



**teaching  
sexual  
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**Grade 7**  
**Learning Activity**

# **Puberty & Reproduction: Myth or fact?**

## **Learning Outcome**

*W-7.3 Examine the human reproductive process, and recognize misunderstandings associated with sexual development*

# Puberty & Reproduction: Myth or fact?

Grade 7



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<b>Front</b>  Read the scenario on the front of each card. Decide if it's a myth or a fact.  <i>Cut on the solid lines, fold on the dashed lines.</i>	<b>Back</b>  Check your answer on the back of the card. Read the explanation to see how to know if it's a myth or a fact. Talk with your group about what you've learned.  Ask your teacher if you have any questions.
“You can’t get pregnant if you have sex during your period.”	<b>Myth.</b> Sperm can live inside the uterus and fallopian tubes for up to five days. A person can get pregnant from sex that happens during their period.
“Nocturnal emissions (wet dreams) are common during puberty.”	<b>Fact.</b> Nocturnal emissions (wet dreams) are common during puberty. Some people have them, some do not.
“It is common for one testicle to hang lower than the other.”	<b>Fact.</b> Testicles can be slightly different sizes and may hang unevenly.

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Grade 7



Teaching Sexual Health

<p>“It is weird if your breasts are different sizes.”</p>	<p><b>Myth.</b> Breasts can grow at different rates during puberty and it is common for them to be slightly different sizes.</p>
<p>“You should clean inside your vagina with soap to smell fresh.”</p>	<p><b>Myth.</b> The vagina cleans itself. Only wash the vulva with mild soap and water.</p>
<p>“You can get pregnant the first time you have sex.”</p>	<p><b>Fact.</b> If sperm fertilizes an egg and the fertilized egg implants in the uterus, pregnancy can happen, even the first time someone has vaginal sex.</p>
<p>“Many people do not know exactly when their first period will happen.”</p>	<p><b>Fact.</b> Many people do not know exactly when their first period will happen. It can be a surprise.</p>

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<p>“You can’t go swimming or play sports during your period.”</p>	<p><b>Myth.</b> Menstruation is normal and people can do regular activities like swimming, sports, and physical education during their period if they use period products that work for them.</p>
<p>“Tampons can get lost inside your body”</p>	<p><b>Myth.</b> Tampons cannot get lost because they cannot pass through the cervix into the uterus.</p>
<p>“Periods can be irregular when they start.”</p>	<p><b>Fact.</b> It’s common for periods to be irregular for the first few years of menstruation.</p>
<p>“Periods last exactly five days for everyone.”</p>	<p><b>Myth.</b> Periods usually last 3 to 8 days. Five is just an average. Everyone is different.</p>

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<p>“Mild exercise can help reduce cramps during your period.”</p>	<p><b>Fact.</b> Exercise can help lessen the discomfort of cramps for many people.</p>
<p>“Sperm can live inside the uterus and fallopian tubes for up to five days.”</p>	<p><b>Fact.</b> Sperm can survive in the uterus and fallopian tubes for up to 5 days after ejaculation.</p>
<p>“If more than one egg is released and fertilized, you can have fraternal twins.”</p>	<p><b>Fact.</b> Fraternal twins happen when two eggs are released and then fertilized by two different sperm cells.</p>
<p>“Acne during puberty means you are not clean enough.”</p>	<p><b>Myth.</b> Acne is common during puberty because of hormones. It is not caused by being dirty.</p>

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<p>“Erections only happen when a person has sexual thoughts and feelings.”</p>	<p><b>Myth.</b> Erections can happen for many reasons, including hormone changes or touch, and sometimes happen for no reason during puberty.</p>
<p>“The amount of semen ejaculated can vary from person to person.”</p>	<p><b>Fact.</b> The amount of semen ejaculated can vary from person to person.</p>
<p>“Pregnancy happens every time you have vaginal sex.”</p>	<p><b>Myth.</b> Pregnancy can only happen if sperm fertilizes an egg and the fertilized egg implants in the uterus. It does not happen every time.</p>
<p>“If you have really bad cramps or a very heavy period, you should just ignore it.”</p>	<p><b>Myth.</b> Severe cramping or very heavy or long periods can be a sign of a problem. It is important to talk to a healthcare provider.</p>

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<p>“Periods are bad and dirty, so you should hide them.”</p>	<p><b>Myth.</b> Menstruation is a normal part of puberty. It’s not dirty or bad and should not be a source of shame.</p>
<p>“Many people do not know exactly when they are ovulating.”</p>	<p><b>Fact.</b> The timing of ovulation can vary from person to person and from cycle to cycle. Many people do not know exactly when it happens.</p>
<p>“You can ejaculate as soon as you are born.”</p>	<p><b>Myth.</b> Sperm production begins during puberty and people can ejaculate within several months to a year after puberty begins.</p>
<p>“People keep having their periods their whole life.”</p>	<p><b>Myth.</b> People continue having periods until menopause. Most people experience menopause between 45-58 years of age. After menopause, the body no longer releases eggs or has periods and pregnancy is no longer possible.</p>

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Grade 7



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<p>“If sperm are not ejaculated, they just build up forever.”</p>	<p><b>Myth.</b> Millions of sperm are made every day in the testicles and stored in the epididymis. Sperm that are not released through ejaculation are reabsorbed into the body.</p>
<p>“If you don’t get your period by age 10, something is wrong.”</p>	<p><b>Myth.</b> Most people start menstruating between ages 9 and 15. Starting slightly earlier or later can also be normal.</p>
<p>“You can get pregnant from any kind of sexual activity.”</p>	<p><b>Myth.</b> Sexual activity can include oral sex, anal sex, vaginal sex, hand sex and masturbation. Pregnancy is only likely to occur from vaginal sex because sperm must fertilize an egg inside the fallopian tubes.</p>

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## Think-Pair-Share

Work with a partner or small group to discuss the questions below.

1. Which scenario surprised you the most? Why?
2. What is one myth you have heard before that you now know is not true?
3. What is one fact you learned today that you think is really important for people your age to know?
4. Who are trusted adults or sources you could go to if you have more questions about these topics?

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