

School. STRONG TOWER ACSDEMY, IKORODU

Date 20TH APRIL, 2020

Class JSS 2

Subject Basic Science

Topic Reproductive Health

subject Teacher. MR OYERINDE

Instructional Objectives: At the end of the lesson, students should be able to:

- (a) define reproductive health;
- (b) explain the importance of reproductive health;
- (c) mention some factors that influence reproductive health;

Content

Reproductive health implies that people are able to have a responsible, satisfying and safer sex life and that they have the ability to reproduce and the freedom to decide if, when and how to do so. Reproductive health also means sexual health or sexual hygiene. Reproductive health also involves access to safe, effective, affordable and acceptable methods of birth control, and also access to appropriate health care services of sexual, reproductive medicine. It involves safe pregnancy and childbirth for women, and healthy growth for infant. Reproductive health is a life cycle approach as it affects both men and women from infancy to old age.

Reproductive health is a state of physical, emotional, social and mental wellbeing in relation to sexuality. It is not merely the absence of diseases, dysfunction or infirmity, it requires a positive and respectful approach to sexuality and sexual relationships, as well as possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For reproductive health to be maintained, sexual right of all persons must be respected, protected and fulfilled.

FACTORS THAT INFLUENCE REPRODUCTIVE HEALTH

There are factors that affect sexual health. Some of them include:

- 1 availability of modern contraception
- 2 female genital mutilation
- 3 sexually transmitted infection
- 4 adolescent health

5 abortion

Summary Teacher recaps the lesson and entertains questions from students

Evaluation teacher asks students the following questions:

- (a) Define reproductive health
- (b) Explain the importance of reproductive health
- (c) Mention three factors influencing reproductive health

Conclusion: Teacher gives a concise note to students, marks same.

Date 23rd April, 2020

Class JSS 2

Subject Basic Science

Topic Reproductive Health

Subject Teacher. MR OYERINDE

Instructional Objectives: At the end of the lesson, students should be able to:

- (a) define female genital mutilation;

- (b) state the complications of female genital mutilation;
- (c) mention the methods of taking care of reproductive organs

Content

Female genital mutilation is the partial or total removal of the female external genitalia, e.g. clitoris, labia, vulva, vagina opening, etc. the practice of female genital mutilation is also known as female circumcision.

Complications of Female Genital Mutilation

- 1 Excessive bleeding which can lead to death and anaemia
- 2 It can damage the adjoining organs
- 3 It can lead to blockage of the urethra
- 4 It can cause painful menstruation in future
- 5 It increases the risk of HIV

Care of the Reproductive Organs

- 1 Maintain healthy sanitary way of life
- 2 Clean external genitalia daily
- 3 Wear clean underwear
- 4 Wash external genitalia daily

Importance of Pre-natal Care

- 1 it safeguards the life of the unborn child and the mother
- 2 it helps to reduce risk in pregnancy
- 3 it helps to ensure that medications are taken safely by women

Importance of Breast feeding

- 1 it gives the child essential nutrients required for growth
- 2 it promotes mother-child relationship
- 3 breast milk is cheap
- 4 it is the safest way to feed a child
- 5 it provides necessary immunity for a child

- 6 it digests easily
- 7 it reduces the risk of breast cancer, ovarian cancer and so on
- 8 it helps the uterus to return to its normal size
- 9 it develops antibodies that fight against diseases in children.

Evaluation Teacher asks students the following questions:

- (a) Define female genital mutilation
- (b) List five complications of female genital mutilation
- (c) State the ways of taking care of the reproductive organs

Conclusion: Teacher gives a concise note to students, marks same.

Assignment: Mention five ways of maintaining abstinence from sex.