

HomeLink 7

WORKSHOP 7

REPRODUCTION AND STAYING HEALTHY

With a parent/caregiver or trusted grown-up, go to the BabyCenter website (babycenter.com) and type “inside pregnancy” in the search bar. Watch one or more of the videos about fertilization and pregnancy. Discuss with the grown-up what you have watched. Do you have any questions?

Don't have Internet access? Ask someone in your family or a family friend to tell you about what it is like to be pregnant and to give birth.

Word Bank Words for Workshop 7

FERTILIZATION: When a sperm unites with an egg.

CONCEPTION: The process of becoming pregnant, which includes fertilization and the implantation of the fertilized egg into the wall of the uterus.

ZYGOTE: A cell that is formed when an egg and sperm combine: a fertilized egg.

EMBRYO: The collection of cells that have developed from a fertilized egg, from implantation in the uterus through the eighth week of development.

FETUS: The name of an embryo from the eighth week of development until birth.

VAGINAL BIRTH: When the uterine muscles contract and push a baby out of the uterus, through the vagina, and out of the body.

CESAREAN BIRTH: Also called *Cesarean section* or *C-section*; when a doctor delivers a baby by making a cut through the abdomen and uterus and lifting the baby out.

SEXUAL INTERCOURSE: When the genitals of one person envelop or enter the genitals, mouth, or anus of another person for sexual pleasure. Examples include a penis entering a vagina (vaginal intercourse), mouth-to-genital stimulation (oral sex), and a penis entering an anus and rectum (anal sex).

ABSTINENCE: Choosing not to have sexual intercourse or skin-to-skin genital contact.

CONTRACEPTION: Also called *birth control*; methods of preventing pregnancy.

SEXUALLY TRANSMITTED INFECTION: Also called *sexually transmitted disease*; an infection that is transmitted from one person to another during sexual contact or an exchange of body fluids.

HIV: An abbreviation for *human immunodeficiency virus*, the virus that causes AIDS.

AIDS: An abbreviation for *Acquired Immune Deficiency Syndrome*, which is the last stage of HIV infection. People with AIDS are not able to fight off infections.

Reading for Workshop 8

Read the following pages in *It's Perfectly Normal*, twentieth anniversary edition (note that page numbers vary by edition):

- Part 1: What Is Sex?, Section 4, Making Love (pages 6–7)
- Part 3: Puberty, Section 16, Perfectly Normal (pages 43–44)
- Part 4: Families and Babies, Section 19, A Kind of Sharing (pages 50–53)
- Part 6: Staying Healthy, Section 25, Helpful—Fun—Creepy—Dangerous (pages 74–79)