Objectives
Students will
• Discuss the menstrual cycle
• Describe what current research says about the possible causes of PMS
• Describe the symptoms associated with toxic shock
• Describe the symptoms and treatment of dysmenorrhea, premenstrual syndrome, toxic shock syndrome
• Explain how conception occurs
• Explain egg production, ovulation, and sperm production

Concepts
1. Changes occur in the body when the menstrual cycle begins. These changes can also be the beginning of some disorders of the female reproductive system. (Discussion of the menstrual cycle is a very delicate subject. Often times the males display a lack of sensitivity for this subject. Encourage mature conversations in class).
2. The union of an egg and sperm is called fertilization.
3. Do not assume that all the students are sexually active. Depending on the age level taught, but most students are not sexually active.

Activity Choices
1. Describe the four phases of the menstrual cycle–preovulatory, ovulation, post-ovulatory, and menstrual phase.
2. Discuss conditions related to menstruation.
   A. Dysmenorrhea/Amenorrhea
   B. PMS condition–may include nervous tension, anxiety, irritability, bloating, weight gain, depression, mood swings, and fatigue. Some doctors think it is a hormone imbalance and some think it is a nutritional deficiency. An exercise program should be followed.
   C. Toxic shock syndrome–a bacterial disease usually found in menstruating females who use tampons. Although the connection between tampon use and TSS is unclear, changing tampons regularly is important to reduce the growth of bacteria already present in the vagina.
3. Discuss the following terms:
   ovum             sperm
   uterus           fallopian tubes
   ovaries          ovulation
4. Discuss fertile periods within menstrual cycle (teacher resource section).
5. Review material from the school library and discuss latest research on how drugs pass from mother to child during pregnancy.
6. Exceptional Education Inclusion Activities
A. Group students who might require assistance with students who are good readers and writers
B. Provide pictures of a developing fetus for students to put into the correct developmental sequence

**Vocabulary**
1. menarche
2. dysmenorrhea
3. PMS – Premenstrual syndrome
4. TSS – toxic shock syndrome
5. vaginitis
6. conception
7. fertilization
8. ovum
9. sperm
10. abstinence
11. ovaries
12. ovulation
13. uterus
14. fallopian tubes