

A decorative background featuring a large, stylized key on the left, a pair of hands clasped together in the lower center, and various floral and vine motifs. The entire design is rendered in a light gray color. The text "Grade 5" is centered over the key and hands.

***Grade 5***

**W-5.3      *The student, as a child of God, will identify what it means to be male and female and describe the creative process involved in the gift of life.***

*Due to the sensitivity of this lesson, it is recommended that, if at all possible, boys and girls receive separate instruction with a same sex teacher.*

## ***Attention!***

Students, whose parents have requested exemption from human sexuality lessons, must not participate in this lesson.

### **Catechetical Focus**

- We marvel at the complexity of the human body and how God has created its parts to work as a whole.
- God is the author of what makes us male and female.
- God's call to growth involves change.
- Human life begins at the moment of conception and must be respected and protected at all stages of development until natural death.

### **Note to the Catechist**

- In this lesson, students are introduced to the wonderful creative process in the gift of life.
- We discuss the human reproduction system in wonderment and awe. Human beings, male and female, are pre-designed for relationship that brings forth life.
- When introducing the reproductive system, we keep the terminology simple using age appropriate language.
- Students will be asking many questions. Teachers should be prepared to deal honestly and tactfully with each of the questions.

### **Theological Background**

#### **Scripture Commentary**

- From the very moment of our conception within our mother's womb, God knows us by name and has wanted us. Human beings do not come into existence by "chance".
- It takes both a man and a woman to mirror who God is. By becoming a man or a woman we, ourselves, become capable of generating new life. In this life giving ability we reflect The Creator from whom all Life comes.

### **Scripture Texts**

#### **Gen. 1:27-31**

**27** So God created humankind in his image, in the image of God he created them; male and female he created them. **28** God blessed them, and God said to them, 'Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.' **29** God said, 'See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. **30** And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food. ' And it was

**so. 31 God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.'**

**Ps. 139:13-15**

13 For it was you who formed my inward parts; you knit me together in my mother's womb. 14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. 15 My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

**1 Cor. 12:12-31**

12 For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. 13 For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit. 14 Indeed, the body does not consist of one member but of many. 15 If the foot would say, 'Because I am not a hand, I do not belong to the body,' that would not make it any less a part of the body. 16 And if the ear would say, 'Because I am not an eye, I do not belong to the body,' that would not make it any less a part of the body. 17 If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? 18 But as it is, God arranged the members in the body, each one of them, as he chose. 19 If all were a single member, where would the body be? 20 As it is, there are many members, yet one body. 21 The eye cannot say to the hand, 'I have no need of you,' nor again the head to the feet, 'I have no need of you.' 22 On the contrary, the members of the body that seem to be weaker are indispensable, 23 and those members of the body that we think less honorable we clothe with greater honor, and our less respectable members are treated with greater respect; 24 whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honor to the inferior member, 25 that there may be no dissension within the body, but the members may have the same care for one another. 26 If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it. 27 Now you are the body of Christ and individually members of it. 28 And God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership, various kinds of tongues. 29 Are all apostles? Are all prophets? Are all teachers? Do all work miracles? 30 Do all possess gifts of healing? Do all speak in tongues? Do all interpret? 31 But strive for the greater gifts. And I will show you a still more excellent way.

**Eph. 5:22-29**

22 I am sending him to you for this very purpose, to let you know how we are, and to encourage your hearts. 23 Peace be to the whole community, and love with faith, from God the Father and the Lord Jesus Christ. 24 Grace be with all who have an undying love for our Lord Jesus Christ. 25 Husbands, love your wives, just as Christ loved the church and gave himself up for her, 26 in order to make her holy by cleansing her with the washing of water by the word, 27 so as to present the church to himself in splendor, without a spot or wrinkle or anything of the kind—yes, so that she may be holy and without blemish. 28 In the same way, husbands should love their wives as they do their own bodies. He who loves his wife loves himself. 29 For no one ever hates his own body, but he nourishes and tenderly cares for it, just as Christ does for the church.

**Jer. 1:5**

5 "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations."

**Is. 49:1,14-15**

1 Listen to me, O coastlands, pay attention, you peoples from far away! The LORD called me before I was born, while I was in my mother's womb he named me. 14 But Zion said, "The LORD has forsaken me, my Lord has forgotten me." 15 Can a woman forget her nursing child, or show no compassion for the child of her womb? Even these may forget, yet I will not forget you.

**Commentary on the Catechism of the Catholic Church**

- These passages give emphasis to the dignity of life. All life is to be protected from the moment of conception to life's natural end. Left to ourselves we feel incomplete. We are most fully alive when we live out, in love, our relationship to both God and others, most especially in marriage and family life.

**CCC #372** "Man and woman were made 'for each other' - not that God left them half-made and incomplete: he created them to be a communion of persons, in which each can be 'helpmate' to the other, for they are equal as persons ('bone of my bones. . .') and complementary as masculine and feminine. In marriage God unites them in such a way that, by forming 'one flesh', [Gen 2:24] they can transmit human life: 'Be fruitful and multiply, and fill the earth.' [Gen 1:28] By transmitting human life to their descendants, man and woman as spouses and parents co-operate in a unique way in the Creator's work.

**CCC #2270** "Human life must be respected and protected absolutely from the moment of conception. From the first moment of his existence, a human being must be recognized as having the rights of a person - among which is the inviolable right of every innocent being to life. [Cf. CDF, Donum vitae I, 1] Before I formed you in the womb I knew you, and before you were born I consecrated you. [Jer 1:5 ; cf. Job 10:8-12 ; Ps 22:10-11] My frame was not hidden from you, when I was being made in secret, intricately wrought in the depths of the earth." [Ps 139:15]

**CCC #2274** "Since it must be treated from conception as a person, the embryo must be defended in its integrity, cared for, and healed, as far as possible, like any other human being. Prenatal diagnosis is morally licit, 'if it respects the life and integrity of the embryo and the human fetus and is directed toward its safe guarding or healing as an individual. It is gravely opposed to the moral law when this is done with the thought of possibly inducing an abortion, depending upon the results: a diagnosis must not be the equivalent of a death sentence.' [CDF, Donum vitae I, 2]"

### Development of Lesson 5.3

**W-5.3**      *The student, as a child of God, will identify what it means to be male and female and describe the creative process involved in the gift of life.*

#### **Activity 1 - Get ready**

- Choose a scripture reading from the biblical texts identified in the section entitled Theological Background. Ask the student to reflect on this passage. What do you think God wants to tell us in this passage?
- Read **The Gift of Life** to discuss and define the terms for the parts of the reproductive systems, conception, and menstruation.
- View a video (option 1) or diagrams (option 2) regarding the human reproductive system to name the parts and to define their basic functions.
- List the parts of the human reproductive systems under the appropriate headings – **Male** and **Female**.

#### **Activity 2 - Explore and apply**

- Read from the overheads “**The Parts of the Male Reproductive System**” and “**The Parts of the Female Reproductive System**”.
- Complete the worksheets, **Male Reproductive System Review** and **Female Reproductive System Review**, by completing the matching and fill in the blank exercises.

#### **Activity 3 - Extend and commit**

- Discuss the importance of respecting the gift of our bodies, others’ bodies, and the gift of life. Give examples of how we can show respect for our bodies, others’ bodies and the gift of life.

#### **Recommended Resources**

**The Wonderful Way Babies are Made** (Picture Book: ISBN 0-7642-2341-0)

**Life Begins** (CD ROM: Quality Multimedia, phone number 1-800-594-9769) use only those sections that are appropriate.

## Student Handout

# The Gift of Life

The male and female bodies are marvellous creations of God. It is through the reproductive systems that we are able to share in the creation of new human life. Our bodies are gifts to be respected and cared for, so that when we are married and able to have children, we can do so.

So God created humankind in his image, in the image of God he created them; male and female he created them. Genesis 1:27

## A New Human Life

A baby is a very special gift to a mother and father. God created the male and female bodies to be able to join together so that sperm cells may leave the father's body and enter the mother's body. There the sperm cells, may meet an egg cell. If a sperm cell and an egg cell join, then a new human life begins. This gift is called conception. A baby begins to develop in the mother's uterus, which is also called a womb. For nine months the baby has a home in the mother's womb. The baby is then born, and the mother and the father continue to play a special role in the nurturing of this new little miracle, the baby.

The whole process in which life is created and nurtured is miraculous. God has pre-designed the bodies of both a man and woman to participate in the wonderful creation of life. Let us look at how the body of the man and woman are designed to bring about new life.

## Changes in Puberty

Puberty is a time of change and development that all boys and girls experience in their pre-teen and teen years. In boys, puberty usually occurs between the ages of 10 and 17. In girls, puberty usually occurs between the ages of 9 and 16. This is the time that boys will become more like men and girls will become more like women.

Hormones are the source for puberty. A tiny gland at the base of the brain, called the pituitary gland, begins producing the hormone, testosterone, in boys. In girls, the ovaries begin producing the hormone, estrogen. These hormones are responsible for the changes that take place in our bodies.

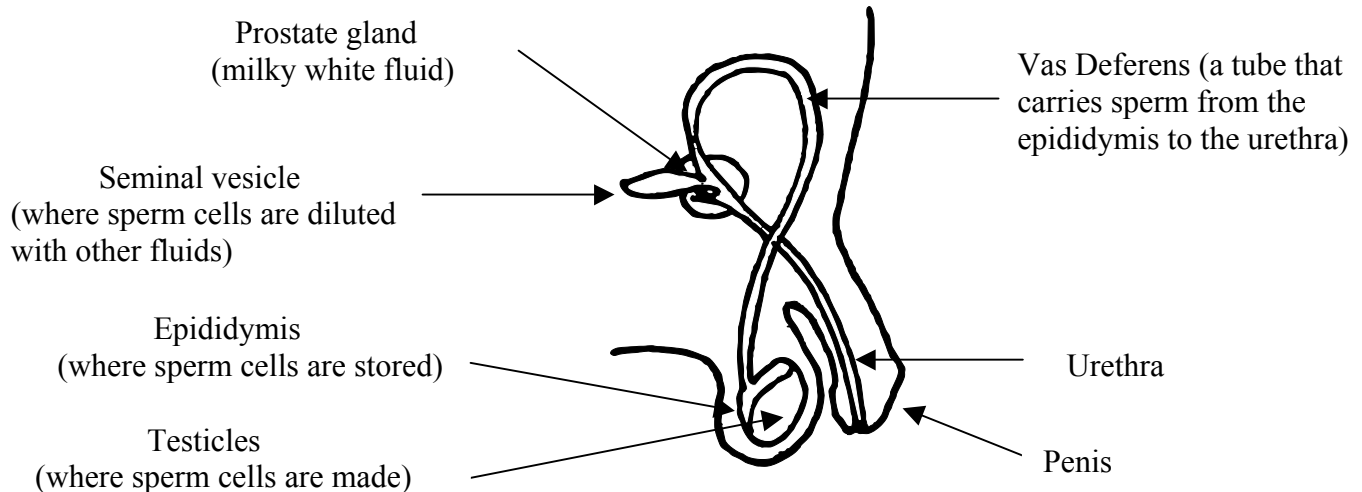
Many changes occur during puberty. The most significant change is the development of the reproductive system. Through the reproductive system, humans share in God's creation. Children are created through the love of a husband and wife.

When the reproductive system has developed, young men and women are physically able to produce a baby even though they are not yet ready to be parents.

Boys begin to produce sperm cells and girls produce egg cells. These are the reproductive cells that can unite to form a baby. Our bodies are created either male or female, and together they can work to create a new life. The male reproductive system produces and transfers sperm cells to the female reproductive system, which releases egg cells or ovum and provides a safe environment for the creation and development of a new human life.

Overhead transparency/Teacher Reference

## The Parts of the Male Reproductive System



The two primary organs of the male reproductive system are the testicles or testes and the penis. Sperm cells are made in the testicles. These sperm cells are essential in the creation of new life.

Once sperm cells are produced, they remain in the body (epididymis) and mature. At times, a milky white fluid from the prostate gland and other fluids from the seminal vesicle are mixed with the sperm cells. The prostate gland produces enzymes that help break down the outer barrier of the egg. Together, the fluid and sperm are called semen. These sperm cells are so tiny that they can only be seen through a microscope. Imagine, that these tiny cells will play a part in the creation of new life.

The semen passes out of the male's body through a tube in the penis (urethra), this is called ejaculation. Ejaculation can only occur when there is an erection. An erection occurs when blood flows to the penis and fills the spongy tissue, causing it to become firm and large.

Did you know?

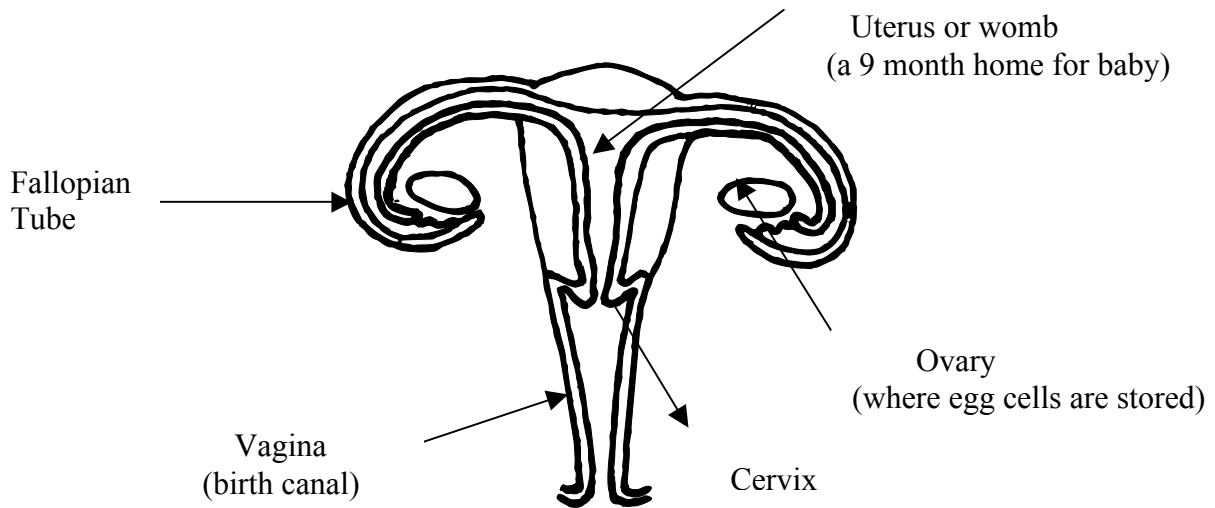
A healthy adult male produces 50 to 100 million sperm cells a day. Two hundred sperm cells laid end to end, would measure one centimetre.

Semen can sometimes be released while a boy or man is sleeping. This is called a nocturnal emission or wet dream. The body does this on its own, naturally.

The process of the male reproductive system is amazing. The male body was designed by God to play a special role in the creation of new life.

Overhead transparency/Teacher Reference

## The Parts of the Female Reproductive System



All of the organs in the female reproductive system are located inside the pelvic area of the body, unlike the organs of the male reproductive system, which are outside the body.

Egg cells are held in and released from the two ovaries. The ovaries release an egg cell or ovum when it is mature. This is called ovulation. Ovulation occurs approximately once every 28 days.

When an egg is released, it enters a fallopian tube and travels along it to the uterus or womb. This journey for the egg cell lasts about 3-4 days. The uterus is a small organ that can stretch a great deal to allow a growing baby to move about inside it. Below the uterus, there is a passage way called the vagina or the birth canal.

At birth the cervix begins to slowly open wider. When it is approximately 10 cm wide the baby begins a journey through the vagina to the world outside.

Did you know?

When a female is born, her ovaries hold about 500,000 immature eggs. An egg cell is about the size of a pinhole.

### Menstruation

At ovulation, the ovaries release a mature egg cell about once a month. If there are no sperm cells present in the female body and conception does not happen, then the egg cell will travel to the uterus and it will dissolve. The body knows that a new life is not going to grow in the uterus and a soft tissue lining, which has been building up on the walls of the uterus, is not needed. This lining is made up of tiny blood vessels and it begins to break down when conception has not occurred. The lining leaves the body through the vagina. This process is called menstruation and it happens about once a month. Ovulation and menstruation happen pretty regularly in most females. They are both very normal and natural occurrences. Menstruation begins when a girl begins to ovulate and it all begins in puberty.



## Student Handout

# Male Reproductive System Review

Match the correct name for each of the following terms with its description. Place the correct letter on the line beside the name.

- |                      |   |
|----------------------|---|
| ____ pituitary gland | a. a thick fluid containing sperm   |
| ____ prostate gland  | b. hormone-producing gland located at the base of the brain   |
| ____ urethra         | c. a gland that produces much of the fluid found in semen.  |
| ____ testicles       | d. narrow tube through which semen and urine leave the body   |
| ____ penis           | e. organ through which semen and urine leave the body   |
| ____ epididymis      | f. a gland that produces a milky white fluid that contains enzymes that help break down the outer barrier of the egg. |
| ____ semen           | g. where mature sperm are stored  |
| ____ seminal vesicle | h. organ where sperm cells are produced   |

Complete the sentences by adding the appropriate words from the list.

sperm cell, testicles, erection, epididymis, ejaculation

1. Human life begins when a \_\_\_\_\_ from a male joins with an egg cell from a female.
2. Sperm cells are produced in the \_\_\_\_\_.
3. The \_\_\_\_\_ is a storage place for sperm.
4. The process of blood flowing into the penis and making it firmer is called an \_\_\_\_\_.
5. The semen leaves the body through the penis. This is called \_\_\_\_\_.

## Student Handout

# Female Reproductive System Review

Match the correct name for each of the following terms with its description. Place the correct letter on the line beside the name.

- |                     |  |
|---------------------|--|
| ___ uterus          | a. hormone-producing gland located at the base of the brain    |
| ___ ovary           | b. the joining of a sperm cell and an egg cell                 |
| ___ vagina          | c. tube through which the egg or ovum travels to the uterus    |
| ___ menstruation    | d. organ within which the baby develops                        |
| ___ fallopian tube  | e. passage through which a baby leaves the uterus; birth canal |
| ___ pituitary gland | f. periodic breaking down of the lining of the uterus          |
| ___ conception      | g. where egg cells (ovum) are produced and stored until mature |

Complete the sentences by adding the appropriate words from the list.

egg cells, lining, womb, conception

1. \_\_\_\_\_ are released from the ovaries.
2. The uterus, or \_\_\_\_\_, provides a safe environment for the baby to develop.
3. The uterus builds a soft, spongy \_\_\_\_\_ on the inside of its walls that will nourish the developing baby.
4. Human life begins at the moment of \_\_\_\_\_.