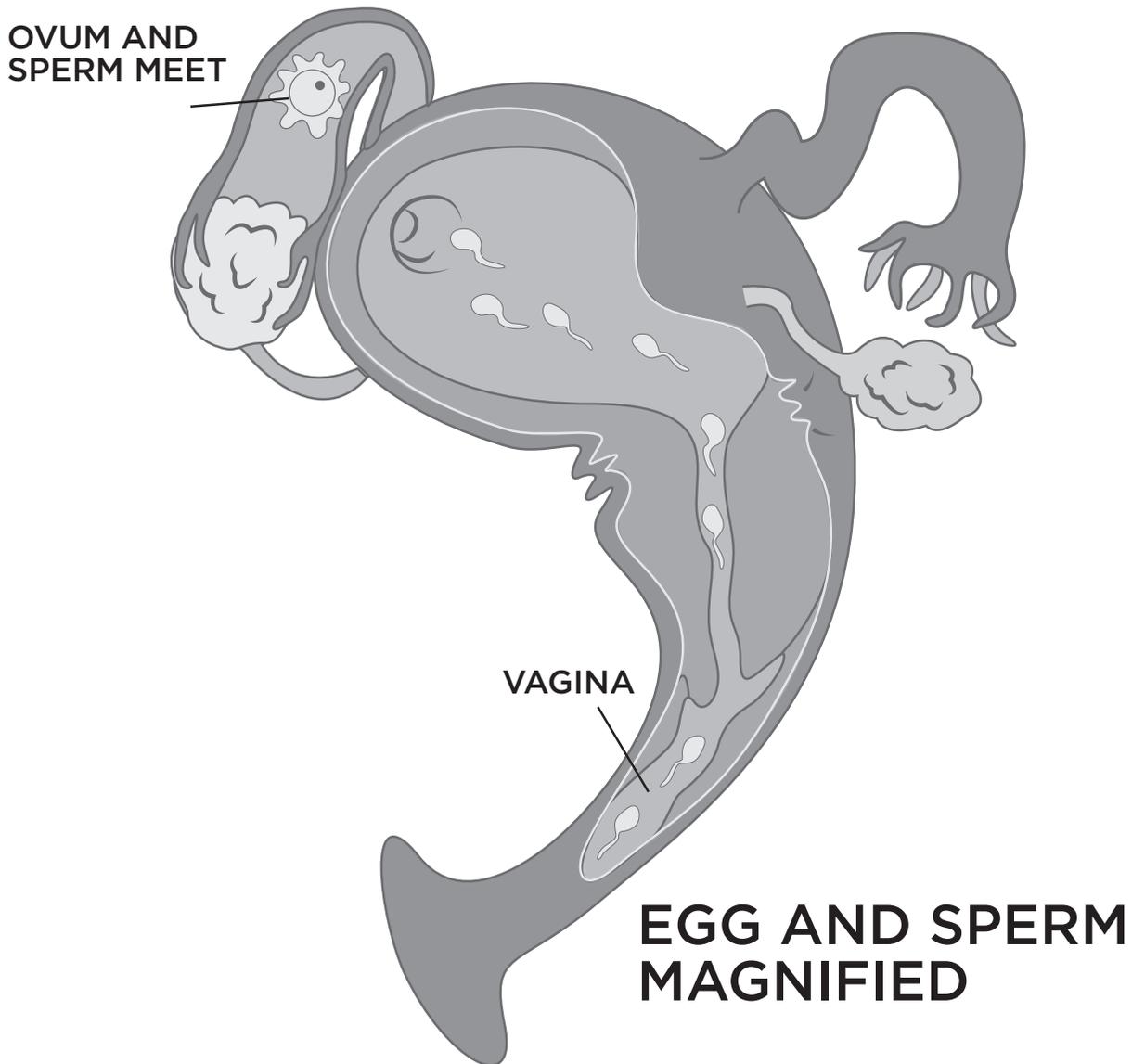


Adapted from: *Family Life and Sexual Health (F.L.A.S.H.) Curriculum – High School Version, Grades 9–12, 2nd Edition*
Public Health – Seattle & King County, Revised 2015 www.kingcounty.gov/health/flash



Pregnancy Visual 2

Fertilization

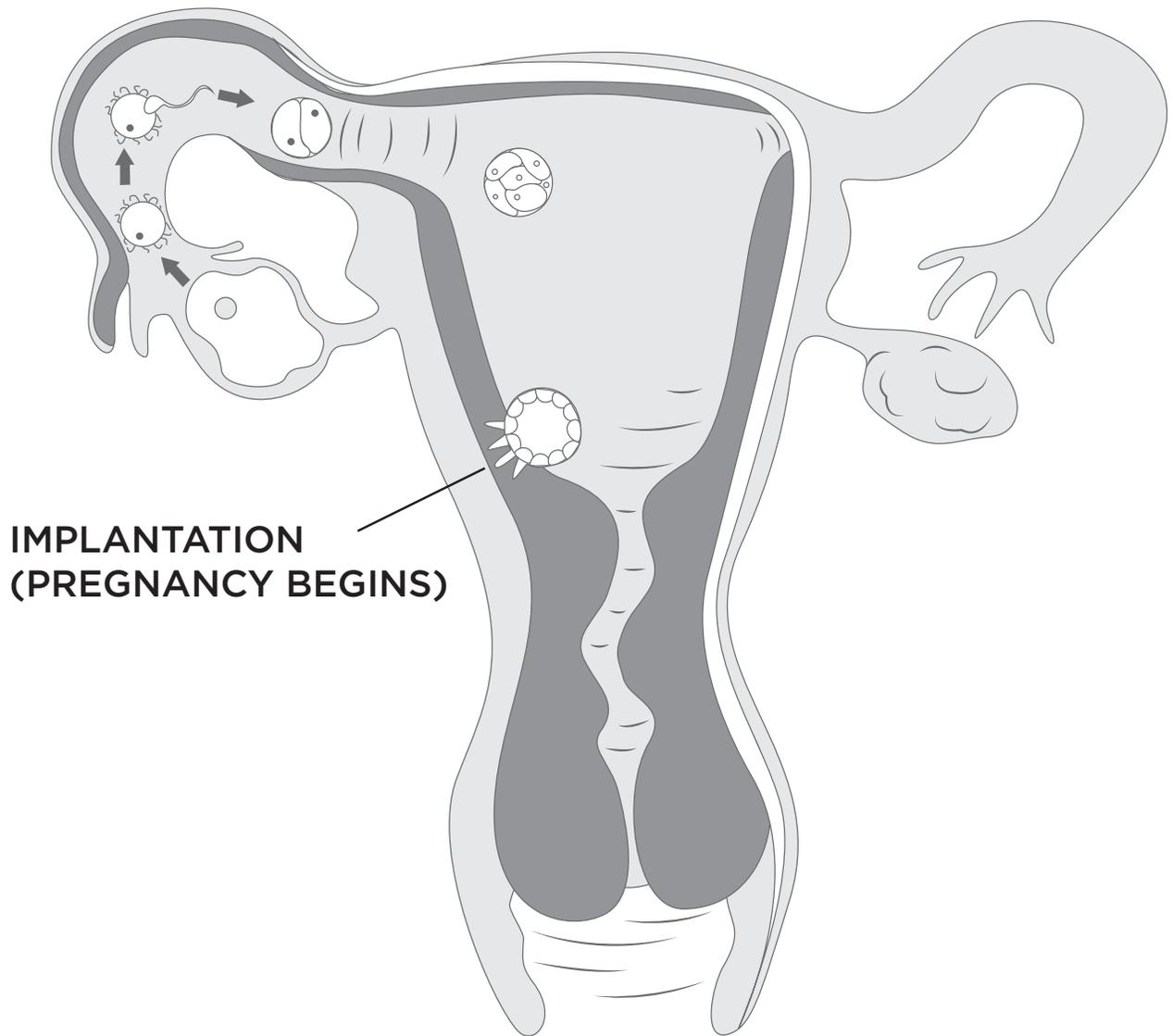


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Pregnancy Visual 3

The First Week



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Individual Homework – Pregnancy

Name: _____

Directions: Imagine that a friend has just come to you saying that she thinks she might be pregnant. What would you say to her? Think about things you learned in today's class about pregnancy and resources.

Write her an e-mail, a series of text messages, or a note as a supportive friend.

Be sure to include information about two places she could go for a pregnancy test. Use this page or attach it to this page.

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Lesson Plan – Pregnancy Part II

TOPIC: Pregnancy Part II	TARGET-AGE RANGE: 9–15	TIME: 45 minutes
SUBJECT: Life Skills		
IDEAL NUMBER OF LEARNERS: 25–40		
WHAT ADVANCE PREPARATION, IF ANY, IS REQUIRED OF THE TEACHER FOR THIS LESSON? <ul style="list-style-type: none">• Make a copy of the Two Truths and a Lie Teacher’s Guide.• Make enough copies of the Two Truths and a Lie Activity worksheet for each small group of 4–5 learners.		
LEARNING OUTCOMES: <p>By the end of this lesson learners will be able to:</p> <ol style="list-style-type: none">1. Describe the process of conception. [knowledge]2. List several early symptoms of pregnancy. [knowledge]3. Identify when a pregnancy test is needed and where people can access a confidential test. [knowledge]		
LIFE SKILLS DEMONSTRATED IN THIS LESSON: <ol style="list-style-type: none">1) Critical thinking about what behaviours put one at risk for pregnancy.		
RESOURCE MATERIALS FOR TEACHER: <ul style="list-style-type: none">• Two Truths and a Lie Answer Key—One copy for the teacher to read		
MATERIALS FOR LEARNER: <ul style="list-style-type: none">• Two Truths and a Lie—One copy per each team of 4–5 learners		



Lesson Plan – Pregnancy Part II

This lesson is enhanced when learners have the following background knowledge: Content from the International Technical Guidance on Sexuality Education—Key Concept 4 – Human Development; 4.2 – Reproduction; Level I

PROCEDURE:

Step 1) 5 minutes

Introduce the topic by stating, “Today’s class will continue the focus on pregnancy, which we started in the last lesson.” Ask students to tell you what they remember from the previous lesson on pregnancy. Confirm any correct statements and correct any misunderstandings.

Step 2) 10 minutes

Ask for two volunteers, one to be the host of the game and the other to keep score. Divide the rest of the class into teams of four or five learners and have each team choose a team name and team captain. **[Teacher’s Note: For large groups, you can make teams larger to accommodate the size of the group as needed.]**

Explain that the class will play a game called Two Truths and a Lie. Explain that the game host (indicating the name of that learner who will be host) will read three statements aloud to the class. One of these statements is not true and two of them are true. Each team will huddle together and decide which of the three statements they think is a lie, meaning it’s not true. Their team captain will then raise one finger if they think the first statement is a lie, two fingers if they think the second statement is a lie, or three fingers if they think the third statement is a lie. The host will then read the answer aloud using the Answer Key. Explain that the scorekeeper (indicating the name of that learner who will be scorekeeper) will give 10 points to all the teams with the correct answer. Each team, once they know which statement was the lie, should cross it out on their worksheet so that by the end of the activity, each team will have a worksheet with all the correct answers. Ask if there are any questions about the directions of the activity and answer as needed.

Step 3) 25 minutes

Have the learner who is the score keeper write the name of each team on the board as you call on the small groups one at a time. Remind students that the team with the highest number of points at the end of the game will be the winners. Begin the game with the host reading the first three statements and groups indicating which statement they believe is the lie by using their fingers. Have the host read the statement that is not true and the score keeper should award points as appropriate. Continue in this way until all of the statements have been read. Tally up the points and designate the winning team(s).

Step 4) 5 minutes

As closure, ask three volunteers to share one truth about pregnancy that they learned today. You can wrap up the lesson by saying, “Knowing what is true and false about how pregnancy occurs and how women know they are pregnant is important information to help prevent unintended pregnancy and to know when to get a pregnancy test and seek medical care.”



Lesson Plan – Pregnancy Part II

KEY MESSAGES OF LESSON:

- 1) Pregnancy begins when a fertilized egg implants in the uterus.
- 2) It is important to get tested for pregnancy if a woman experiences any of the early symptoms of pregnancy, such as missing a period, breast tenderness, feeling sick to the stomach, and/or feeling very tired.
- 3) Urine tests to detect pregnancy are usually accurate 10–14 days after sexual intercourse.

ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:

- Teachers can note the ease with which learners know which statement is a lie in the activity as assessment of the learning objectives.

HOMEWORK WITH FOCUS ON FAMILY INVOLVEMENT ACTIVITIES:

- None

POSSIBLE ADAPTATIONS:

- Large class size—See above Teacher’s Note in Step 2 for ideas if class is larger than 40
- Limited materials/technology—None

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Two Truths and a Lie Activity

Team Name: _____

Directions: For each of the statements below, one is a lie. Please circle the number of the lie for each one.

A) Pregnancy Symptoms

1. Everyone stops having periods as soon as they get pregnant.
2. Common pregnancy symptoms include breast tenderness, nausea, and food cravings.
3. Many pregnancy symptoms are caused by a change in the female's hormones.

B) Pregnancy Testing

1. A person can get a pregnancy test at a pharmacy.
2. Pregnancy tests can show results as early as one hour after conception.
3. The way a pregnancy tests works is by checking for a certain hormone in a woman's urine.

C) Conception

1. The ovum and sperm meet in a female's fallopian tubes.
2. The pregnancy does not begin until the fertilized egg implants in the uterus.
3. It takes a million sperm to create a pregnancy.

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Two Truths and a Lie Answer Key

The “Lies” below are highlighted and explained...

A) Pregnancy Symptoms

- 1. Everyone stops having periods as soon as they get pregnant.** (Lie! Some women don't miss their period until they have been pregnant for a few months. Their menstrual periods might just seem lighter and shorter at first.)
2. Common pregnancy symptoms include breast tenderness, nausea, and food cravings. (True)
3. Many pregnancy symptoms are caused by a change in the female's hormones. (True)

B) Pregnancy Testing

1. A person can get a pregnancy test at a pharmacy. (True)
- 2. Pregnancy tests can show results as early as one hour after conception.** (Lie! Urine tests are usually only accurate 10–14 days after sexual intercourse but there is no need to wait longer than that to take the test. The sooner a woman knows she is pregnant the better.)
3. The way a pregnancy tests works is by checking for a certain hormone in a woman's urine. (True)

C) Conception

1. The ovum and sperm meet in a female's fallopian tubes. (True)
2. The pregnancy does not begin until the fertilized egg implants in the uterus. (True)
- 3. It takes a million sperm to create a pregnancy.** (Lie! Hundreds of millions of sperm are ejaculated from a man's penis but just one is able to fertilize an egg.)

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