

# My Grade 7 Journal/Learning Log

Name \_\_\_\_\_ Class \_\_\_\_\_

## Human Sexuality





## Lesson 1: Reproductive Systems

1. I have completed/labelled the following BLMs:



BLMs G-1 to G-3: Reproductive System Diagrams: Female Anatomy



BLMs G-5 to G-7: Reproductive System Diagrams: Male Anatomy

2. Describe one characteristic of the embryo/fetus in each trimester.

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3. How many weeks is a human pregnancy?

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4. Define fertilization. List three myths about fertilization.

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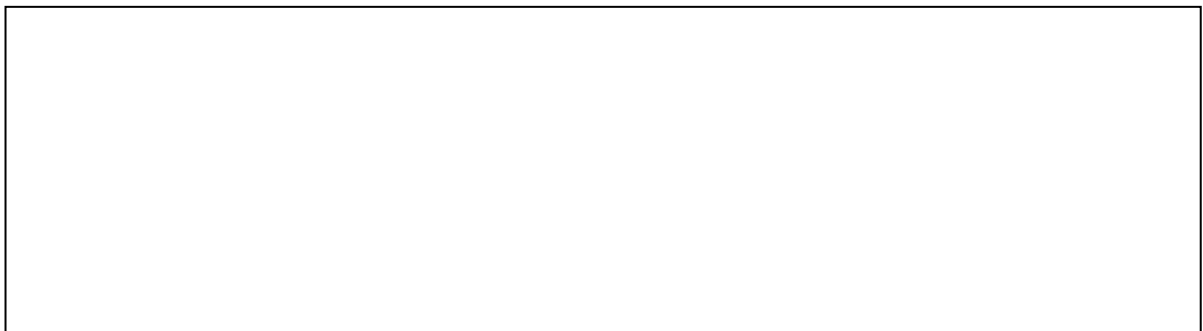
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5. Draw a diagram indicating the location of the pituitary gland and explain its function.



## Lesson 2: Adjusting to Puberty

1. List three emotional changes that occur during puberty and how each affects personal well-being.

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2. List five ways to cope with the moods and emotions of puberty.

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3. Reflect on the past week and complete these sentences:

- One coping mechanism I attempted was...

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- The results of this activity were...

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## Lesson 3: Decision Making and Supports

1. List five advantages of sexual abstinence.

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2. Describe a scenario related to responsible sexual decision making.

Work through to a solution using the DECIDE model.

I have completed



**BLM G-9: DECIDE Model**

3. Select one source of support (discussed in class) that you would use and explain why.

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I have completed



**BLM 7-3.1: Community Supports**

## Lesson 4: Social Influences

1. Identify effects of social influences on sexuality and gender roles (e.g., related to fashion, hair styles, make-up, accessories/jewellery, cultural rituals, gender equity, harassment, sports).

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## Lesson 5: Sexually Transmitted Infections

1. Record some of your thoughts and feelings about issues explored in this lesson. Include some of the symptoms of STI s and methods of prevention.

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