

Name: \_\_\_\_\_



Grade 5

# Sexual Health Workbook

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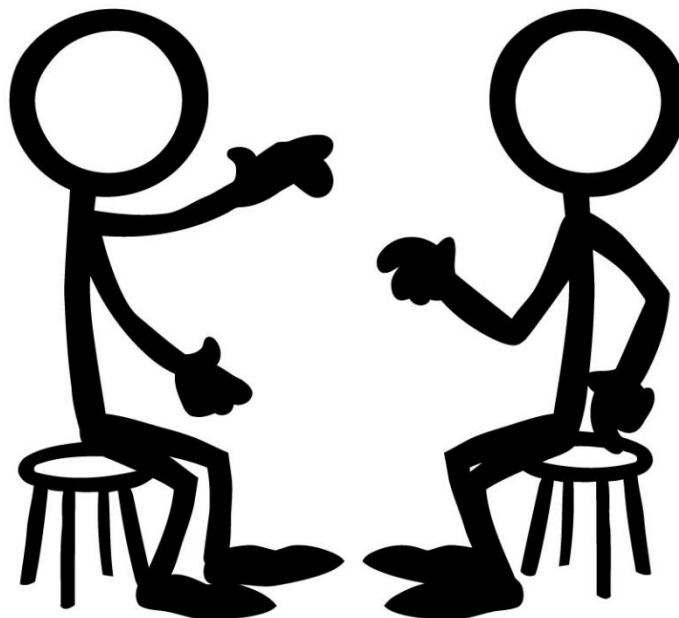
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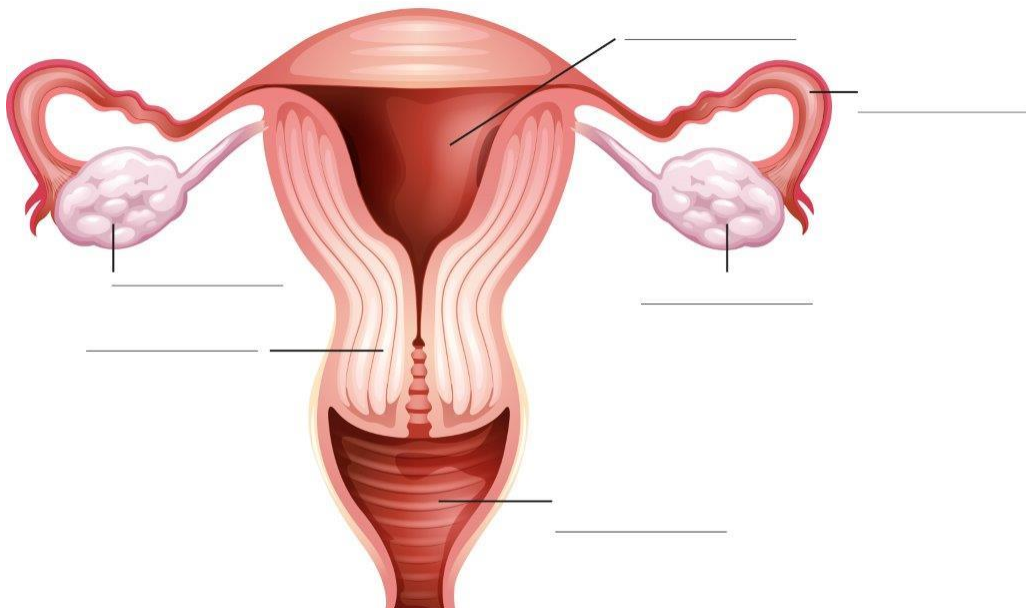
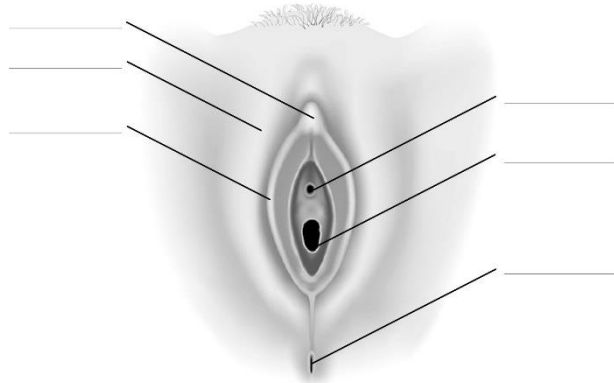
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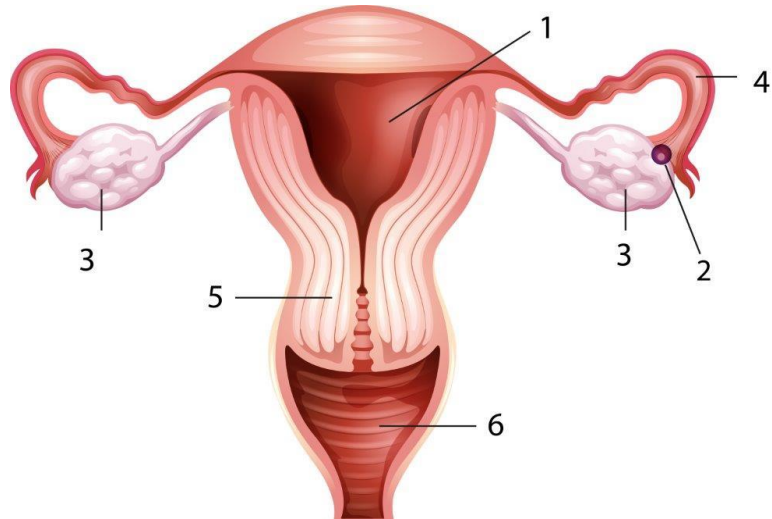
# Reproductive System



# The Egg's Journey

Read the following story and fill in the blanks using the words provided.

Word Bank
<i>cervix</i>
<i>fallopian tubes</i>
<i>menstrual cycle</i>
<i>ovary</i>
<i>egg</i>
<i>uterus</i>
<i>vagina</i>



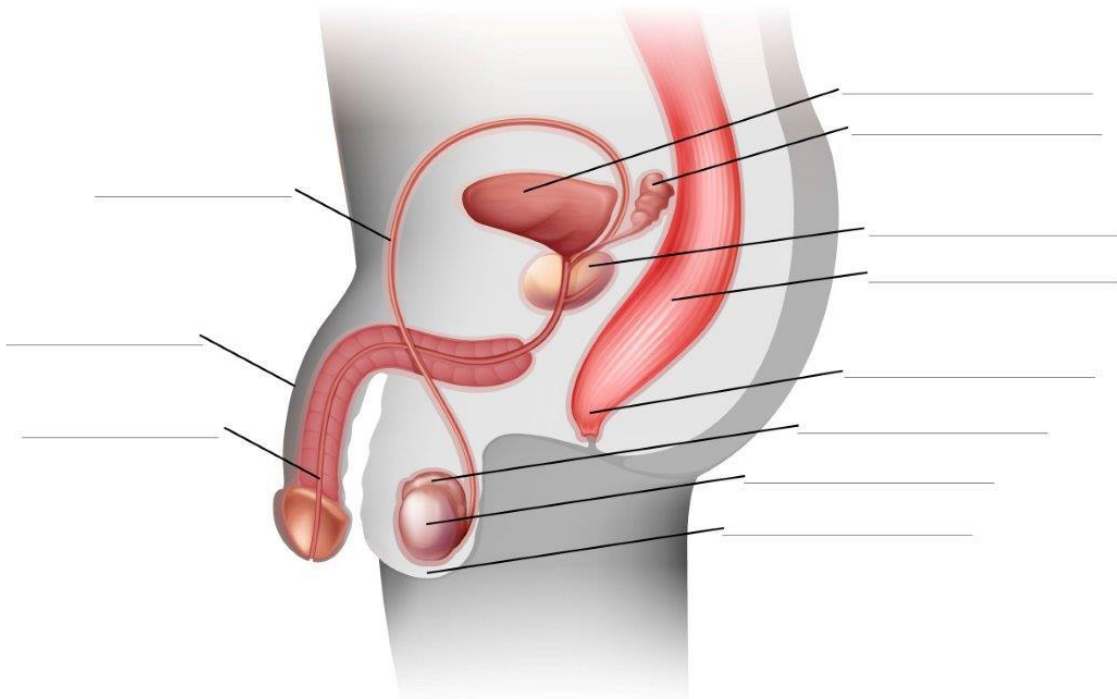
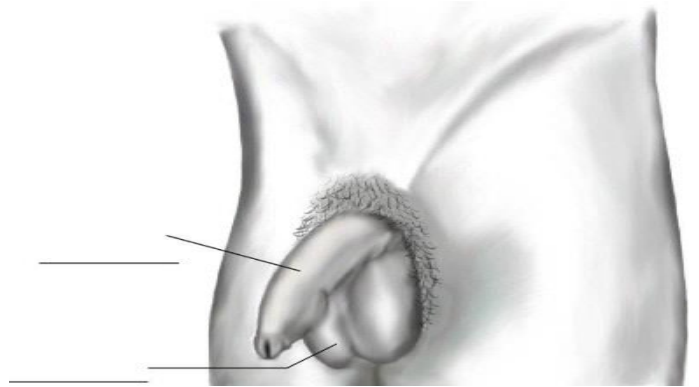
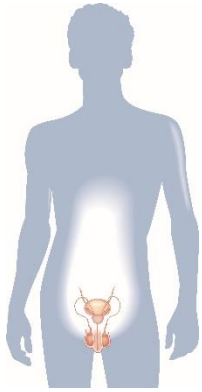
Once upon a time, there was a reproductive system. Each month, due to changes in hormones, the

\_\_\_\_\_ (1) invited a thick, soft lining made up of tissue and blood to grow along its walls. The lining contained nutrients that would be needed to nourish a growing baby if a pregnancy was to occur. Once the lining had grown, it waited for the ovaries to do their job. The ovaries contained special reproductive cells, each cell called an \_\_\_\_\_ (2). Each month, one of these cells would reach maturity and be released from the \_\_\_\_\_ (3).

This month, it was the right ovary that got to release an egg. The left one would have to wait until the next month. The \_\_\_\_\_ (4), which wait for the ovaries to release an egg, waved their numerous arms. The waving arms grabbed the egg that was just released and gently guided it into one of the tubes. After about a day of travel, the egg began to dissolve. When it had disappeared, the brain sent a message to the lining of the uterus telling it that a fertilized egg wasn't going to arrive, so it could leave the uterus. Slowly, the lining passed through the \_\_\_\_\_ (5), into the \_\_\_\_\_ (6), and out of the body.

As soon as the lining was gone, the uterus invited a new lining to start to grow. This time around, it would be the ovary and fallopian tube on the left that would do all the work. Then, the process would start all over again. This process is called the \_\_\_\_\_ (7).

# Reproductive System



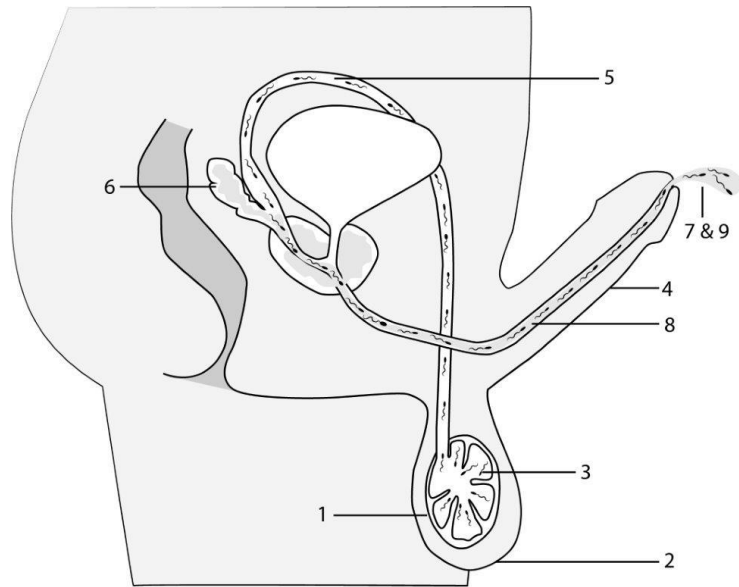
# The Sperm's Journey

Read the following story and fill in the blanks using the words provided.

## Word Bank

*ejaculation*  
*penis*  
*scrotum*  
*semen*  
*seminal vesicle*  
*sperm*  
*testicles*  
*urethra*  
*vas deferens*

Once upon a time, there was a pair of \_\_\_\_\_ (1). They were held in a special sac called the \_\_\_\_\_ (2).



This sac could hold the testicles close to the body to keep them warm, or let them hang away from the body to keep them cool. The testicles made special reproductive cells called \_\_\_\_\_ (3). Once these cells were made, they would wait to be released from the testicles. Sometimes, they would wait so long that they dissolved. Other times, they would be released from the testicles, make a journey through the reproductive system and leave the body.

One day, the sperm got to be released from the body. First, the \_\_\_\_\_ (4) became larger and firmer until it stuck out from the body. When the penis gets this way it is called an erection. The sperm travelled up the \_\_\_\_\_ (5). Along the way, it mixed with fluid from the prostate gland, and with seminal fluid, which was made in the \_\_\_\_\_ (6).

Once these fluids mixed, they decided to call themselves \_\_\_\_\_ (7). Together they travelled from the vas deferens into a tube called the \_\_\_\_\_ (8).

By this time, the semen was almost at the end of the journey. After travelling through the vas deferens and the urethra, the semen was released from the penis in a process called \_\_\_\_\_ (9). The erection went away and the penis became smaller and softer.

# An Egg Meets a Sperm

Read the following story and fill in the blanks using the words provided. Words from the word bank can be used more than once.

Once upon a time there were two important cells, the sperm and the egg.

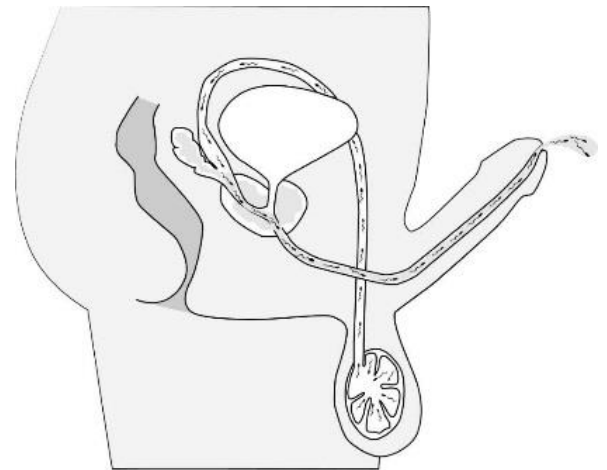
The \_\_\_\_\_ cell was made and stored in a testicle. The \_\_\_\_\_ cell was stored in an ovary. These two cells had a very important journey to make! For if they were to meet each other a powerful event could happen.

## Word Bank

<i>fertilization</i>	<i>implantation</i>
<i>ovary</i>	<i>ovulation</i>
<i>egg</i>	<i>penis</i>
<i>semen</i>	<i>sperm</i>
<i>testicle</i>	<i>tubes</i>
<i>uterus</i>	<i>zygote</i>

The sperm cell had the longer journey to make. During sex, the sperm traveled from the \_\_\_\_\_ through the vas deferens all the way to the urethra and out of the end of the \_\_\_\_\_ into the vagina, past the cervix, through the uterus, and into the fallopian tube.

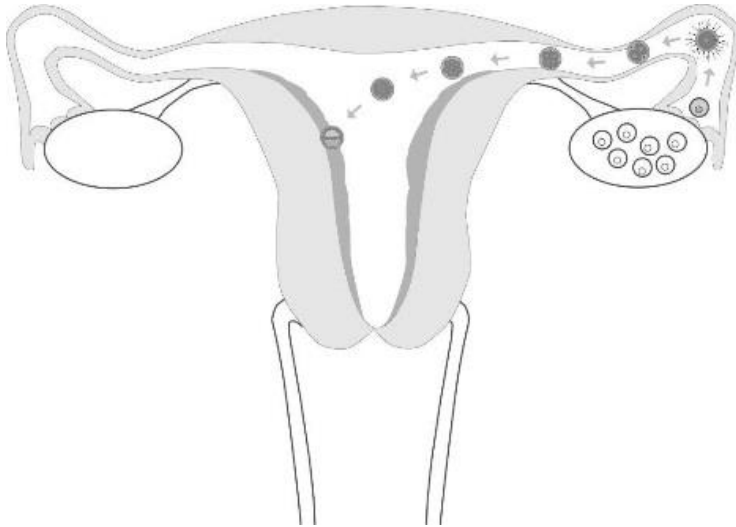
There the sperm would meet the \_\_\_\_\_. As the sperm travelled through the vas deferens it mixed with other fluid and was now called \_\_\_\_\_. Ejaculation is when semen leaves the penis.



For the two cells to meet, the egg would have to mature and leave the \_\_\_\_\_. The egg traveled out of the ovary and into the fallopian tube, a process called \_\_\_\_\_.

The meeting of the two cells happens after sex, when a penis enters a vagina. Sperm cells in semen are ejaculated out of the end of the penis and into the vagina. Hundreds of millions of sperm cells are ejaculated out of the penis, but only around 1,000 make it as far as the fallopian \_\_\_\_\_.

The semen containing sperm travelled from the vagina, through the uterus and into the fallopian tubes in search of the egg.



Once the \_\_\_\_\_ cells found the egg they started trying to break through the outer lining of the egg. One sperm cell broke through the lining and attached to the egg. This breaking through and attaching process is called \_\_\_\_\_.

The two cells now became one, called a zygote.

Once one sperm cell entered the egg none of the other sperm cells that made the epic journey could enter the egg.

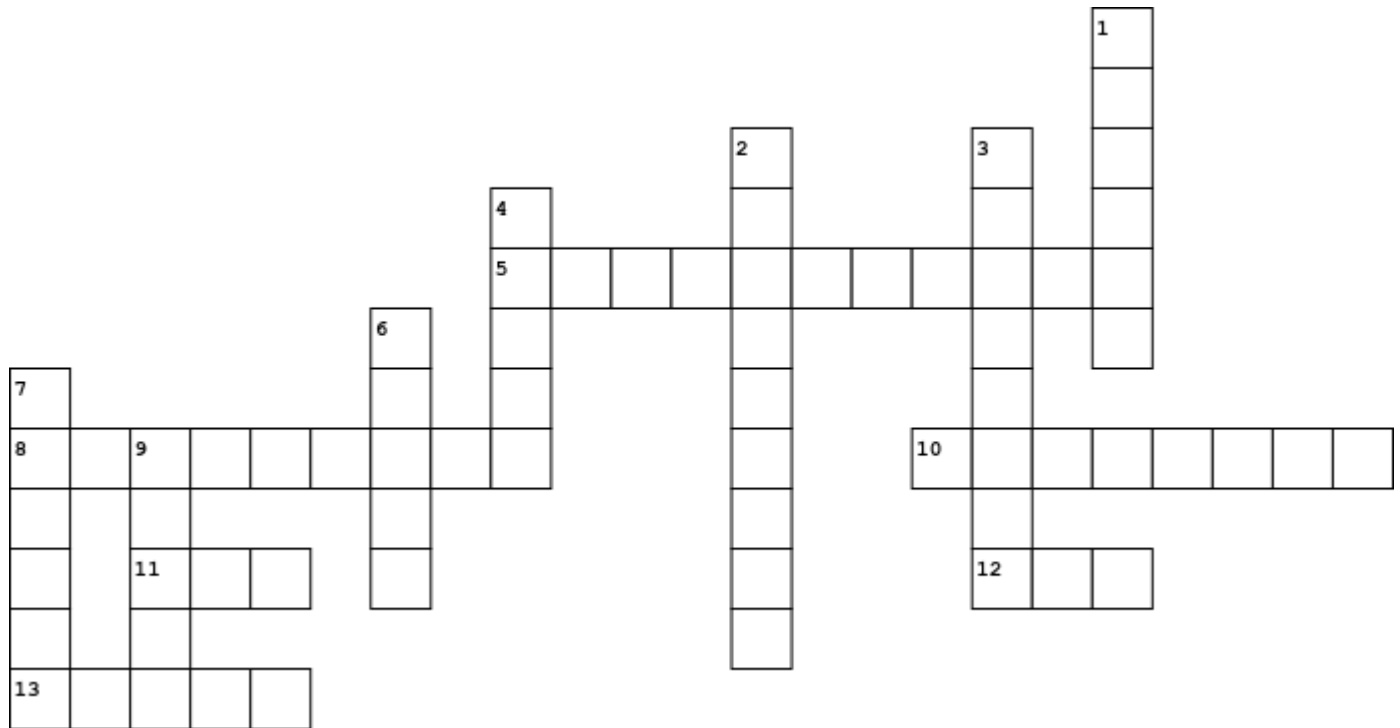
The \_\_\_\_\_ began to divide into two identical cells, and those two divide into four, and those four into eight and so on.

The zygote continued to travel through the fallopian tube into the \_\_\_\_\_. Once the zygote entered the uterus, it attached itself to the wall of the uterus. This is called \_\_\_\_\_. The cells are now called an embryo.



Once implantation has happened, the embryo continues to grow into a baby. The powerful event has happened, and a new journey has begun: the journey of a developing baby.

# Reproduction Crossword



## Word List

*clitoris egg ejaculation erection ovulation penis sex semen sperm testicles  
uterus vagina vulva*

### Across

5. Release of semen from the penis
8. Glands that produce sperm
10. When the penis gets larger and firmer
11. Reproductive cell made in the ovaries
12. The penis is inserted into the vagina during \_\_\_\_\_
13. Sticky whitish fluid that contains sperm

### Down

1. Path from the uterus to the outside of the body
2. Release of the egg from the ovary
3. Sex organ above the vagina that becomes larger and firmer during arousal
4. Sex organ attached to the scrotum that becomes larger and firmer during arousal
6. External genitals including the labia and clitoris
7. Where the fetus grows and develops before birth
9. Reproductive cell made in the testicles