

# 06\_Unit 6: Pregnancy and Parenting

Content Area: **Physical Education/Health**  
Course(s):  
Time Period: **Marking Period**  
Length: **1 week (5 lessons)**  
Status: **Published**

## **General Overview, Course Description or Course Philosophy**

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Health will provide students with the physical and health literacy that enables them to pursue a life of wellness. The knowledge and skills gained throughout the course will help them to pursue healthy habits and productive lives at home, school and throughout their community. During the eighth grade curriculum the students will focus on "Personal Growth and Development", "Personal Safety", "Social Health", "Sexual Health", "Pregnancy and Parenting", "Health Conditions, Diseases and Medicine", and "Community Health Services and Support".

## **OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS**

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### **CONTENT AREA STANDARDS**

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HE.6-8.2.1.8.PP.1	Describe pregnancy testing, the signs of pregnancy, and pregnancy options, including parenting, abortion, and adoption.
HE.6-8.2.1.8.PP.2	Summarize the stages of pregnancy from fertilization to birth.
HE.6-8.2.1.8.PP.3	Identify prenatal practices that support a healthy pregnancy and identify where to find medically accurate sources of information about prenatal care.
HE.6-8.2.1.8.PP.4	Predict challenges that may be faced by adolescent parents and their families.
HE.6-8.2.1.8.PP.5	Identify resources to assist with parenting.

### **RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)**

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LA.RI.6.1	Cite textual evidence and make relevant connections to support analysis of what the text says explicitly as well as inferences drawn from the text.
LA.SL.6.1.A	Come to discussions prepared, having read or studied required material; explicitly draw on that preparation by referring to evidence on the topic, text, or issue to probe and reflect on ideas under discussion.
LA.SL.6.1.C	Pose and respond to specific questions with elaboration and detail by making comments that contribute to the topic, text, or issue under discussion.
LA.SL.6.1.D	Review the key ideas expressed and demonstrate understanding of multiple perspectives

	through reflection and paraphrasing.
WRK.K-12.P.4	Demonstrate creativity and innovation.
WRK.K-12.P.8	Use technology to enhance productivity increase collaboration and communicate effectively.
TECH.9.4.8.DC.4	Explain how information shared digitally is public and can be searched, copied, and potentially seen by public audiences.
TECH.9.4.8.IML.10	Examine the consequences of the uses of media (e.g., RI.8.7).
TECH.9.4.8.IML.11	Predict the personal and community impact of online and social media activities.

## **STUDENT LEARNING TARGETS**

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### **Declarative Knowledge**

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Students will understand that:

- signs and symptoms that a women are pregnant are, but not limited to: monthly menstrual cycle stops, positive pregnancy test, breasts enlarge and are often tender, morning sickness.
- a pregnancy test measures a hormone in the body called human chorionic gonadotropin. This hormone is produced in the body when a women is pregnant.
- pregnancy can only be confirmed by a medical professional who hears the fetal heartbeat, feels the fetus in the uterus, or sees the fetus on a sonogram.
- there are three options when a women is pregnant: 1. give birth to the baby and raise the baby, 2. give birth to the baby and give it up for adoption, 3. abortion.
- adoption is the action or fact of legally taking another's child and bringing it up as one's own.
- abortion is the deliberate ending of a human pregnancy.
- fertilization is the process of combining the male sperm, with the female ovum.
- pregnancy lasts for three trimesters or 40 weeks.
- the first trimester lasts from conception to 12 weeks, the second trimester is from 13 to 27 weeks, the third trimester lasts from 28 to 40 weeks.
- during the first trimester your body undergoes many changes such as: hormonal changes that affect almost every organ system in your body, feeling tired, mood swings, and upset stomach.
- during the second trimester changes that may occur are: abdomen expands as the baby grows, body aches, stretch marks, and swelling ankles.
- during the third trimester some of the changes may be shortness of breath, heartburn, swelling of the ankles, fingers and face.
- prenatal practices include visiting a medical providers office, proper nutrition, exercise, rest, vitamins, and avoiding alcohol, drugs and tobacco.

- medically accurate information can be obtained by contacting a family doctor or someone recommended by your health care provider.
- adolescent parents are at an increased risk of abusing alcohol and drugs, not graduating from high school, suffer poor social relationships and mental illness.
- families of adolescent parents may face financial hardships, reduced earnings, a lifetime of economic stress and limited opportunity, and marital failure.
- the United States Department of Health and Human Services provides resources for adolescent parents through Child Welfare Information Gateway.

## **Procedural Knowledge**

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Students will be able to:

Describe pregnancy testing, the signs of pregnancy, and pregnancy options.

- define pregnancy testing
- identify signs of pregnancy.
- explain options for one who is pregnant.

Summarize the stages of pregnancy from fertilization to birth.

- define fertilization.
- identify and describe the stages of pregnancy.

Identify prenatal practices that support a healthy pregnancy.

- define prenatal practices
- identify where to find medically accurate information regarding prenatal care.

Predict challenges that may be faced by adolescent parents and their families.

Identify resources to assist with parenting.

- predict challenges that an adolescent parent may face.
- predict challenges that families of adolescent parents may face.
- identify resources to assist with parenting.

## **EVIDENCE OF LEARNING**

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### **Formative Assessments**

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Questions that may be addressed but not limited to are:

What does it mean to be pregnant and an adolescent?

Other resources:

- observation
- one-on-one conferences
- questioning
- graphic organizers
- anecdotal notes
- self-assessments
- exit tickets

### **Summative Assessments**

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Questions that may be addressed but not limited to are:

What does it mean to be pregnant and an adolescent?

Other resources:

- graphic organizers
- open ended writing activities
- homework
- culminating activities, i.e., skits, presentations, creating a product
- tests/quizzes

### **RESOURCES (Instructional, Supplemental, Intervention Materials)**

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Health Textbook - Bronson, Mary H. et al. *teen health*. Columbus: McGraw-Hill Education; 2014.

<https://www.womenshealth.gov/pregnancy/youre-pregnant-now-what/stages-pregnancy>

<http://americanpregnancy.org/pregnancyhealth/pregnancynutrition.html>

<http://www.ohsu.edu/xd/health/services/women/services/other-services/nutrition.cfm>

<http://www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.html>

<https://youth.gov/youth-topics/pregnancy-prevention/adverse-effects-teen-pregnancy>

## **INTERDISCIPLINARY CONNECTIONS**

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English/Language Arts - implementation of conventions of Standard English, information writing

Technology/Multi-Media - audio/visual media analysis, creating products using technology, Google

Math - categorizing, statistics, computations

Visual and Performing Arts - debate, presentations

Science - biology

Social Studies - community services

## **ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS**

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See link to Accommodations & Modifications document in course folder.