

# Title – Reproductive Health – Female Focus

Date:

In today's lesson we will:

- **Describe** the main organs of the female reproductive system and explain their functions
- **Understand** common female reproductive health issues, including **PCOS** and **endometriosis**
- **Explain** when and how to seek medical help and why early action matters

## Key words

Ovaries, Eggs, Uterus, Fallopian tube, Cervix, Vagina, Vulva, PCOS, Endometriosis

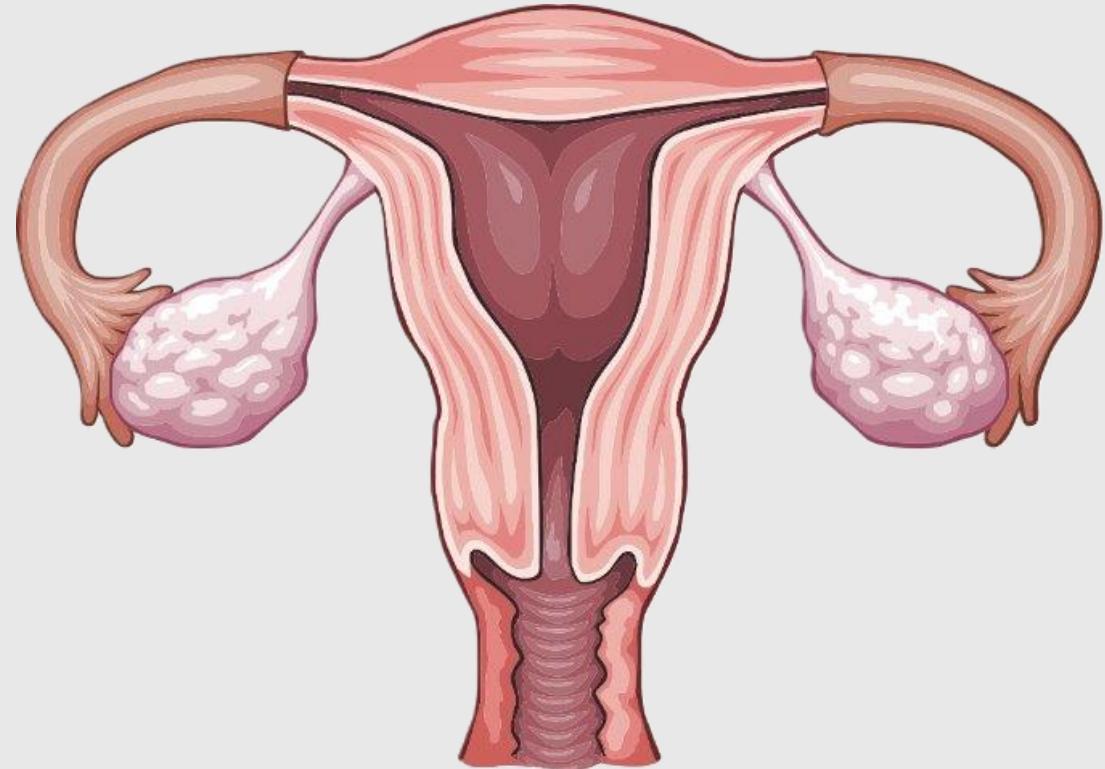
Today's  
big  
question

Why do you think some people feel embarrassed talking about periods or reproductive health problems? What impact might this have on health?



# Female reproductive system

The female reproductive system has three key roles... do you know what they are?

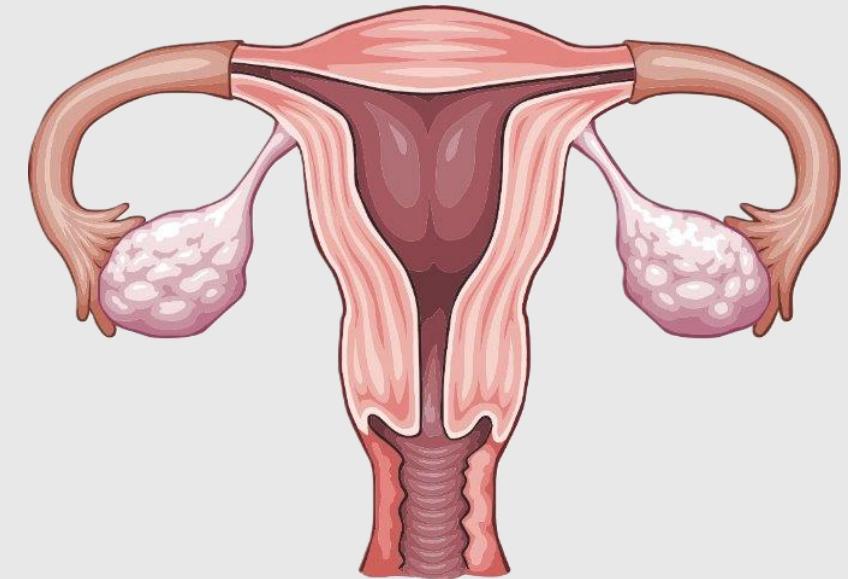


# Female reproductive system – key organs and functions

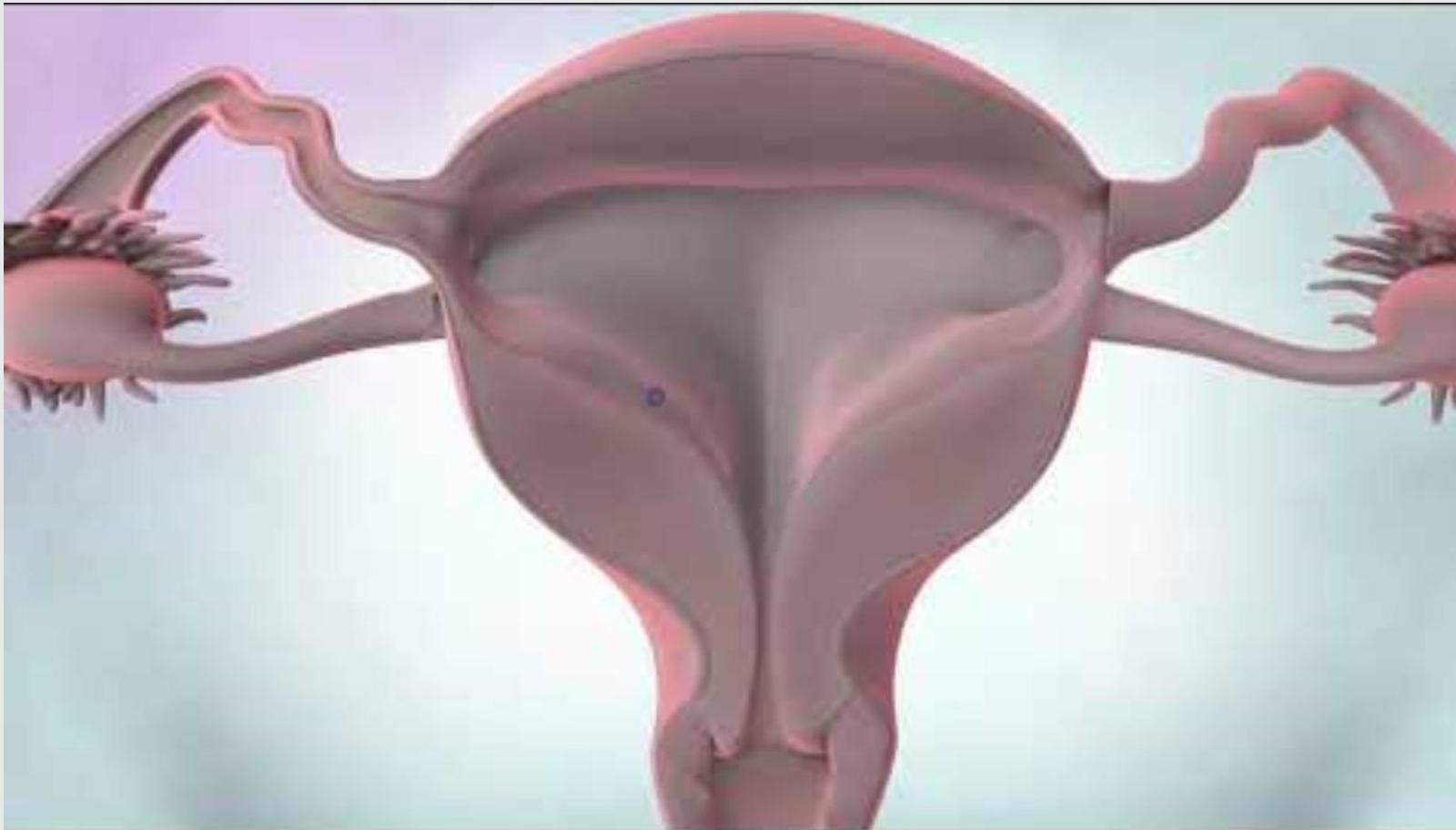
- What parts of the female reproductive system can you name already?
- Create a list in your booklets (page 28).
- It's really important you know the correct names for these parts of the system – from a medical perspective, it helps females understand what is being talked about, in case there is an issue.

Feedback as a class – what do you know as a group?

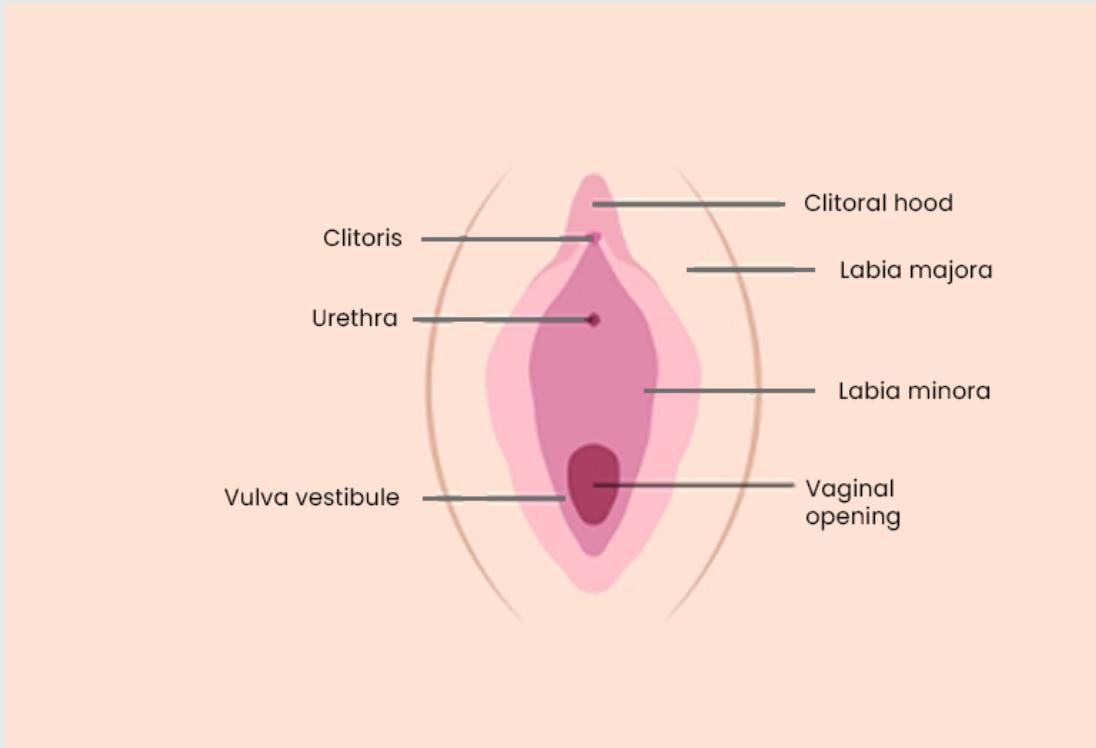
Watch the video on the next slide to see if you were right!



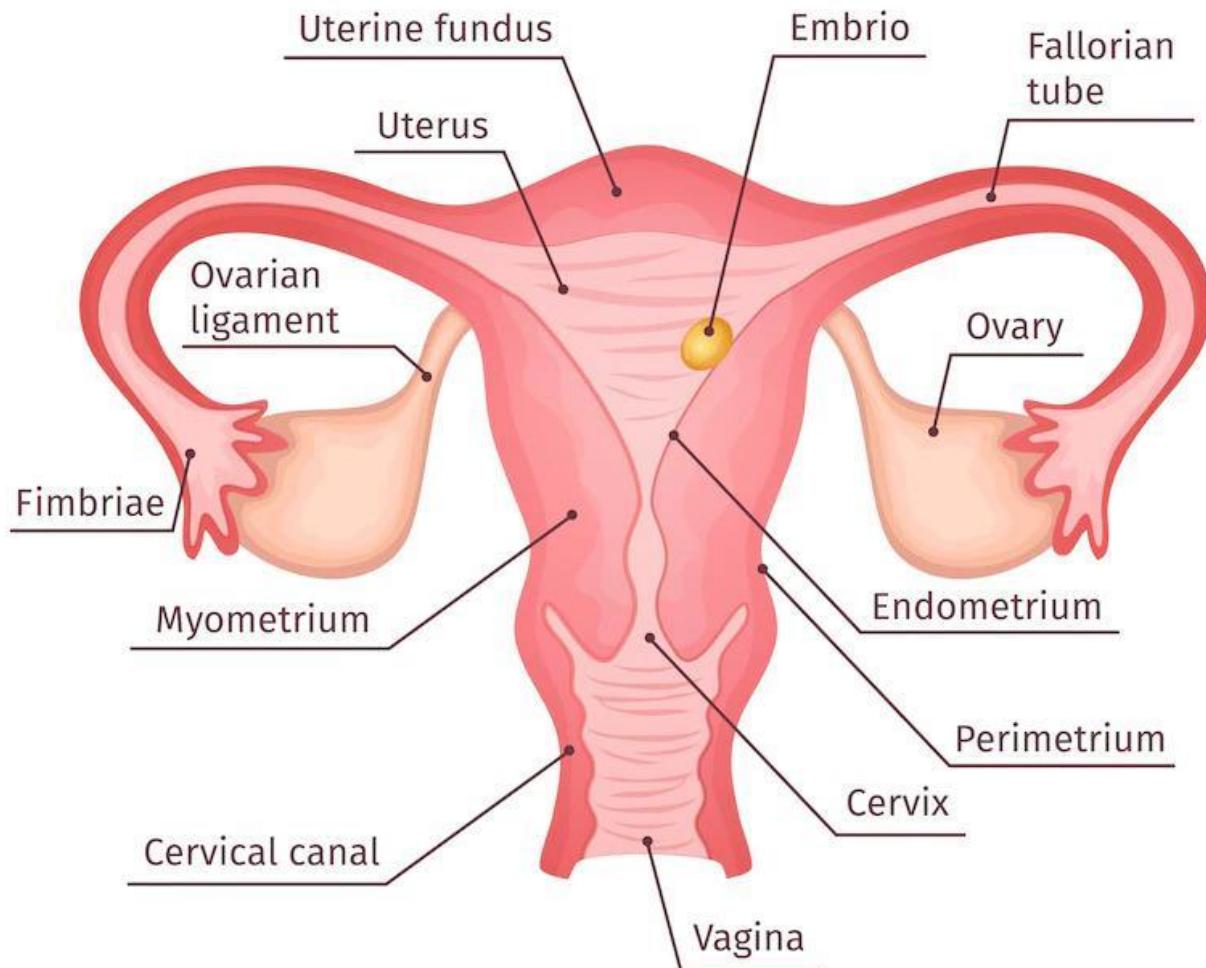
# The female reproductive system



In your booklets on page 29 add the correct labels from the video you saw or from the diagram's on this slide



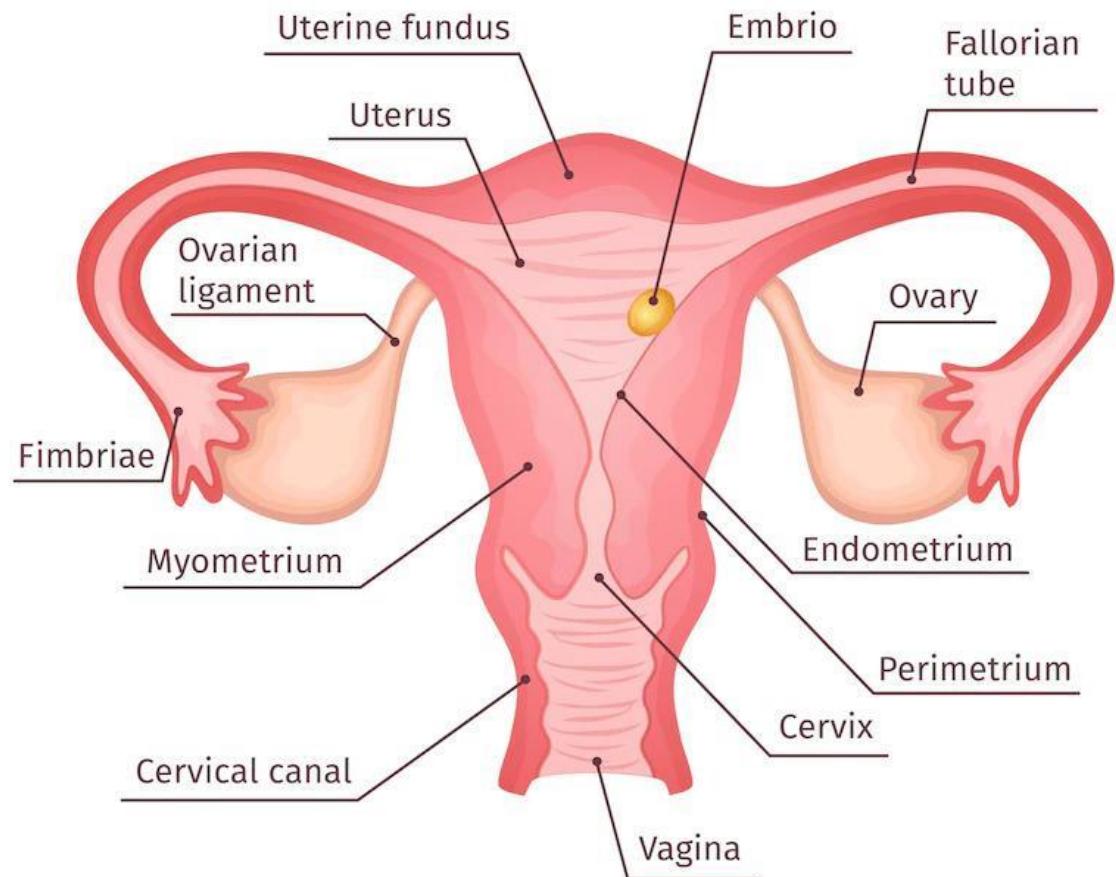
## FEMALE REPRODUCTIVE SYSTEM



# The key ones for year 9 knowledge

- **Ovaries** – release eggs and produce hormones (oestrogen and progesterone)
- **Fallopian tubes** – carry eggs from the ovaries to the uterus
- **Uterus (womb)** – where a pregnancy could develop
- **Cervix** – opening between the uterus and vagina
- **Vagina** – passage from the cervix to the outside of the body (your vagina is internal – the part you can see from the outside is the **VULVA**)

## FEMALE REPRODUCTIVE SYSTEM



Hormones are important in controlling the menstrual cycle because they **act as chemical messengers that tell the body what to do and when.**

- Hormones such as **oestrogen** and **progesterone** control the **timing of the menstrual cycle.**
- They help the ovaries **release an egg (ovulation)** at the right time.
- Hormones tell the uterus **when to build up its lining** to prepare for a possible pregnancy.
- If pregnancy does not occur, changes in hormone levels cause the lining of the uterus to **break down and leave the body as a period.**

Without hormones working properly, periods can become **irregular, very painful, or stop altogether**, which is why hormonal balance is important for reproductive health.



# Female reproductive health issues – teacher input

many reproductive health conditions are **common, manageable, and often misunderstood.**

## Polycystic Ovary Syndrome (PCOS)

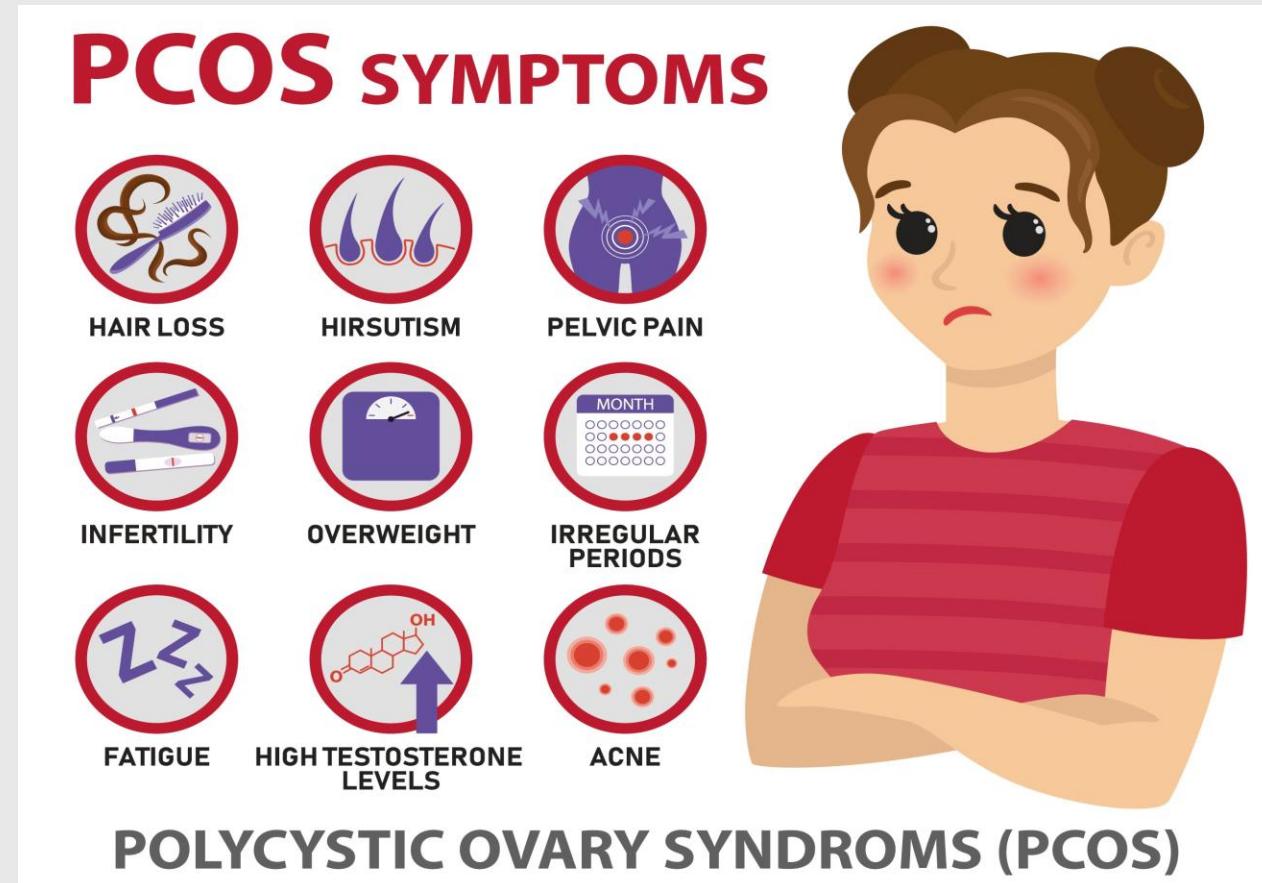
Affects hormones and ovulation

Symptoms may include:

- Irregular periods
- Acne or excess hair growth
- Difficulty getting pregnant later in life

- Can be managed with **medical support and lifestyle guidance**

Important to note – men can get PCOS too – but the symptoms are different, it isn't exclusive to ovaries – but it's not as common

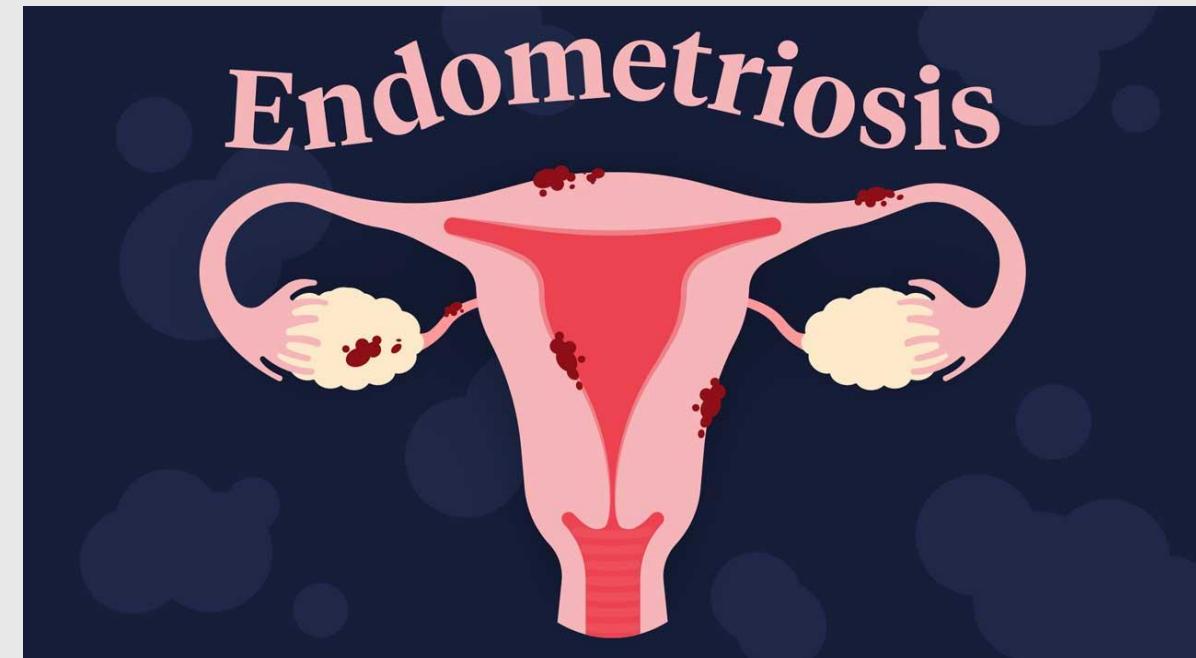


# Male reproductive health issues – teacher input

Most health issues are **treatable**, especially when spotted early.

## Endometriosis

- Occurs when tissue similar to the womb lining grows elsewhere
- Symptoms may include:
  - Very painful periods
  - Pain during daily activities
  - Heavy or irregular bleeding
- Pain that **stops someone living normally** is not “just a bad period”



Emphasis: symptoms should be **taken seriously**, not dismissed.

# Scenario task - Recognising concerns & knowing when to seek help – page

- Read each scenario in pairs or small groups and discuss:
  - Is this something to **ignore or check**?
  - Who could the person **talk to**?
  - Why might **early help** be important?

Let's do an example one together:

**A student regularly misses periods or only has a few a year but assumes this is normal for everyone.**

# When & How to Seek Help

Key points:

- Period pain that **affects daily life is not normal**
- Medical support is **confidential and routine**
- You can:
  - Ask for a female or male doctor
  - Bring a trusted adult
- Early help:
  - Improves quality of life
  - Reduces anxiety
  - Prevents symptoms worsening



# Reflection questions (page 32)

- Why do you think some people's pain or symptoms are not taken seriously?
- How can myths about periods stop people getting help?
- What might change if reproductive health was talked about more openly?





Complete your EXIT  
TICKET questions on  
page .....

These link to the key  
knowledge you need  
to know for this block  
of work