**FACILITATOR’S GUIDE**

|  |
| --- |
| **ACTIVITY 1.1 OUR BEAUTIFUL BODIES** |
| **Title: The Beautiful Human Body**  **Objective:** Understand different parts and functions in a male and female body.  **Materials**: Large Mahjong paper the size of a person (you may join 2 pieces together), Marker Pens and Post-it notes.  **Duration**: 15 minutes.  **Activity**: Explain that the body is made out of different parts. In this activity, we need to learn to respect various parts of our bodies. Encourage the children to draw outline of their life size body on a Mahjong paper. Label all the body parts that you know.  **Discussion**: Explain that knowing the different parts of the human body enable us to understand the form and functions better. Divide into 4 groups to show these changes: (1) young girl (2) young boy (3) older girl (4) older boy. Encourage the students to label as many parts as they can, in their local language if they are unsure.  Use the Post-it notes to highlight certain important regions/terminology that may be taboo. E.g. genitalia, breast, penis- encourage them that the body must be viewed with respect, and knowing all parts enable us understand our beautiful bodies better.  **Practical** **Note**: This is a fun activity which usually begins with a lot of laughter and chaos, but calms down with facilitation of knowledge as the students begin to appreciate the information. |

|  |
| --- |
| **Activity 1.2: Facts and myths** |
| Title: Our beautiful bodies  Objective: To differentiate between facts and myths about human bodies, menstruation and pregnancy.  Time: 20 minutes  Materials required: Powerpoint slides or exercise sheet.  Instructions:   1. Facilitators will be given slides on the myths and facts of the objective above. 2. Facilitators will display each slides. 3. Any students are encouraged to rise up their hands and shout the answer freely (Facilitators are required to encourage students to answer the questions and provide reasons to the answers). 4. Facilitators will give the correct answer and explain the answer given. 5. Conclude the session with answers and feedbacks. 6. Emphasize of the importance of knowing the true facts and correct the misconception of the common myths.  |  |  |  | | --- | --- | --- | |  | **Questions** | **Answers** | | 1. | Where does sperm produced? | Testes | | 2. | Where fertilization does occur? | Fallopian Tube | | 3. | What is the main function of ovaries? | To produce eggs | | 4. | Where is the location of the ovaries | At the hip level | | 5. | How many days do the menstrual cycle lasts? | 2-7 days (average) | | 6. | Where do the eggs attached to after they have been fertilized by sperm? | Lining of the uterus | | 7. | The menstrual cycle stops during \_\_\_\_\_\_\_\_\_? | Pregnancy | | 8. | Which organ that produce sex hormones in female? | Ovaries | | 9. | Which organ that produce sex hormones in male? | Testes | | 10. | At which site sperm reaches its maturity? | Epididermis | | 11. | A woman is pregnant when….. | Fertilization occurs | | 14. | What is the average duration of a normal pregnancy? | 9 months | | 15. | A woman will regularly menstruate \_\_\_\_\_\_\_\_\_\_\_ | Once a month | | 20. | How many sperms are needed to fertilize? | 1 sperm | | 21. | Internal fertilization occurs when \_\_\_\_\_\_\_\_\_\_\_\_ combined | Sperm and ovum | | 23. | A child body’s changes during \_\_\_\_\_\_\_\_\_\_ | Puberty | | 24. | What happens when the penis is hard and straight? | Erection | | 25. | What process is called when semen/liquid comes out of a boy’s penis when erect? | Ejaculation | | 26. | During menstrual cycle, what is released in the girls’ ovaries? | Eggs | | 30. | When is the period that a girl can get pregnant? | When a girl starts their menses | |