

Attainment's  
**IN THE  
IKNOW**

**HEALTH,  
SEXUALITY,  
& RELATIONSHIPS**

*written by:*  
**Whitney FOWLER, MEd**

**STUDENT  
WORKBOOK**



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# HOW MUCH DO YOU ALREADY KNOW ABOUT YOUR BODY?

Talking about your body can be uncomfortable! What you already know about your body may have come from parents, teachers, friends, the Internet, and lots of other places! But what do you REALLY know, and what do you NEED to know? Let's find out—start with this short quiz, read the questions, choose answers, and then give yourself a grade.

## 1. The reproductive system is:

- different in a man's and a woman's body.
- I've heard of it; it's the same in a man's and woman's body.
- what? What is the reproductive system?

## 2. The vagina is located:

- inside a woman's body.
- I've heard of it; it's inside a man's body.
- inside what?

## 3. An ovary is:

- part of the female reproductive system.
- I've heard of it; it's part of the male reproductive system.
- ovary? I've never heard of it.

## 4. A uterus is where:

- a baby grows.
- I've heard of it; it's where urine comes out of.
- I have no idea what a uterus is.

### 5. A penis is:

- the male reproductive organ.
- I've heard of it, it's part of the female body.
- I have no idea what a penis is!

### 6. Testes are:

- part of the male reproductive system.
- I've heard of them; they are part of the female reproductive system.
- testes? What the heck are those?

### 7. Both the male and female reproductive system:

- have something to do with sex.
- I've heard of them, but they have nothing to do with sex.
- I don't really know; this is all new to me.

## ARE YOU IN THE KNOW?

Add up the answers that have a square  next to them and compare against the counts below for your results.

0 to 2  You're ready to learn!

Maybe you were not interested, or maybe this is the first time someone has talked about this with you. Now you are ready! Don't skip a single lesson!

3 or 4  You know some stuff!

Some of this stuff you have heard before. Maybe you heard it in health class or from a parent, but there are still a few things you are not sure about. Now is the time to increase what you know, so don't skip a single lesson!

5 or 6  You have a good foundation!

But, you could use some more information. These lessons will help you round out what you already know about the reproductive system.

7  Wow, you're in the know!

You have been paying attention! It seems like you have a good idea about the reproductive system, but don't underestimate this book.

Don't worry if you missed a few...there is still more to learn!



# STOP & CHECK 1 • IT'S MY BODY

1. What have you learned so far? Can you write three ways a woman's body is different from a man's?

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

2. Do all women's bodies look the same? (circle one) YES NO

3. What is ONE way women's bodies can be different?

\_\_\_\_\_

4. Circle the names of the organs in a woman's reproductive system:

Penis

Vagina

Testes

Ovary

Sperm

Uterus

Eggs

Scrotum

**STOP & CHECK 2 • SO...WHAT ARE THESE REAL NAMES FOR MY BODY PARTS?**

1. What have you learned about the male reproductive system so far? List two ways a man's body is different from a woman's body?

A. \_\_\_\_\_

B. \_\_\_\_\_

2. Do all men's bodies look the same? (circle one) YES NO

3. What is ONE way men's bodies can be different?

\_\_\_\_\_

4. Circle the names of the organs in a man's reproductive system:

PENIS

Vagina

Testes

Ovary

Sperm

Uterus

Eggs

Scrotum



## STOP & CHECK 3 • GETTING TO KNOW YOU

1. What is the job of the testes? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. What is the job of the ovaries? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



WHO ARE SOME TRUSTED ADULTS?

Below, list the names of adults who may be able to answer your questions. If you know or can find out, what is their contact information?

NAME

CONTACT INFORMATION

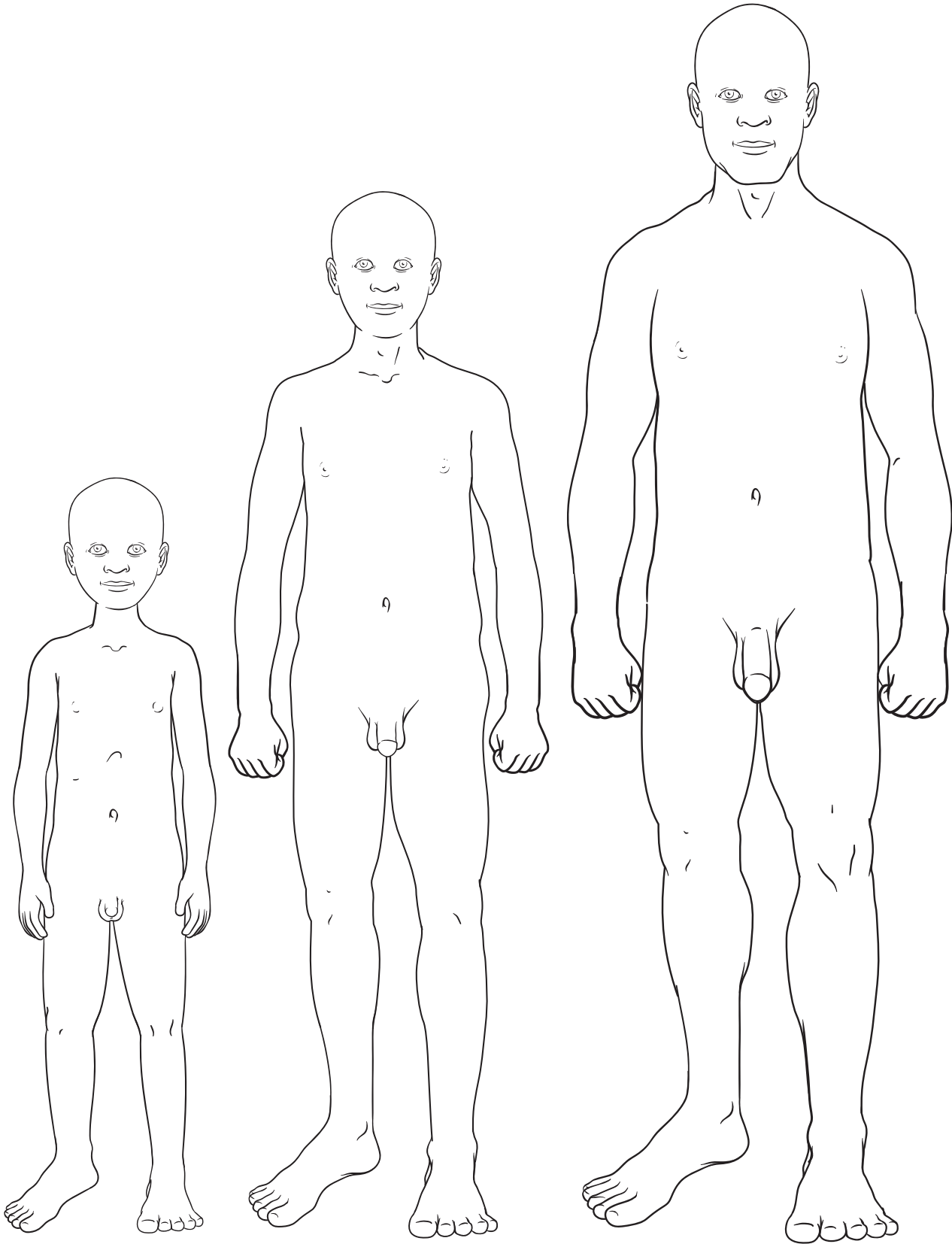
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## Your Body



As the body develops, hair grows in differently on various parts of the body. Using a drawing tool, color in where you would expect hair to be growing on the person below.



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