

A decorative background featuring a large, stylized key on the left, a heart shape on the right, and a pair of hands clasped together at the bottom. The entire design is rendered in a light gray, line-art style.

Grade 6

W-6.3A *The student, as a child of God, will explore the stages of human development from conception through birth.*

W-6.3B *The student, as a child of God, will explore positive and negative choices that impact the development of human life.*

Attention!

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

Catechetical Focus

- ☐ We are created in God's image.
- ☐ As Christians, we appreciate our uniqueness, demonstrate sensitivity towards others, and understand that each person is worthy of love and respect.
- ☐ We marvel at the complexity of the human body and how God has created its parts to work as a whole.
- ☐ Our bodies are temples of the Holy Spirit.

Note to the Catechist

- ☐ The focus of this lesson is to help the students recognise that new life begins at conception.
- ☐ We learn from our Catholic faith tradition the “consistent ethic of life”, which teaches that from the womb to the tomb, life is to be respected.
- ☐ To foster a respect for the life of the unborn, we identify the stages of development during the nine months of pregnancy.

Theological Background

Scripture Commentary

- ☐ Awe and wonder are the first stages of wisdom. God continually invites us to learn more about and to respect and appreciate how wonderful the gift of human life really is.
- ☐ To instill within others a deeper sense of reverence for their bodily existence helps them truly understand what we mean by human dignity.

Scripture Texts

1 Cor. 6:19

19 Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own?

Eph. 2:10

10 We are God's work of art, created in Christ Jesus to live the good life as from the beginning he had meant us to live it. (Jerusalem Bible)

1 Cor. 12:26

26 If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.

Col. 3:12-17

12 As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. **13** Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. **14** Above all, clothe yourselves with love, which binds everything together in perfect harmony. **15** And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. **16** Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. **17** And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Eph. 5:1-2

1 Therefore be imitators of God, as beloved children, **2** and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Mat. 25:36

36 I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me."

Commentary on the Catechism of the Catholic Church

- ☐ We are created as beings with a free will. We have the power to make free choices that can lead to life to the fullest or to death and destruction. If we use our intellect and our free will to make life-giving choices we will experience what happiness truly is.
- ☐ Being human, we have the ability to freely reason and choose our actions. We are, however, responsible for the choices we make. Our freedom allows us to grow and mature in truth and goodness.
- ☐ It takes effort and time to become the person we are called to be.

CCC #1730 "God created man a rational being, conferring on him the dignity of a person who can initiate and control his own actions. 'God willed that man should be 'left in the hand of his own counsel,' so that he might of his own accord seek his Creator and freely attain his full and blessed perfection by cleaving to him.' [GS 17; Sir 15:14] 'Man is rational and therefore like God; he is created with free will and is master over his acts'." [St. Iraneus, Adv. haeres]

CCC #1731 "Freedom is the power, rooted in reason and will, to act or not to act, to do this or that, and so to perform deliberate actions on one's own responsibility. By free will one shapes one's own life. Human freedom is a force for growth and maturity in truth and goodness; it attains its perfection when directed toward God, our beatitude."

CCC #2342 "Self-mastery is a long and exacting work. One can never consider it acquired once and for all. It presupposes renewed effort at all stages of life. [Cf. Titus 2:1-6] The effort required can be more intense in certain periods, such as when the personality is being formed during childhood and adolescence."

Development of Lesson 6.3 A

W-6.3A *The student, as a child of God, will explore the stages of human development from conception through birth.*

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?
- ☐ View a video (option 1) or diagrams (option 2) to study the stages of human development from conception through birth.
- ☐ Read **God's Gift of New Life** which defines sexual intercourse, conception, and the stages of human development to birth

Activity 2 - Explore and apply

- ☐ Complete the poster for the stages of development, **A New Life**, adding the details of what is developing at each stage.
- ☐ Complete the puzzle, **Review**

Activity 3 - Extend and commit

- ☐ Read to the students, **Twins**. Discuss the difference between identical twins and fraternal twins.

Recommended Resources

"Life Begins" (CD ROM: Quality Multimedia, phone number 1-800-594-9769) – use only the appropriate sections

Print resources from Alberta Pro Life: **If You Could See Me Now; How You Began; Very Much Alive; The First Days of Human Life; 6 Week Child**

Student Handout

God's Gift of New Life

In marriage, a man and a woman share a special love relationship with each other. You may see a couple holding hands, kissing one another or cuddling. These are signs of affection that a couple shows for one another. The bond of love the married couple shares is capable of bringing forth new life. This is all part of God's great plan.

The possibility of life begins with a love relationship between a husband and a wife. There are times when a husband and a wife show their love for one another through sexual intercourse. It is in sexual intercourse that a husband and wife can express deep love for each other as they join their bodies, minds, and hearts. Through sexual intercourse, a husband and wife can truly give the gift of themselves to each other. It is a way for them to strengthen their love and commitment to each other and their marriage.

During sexual intercourse, a very special closeness develops between husband and wife. This closeness causes enjoyable physical and emotional feelings for both the husband and wife. The husband's body releases millions of sperm into his wife's body. These sperm cells swim through the wife's vagina, into the uterus then into the fallopian tubes in search of an egg cell to fertilize.

If the sperm finds an egg, then one sperm will be able to join with the egg; the two cells become one. This is the moment of conception and new human life begins. God has fashioned the body of the husband and the wife to create new life. Not all instances of sexual intercourse result in conception, but there is always the possibility.

From the moment of conception, there is a new human life developing in the mother's body. The mother is **pregnant**. This is a very special gift of love for the husband and wife. Precious is this new life and in need of protection and respect.

This new human life is very hard to see at first. It may look like a tiny dot. But the one cell soon begins to divide; it becomes two cells, the two cells become four, then eight cells, then 16, and so on. The baby keeps growing. All this is taking place in the mother's fallopian tube.

It takes three or four days for the developing human life to travel through the fallopian tube into the mother's uterus, or womb. The cells are continuing to divide and the baby continues to grow. Each cell has a very specific purpose. The cells in a person's body carry within their core the person's **genes**. Genes are small information sources. They carry information about the colour of eyes, the shape of a nose, length of feet, the colour of skin, and the gender or sex of the person. So, in that one cell - the one that was created by the union of the egg and the sperm - all the information about the new baby was known. This is a miracle of God's creativity.

Once the baby has made its way into the mother's uterus, the baby will attach itself to the lining that has been prepared to support this new life. This is called **implantation**. A mother's uterus has been created to protect and nourish her baby. The baby is surrounded by fluid inside the **amniotic sac**. The baby stays in this fluid for the full nine months. Nourishment is provided to the growing baby by the **placenta** that is a collection of blood vessels built up at the place where the baby implants itself. The baby is attached to the placenta by an **umbilical cord**. This is the tube, which provides the oxygen and food to the baby. The umbilical cord is where the

baby's belly button will be after birth. The baby will continue to grow and develop in the mother's uterus, for almost 40 weeks until birth. The **pregnancy** will last for almost 9 months.

When the baby is about 4 weeks old, the heart is beating, other major organs are beginning to develop, and the head and spine are starting to take shape. The baby is only about half a centimetre long or half the size of a pea.

At eight weeks, the baby is now about 2.5 centimetres in length. Facial features, arms, legs, hands feet, fingers, and toes can be seen. The nervous system is responsive and many of the internal organs begin to function.

At 12 weeks, the baby is now almost 8 centimetres long. The muscles begin to develop and sex organs develop. Eyelids, fingernails, and toenails form. The digestive system is working and the baby can open its mouth and swallow.

At 16 weeks, the baby is now about 12 centimetres long. The baby blinks, grasps things, and moves his or her mouth. Sometimes the baby will hiccup. Hair grows on the baby's head and body. The baby is moving about in the mother's uterus and the mother can begin to feel the baby's movements.

After 24 weeks, the baby can now inhale, exhale and even cry. The baby's eyes have completely formed, and the tongue has developed taste buds. Most everything that a baby needs to survive after birth is present at this time. For the next three months the baby will continue to grow, gain weight, add strength, and develop more fully.

About 38 weeks after the baby's life began at conception, the baby takes up most of the space in the womb. The baby may feel the need to leave its comfortable home in the mother's uterus. The baby is ready for birth.



Student Handout

A New Life

In each frame, name what is developing and some interesting facts about the baby.

Conception



Four weeks



Eight weeks



12 weeks



16 weeks



24 weeks



38 – 40 weeks



Student Handout

Review

Complete the puzzle by first solving each of the TEN clues, and then finding the words in the word search puzzle. The words may be vertical, horizontal, or diagonal.

1. Where conception occurs in the mother's body _____
2. Attachment to uterus wall _____
3. Attaches the baby to the placenta _____
4. The moment when human life begins _____
5. When the baby leaves the womb _____
6. Provides nourishment for the baby _____
7. Period of baby's development in the uterus _____
8. Another name for womb _____
9. Sexual _____ is a gift of life and love in a marriage.
10. Information sources in the cells _____

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

Teacher Master

Review

Complete the puzzle by first solving each of the TEN clues, and then finding the words in the word search puzzle. The words may be vertical, horizontal, or diagonal.

- | | |
|--|---|
| 2. Where conception occurs in the mother's body <u>fallopian tubes</u> . | 14. Provides nourishment for the baby <u>Placenta</u> . |
| 10. Attachment to uterus wall <u>Implantation</u> . | 15. Period of baby's development in the Uterus <u>pregnancy</u> . |
| 11. Attaches the baby to the placenta <u>Umbilical cord</u> . | 16. Another name for womb <u>Uterus</u> . |
| 12. The moment when human life begins <u>Conception</u> . | 17. Sexual <u>intercourse</u> is a gift of life and love in a marriage. |
| 13. When the baby leaves the womb <u>Birth</u> . | 10. Information sources in the cells <u>genes</u> . |

M	A	R	O	I	A	G	E	I	F	S	E	N	E	G
C	D	P	Y	L	N	O	S	M	Y	D	U	O	B	D
O	\$	G	H	I	W	C	A	P	K	E	R	L	Y	O
N	U	M	S	U	S	I	H	L	J	S	S	D	I	B
C	R	E	J	A	C	T	U	A	L	R	A	T	I	A
E	E	A	N	M	R	T	E	N	P	U	S	N	O	T
P	T	N	V	I	C	S	Y	T	P	O	P	U	L	N
T	U	M	B	I	L	I	C	A	L	C	O	R	D	E
I	K	E	E	W	K	R	O	T	W	R	E	T	A	C
O	G	O	R	N	B	S	A	I	T	E	I	O	N	A
N	A	V	N	O	I	P	E	O	C	T	N	O	C	L
G	I	M	A	P	I	N	E	N	S	N	E	G	C	P
A	Y	C	N	A	N	G	E	R	P	I	U	L	L	E
V	H	R	T	I	B	U	B	M	O	W	T	E	R	U
C	F	A	L	L	O	P	I	A	N	T	U	B	E	S

Student Handout

Twins

Do you know someone who is a twin? Do the twins you know look alike or do they look different? Are they the same gender? Have you ever wondered how twins come to be?

There are two types of twins: fraternal twins and identical twins.

Fraternal twins do not look alike. Fraternal twins can also be different genders. Fraternal twins occur when the mother's body releases two eggs at the time of ovulation. If these two eggs become fertilised by two sperm cells, two babies begin to develop and grow. Because there are two different egg cells and two different sperm, the babies have their own unique features and may also be of a different gender.

Identical twins occur when the woman's body releases an egg cell at the time of ovulation and the egg is then fertilised. The fertilised egg then divides into two separate parts. Since it is the same egg cell fertilised by one sperm, the babies look identical in features and gender.

The mother and father may not know for some time that they are expecting twins. Sometimes the doctor can tell if there are two or more babies by listening to the heartbeat of the growing baby. Ultrasounds can also tell if the mother and father are expecting more than one baby. An ultrasound is a device that takes a picture of the baby growing in the womb.

A mother and a father will be very busy with one baby, but if they have twins, they will be especially busy. Remember, babies cry a lot and do not sleep through the night so parents of newborn twins often need the help of friends and family.

Are there twins in your class?

Are they fraternal or identical twins?

Have you asked them what it is like to be a twin?

Development of Lesson 6.3B

W-6.3B *The student, as a child of God, will explore positive and negative choices that impact the development of human life.*

Note to the Catechist

- Fetal Alcohol Syndrome is the leading cause of mental disabilities in children. Even moderate consumption of alcohol during pregnancy can affect a baby.
- Refer to the Canada Food Guide for suggested servings for pregnant mothers.
- Many over the counter and prescription drugs may have adverse affects on the developing baby. The first trimester is the most critical time to refrain from taking any drugs.
- Addiction can occur in the baby if a mother abuses barbiturates or heroin.
- Smoking can cause a rapid increase in the baby's heartbeat and depress respiration.

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?
- Brainstorm healthy lifestyle choices that we should be practising, and then discuss why it would be important for a pregnant mother to be making these same healthy lifestyle choices.

Activity 2 - Explore and apply

- Complete the diagram **Healthy Choices for Pregnant Mothers**.
- Create warning labels for cigarette packages and alcohol that encourage pregnant mothers to abstain from using these products. Create posters or radio ad scripts that would send the same encouraging message.

Activity 3 - Extend and commit

- Research the cause and health consequences of Fetal Alcohol Syndrome Spectrum Disorder.

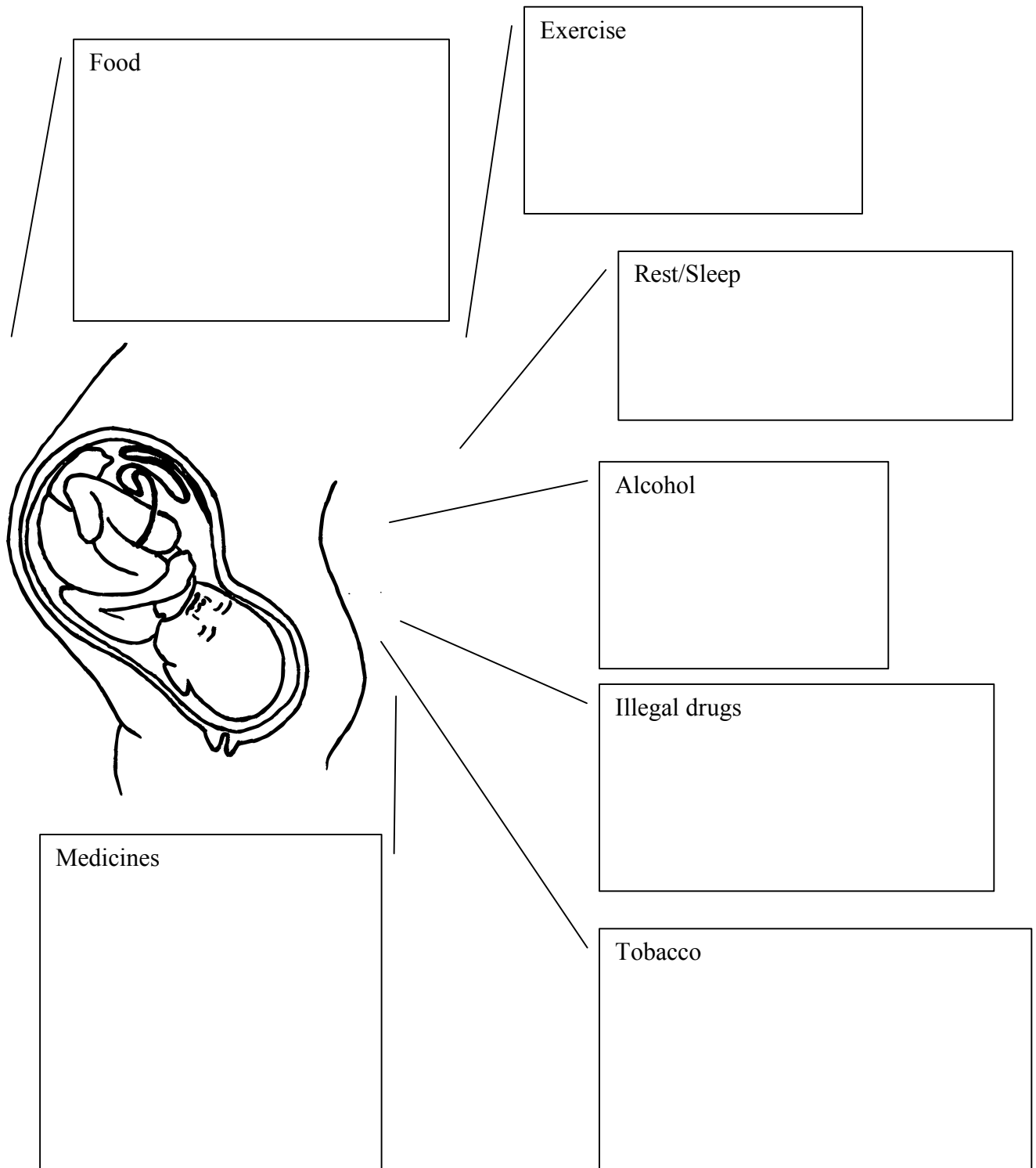
Recommended Resources

Teaching for the Prevention of Fetal Alcohol Syndrome Spectrum Disorder (teaching guide: Alberta Learning)

Student Handout

Healthy Choices for Pregnant Mothers

Directions: Name the choice that will lead to the healthy development of a baby.



- W-6.6** *The student, as a child of God, will discern life choices that can lead to blood-borne diseases and examine our Catholic response to those who suffer from them.*

Attention!

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

Catechetical Focus

- ☐ As Christians, we appreciate our uniqueness, demonstrate sensitivity towards others, and understand that each person is worthy of love and respect.
- ☐ Our bodies are temples of the Holy Spirit.
- ☐ We see Christ in one another. We are all children of God.

Note to the Catechist

- ☐ To identify blood-borne diseases and the means of transmission.
- ☐ To discern life choices that can lead to blood-borne diseases.
- ☐ As Catholics we treat all people who suffer from disease and affliction with compassion and respect.
- ☐ We find in scripture that Jesus was often moved by compassion and healed people of their afflictions. Note that the Jewish people of Jesus' day kept a distance from people who suffered from blindness, leprosy or paralysis, etc. Sickness and disease was seen as a sign of one's sinfulness, hence people with disease lived in isolation. Jesus touches the sick, heals them and forgives them.

Theological Background

Scripture Commentary

- ☐ Our human existence is not by chance, rather by providence. God knew of our existence even before we were conceived in the womb. God gives us the gift of life so that we can experience it to the fullest and eventually live eternally with him. As children of the one Father, we all are brothers and sisters who look out for one another and are there for each other especially in times of trouble. As a Family of God we cannot be indifferent to the plight of others. We are one human family, always there for each other, to build a better world for all.

Scripture Texts

Is. 49:1

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.

Mark 12:30-31

30 you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' 31 The second is this, "You shall love your neighbour as yourself.' There is no other commandment greater than these."

1 Cor. 12:26

26 If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.

Col. 3:12-17

12 As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. 13 Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. 14 Above all, clothe yourselves with love, which binds everything together in perfect harmony. 15 And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. 16 Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. 17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Mat. 25:36

36 I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me."

Commentary on the Catechism of the Catholic Church

- Being human, we have the ability to freely reason and choose our actions. We are, however, responsible for the choices we make. Our freedom allows us to grow and mature in truth and goodness.
- As we are created in the image and likeness of God we regard our bodies with dignity and respect. Our bodies are a temple for God's Holy Spirit.
- Jesus calls us to love one another. Loving actions demand that we be merciful toward one another.

CCC #1731 "Freedom is the power, rooted in reason and will, to act or not to act, to do this or that, and so to perform deliberate actions on one's own responsibility. By free will one shapes one's own life. Human freedom is a force for growth and maturity in truth and goodness; it attains its perfection when directed toward God, our beatitude."

CCC #364 "The human body shares in the dignity of 'the image of God': it is a human body precisely because it is animated by a spiritual soul, and it is the whole human person that is intended to become, in the body of Christ, a temple of the Spirit [Cf. 1 Cor 6:19-20; 1 Cor 15:44-45] 'Man, though made of body and soul, is a unity. Through his very bodily condition he sums up in himself the elements of the material world. Through him they are thus brought to their highest perfection and can raise their voice in praise freely given to the Creator. For this reason man may not despise his bodily life. Rather he is obliged to regard his body as good and to hold it in honor since God has created it and will raise it up on the last day'." [GS 14 #1, Cf. Dan 3:57-80]

CCC #1823 "Jesus makes charity the new commandment. [Cf. Jn 13:34] By loving his own 'to the end,' [Jn 13:1] he makes manifest the Father's love which he receives. By loving one another, the disciples imitate the love of Jesus which they themselves receive. Whence Jesus says: 'As the Father has loved me, so have I loved you; abide in my love.' And again: 'This is my commandment, that you love one another as I have loved you'." [Jn 15:9, 12]

CCC#1829 “The fruits of charity are joy, peace, and mercy; charity demands beneficence and fraternal correction; it is benevolence; it fosters reciprocity and remains disinterested and generous; it is friendship and communion. ‘Love is itself the fulfillment of all our works. There is the goal; that is why we run: we run toward it, and once we reach it, in it we shall find rest’.” St. Augustine, In ep. Jo. 10, 4: PL 35, 2057]

Development of Lesson 6.6

W-6.6 *The student, as a child of God, will discern life choices that can lead to blood-borne diseases and examine our Catholic response to those who suffer from them.*

Activity 1 - Get ready

- Choose a scripture reading from the biblical texts identified in the Theological Background. Ask the student to reflect on this passage. What do you think God wants to tell us in this passage?
- Describe the nature of viruses, such as a cold or flu. Note that some viruses can be passed by coughing or sneezing while others are passed by body fluids.
- Define blood-borne diseases (see the definition under Teacher Information). List some blood-borne diseases and explain why they are a health risk. For information see **Teacher Information on Blood-Borne Diseases**.

Activity 2 - Explore and apply

- Research and complete the graphic organizer, **Blood-Borne Diseases**, in groups of three each person is assigned to one disease.
- Group, and share the research.

Activity 3 - Extend and Commit

- Ask students the following question: “How might people who have a blood-borne disease be treated by others?” (See reference to “Shawn’s Story” below.)
- Discuss the student responses.
- Read and discuss the following passages from scripture:
 - Mt. 20: 29-34 (note how Jesus was moved with compassion);
 - Mt. 8:14-17(Jesus touches the sick);
 - Lk. 5:17-26 (Jesus forgives people of their sins);
 - Lk. 8:42b-48 (Note the woman’s faith, she risks everything to touch the cloak of Jesus. Since she is haemorrhaging, she is considered unclean and should not be in public. This is an example if how the sick live in isolation. Jesus heals her.)
- Summarise with the students how we are to be like Jesus.

Recommended Resource

Shawn’s Story (http://www.un.org/works/goingon/shawn_story.html)

Teacher Information on Blood-borne Diseases

Blood-borne Diseases (other body fluids)

Blood and other body fluids are often the source of many infectious diseases. Contact with blood or body fluids of someone carrying such an infectious disease could result in transmission. The common blood-borne diseases are HIV/AIDS infection; Hepatitis B and C.

What is HIV/AIDS?

Acquired Immunodeficiency Syndrome (AIDS) is an infection caused by the **Human Immunodeficiency Virus (HIV)**. The virus is spread through contact with blood or body fluids of an infected person. The virus enters the body and begins destroying a special kind of white blood cells called T cells. T cells play a very important role in protecting the body from infections and disease. HIV, however, damages and destroys T cells and the infected person then becomes vulnerable to infections that the body cannot fight off such as pneumonia and tuberculosis. When the immune system becomes too weak to fight off infections and diseases, we say the person has AIDS. AIDS can eventually lead to death.

How do you get HIV?

- ☐ Sharing intravenous needles or being punctured by a needle may result in the virus being spread
- ☐ Unclean body piercing or tattooing implements may also exchange blood from an infected person to another.
- ☐ Helping someone who is bleeding may exchange blood or other body fluids of an infected person, if and only if, the helper has a large open wound.
- ☐ Sexual activity which involves the exchange of body fluids and possibly blood products.
- ☐ 30% of babies born to mothers with HIV develop this disease.

How do you prevent HIV?

- ☐ Take great caution when coming into contact with blood or body fluids.
- ☐ Don't share needles.
- ☐ Practice abstinence.

What is Hepatitis B?

Hepatitis means "inflammation of the liver". Hepatitis is caused by the hepatitis B virus, which is found in the body fluids of an infected person. The only way to know if you have the hepatitis B virus is to get a blood test from your doctor.

Some people will get sick. Some symptoms of the virus are: loss of appetite, nausea, vomiting, abdominal pain, jaundice, skin rashes, pain in the joints. These symptoms can begin 40-160 days after the person comes into contact with the hepatitis B virus. The illness may last for up to three months.

A person may have the virus and not experience any symptoms, however, they are still capable of passing the virus to others. Presently there is no cure. Approximately 90% of people with hepatitis B will get well and develop lifelong immunity. The remaining 10% of the people are will develop liver problems.

How do you get Hepatitis B?

The Hepatitis B virus is spread when blood or other body fluids from a person with the hepatitis B virus comes in contact with another person's blood or body fluids. The virus can be spread in the following ways:

- Sharing intravenous needles or being punctured by a needle may result in the virus being spread
- Unclean body piercing or tattooing implements may also exchange blood from an infected person to another.
- Helping someone who is bleeding may exchange blood of an infected person or other body fluids, if and only if, the helper has a large open wound.
- Sexual intercourse exchanges body fluids and possibly blood.
- At birth, the baby can contract the hepatitis B if the mother has this virus in her blood or body fluids.

How do you Prevent hepatitis B?

- Take great caution when coming into contact with blood or body fluids.
- Don't share needles
- Practice abstinence
- Get the hepatitis B vaccination.

What is Hepatitis C?

Hepatitis C is a liver disease that is caused by the hepatitis C virus. The virus enters the liver cells to make copies of itself, which then infect more cells. In a few cases, hepatitis C infection is acute, meaning it is cleared spontaneously by the body and there are no long-term consequences. Unfortunately, in the majority of cases, the infection becomes chronic and slowly damages the liver over many years. Over time, this liver damage can lead to cirrhosis (or scarring) of the liver, liver disease, and liver cancer. The **symptoms** of hepatitis C are not always visible. Unlike other forms of viral hepatitis, hepatitis C infection usually does not result in jaundice. When symptoms do appear, they may include tiredness, stomach pain, and rash. Because Hepatitis C infection often has no symptoms, many people do not know they have hepatitis C and may be infecting others. The only way to know whether you have hepatitis C is to get a blood test for hepatitis C.

How do you get Hepatitis C?

The Hepatitis C virus is spread when blood or other body fluids from a person with the hepatitis C virus comes in contact with another person's blood or body fluids. The virus can be spread in the following ways:

- Sharing intravenous needles or being punctured by a needle may result in the virus being spread.
- Unclean body piercing or tattooing implements may also exchange blood from an infected person to another.
- Helping someone who is bleeding may exchange blood of an infected person or other body fluids, if and only if, the helper has a large open wound.
- Sexual intercourse exchanges body fluids and possibly blood.

How do you prevent Hepatitis C?

- Take great caution when coming into contact with blood or body fluids.
- Don't share needles.
- Practice abstinence.
- Never share objects such as needles, razors, toothbrushes, nail files, and clippers, which can be a means of coming into contact with blood or body fluids of an infected person.

Blood-borne Diseases

Name of disease

How to prevent contracting this disease

How this disease is transmitted

The symptoms and effects of this disease

Questions I have about this disease