

Pregnancy Activity: Two Truths and a Lie

Name: _____

Period: _____

DIRECTIONS: For each topic, one of the three statements is a lie. Circle the number of the lie for each letter.

A. Pregnancy Symptoms

1. Everyone stops having periods as soon as they get pregnant.
2. Common pregnancy symptoms are breast tenderness, nausea and food cravings.
3. Many pregnancy symptoms are caused by a change in the female's hormones.

B. Pregnancy Testing

1. A person can get a pregnancy test at a health clinic or buy a urine test in a drug store.
2. Pregnancy tests can show results as early as one hour after conception.
3. There are two ways to confirm a pregnancy: a urine test or an abdominal exam by a health care professional.

C. Clinics and laws

1. A person can get a pregnancy test at a Public Health clinic, Planned Parenthood or school based health center even if she is less than 18 years old.
2. The results of a pregnancy test are kept confidential in WA State.
3. All states have the same laws about minors (under 18 years old) and reproductive health care.

D. Conception

1. The ovum and the sperm meet in a female's Fallopian tubes.
2. The period of time between conception and birth during which the fetus grows and develops is called gestation.
3. It takes a million sperm to create a pregnancy.

E. Fetal development

1. A trimester is three months long.
2. For the first eight weeks the developing baby is called a fetus.
3. The most vulnerable time in terms of diseases and drugs is the first trimester.

F. Sex Determination

1. The number of multiple births in the United States is increasing.
2. The egg determines the sex of the baby.
3. An X egg fertilized by a Y sperm makes an XY baby: a boy.

2 Truths and a Lie - ANSWER KEY

The “LIES” below are highlighted and explained...

A. Pregnancy Symptoms

1. **Everyone stops having periods as soon as they get pregnant.** (Not true. Some women *don't* miss a period until they have been pregnant for a couple of months! Their periods might just seem lighter and shorter at first.)
2. Common pregnancy symptoms are breast tenderness, nausea and food cravings.
3. Many pregnancy symptoms are caused by a change in the female's hormones.

B. Pregnancy Testing

1. A person can get a pregnancy test at a health clinic or buy a urine test in a drug store.
2. **Pregnancy tests can show results as early as one hour after conception.** (Not true. Urine tests are usually accurate *10-14* days after intercourse. But there's no need to wait longer than that. The sooner a woman starts prenatal care or has an abortion, the safer it is.)
3. There are two ways to confirm a pregnancy: a urine test or an abdominal exam by a health care professional.

C. Clinics and laws

1. A person can get a pregnancy test at a Public Health clinic, Planned Parenthood or school based health center even if they are less than 18 years old.
2. The results of a pregnancy test are kept confidential.
3. **All states have the same laws about minors (under 18 years old) and reproductive health care.** (Not true. No state laws *require* doctors to notify parents about pregnancy tests. Some doctors or insurance companies might anyway. People who need privacy should ask when they make the appointment. Some states *do* require parents' consent for prenatal care or abortion. *In our state ...* (NOTE to teachers: Explain your own state's law here. See *Appendix 2 – Pages 3 and 9.*)

D. Conception

1. The ovum and the sperm meet in a female's Fallopian Tubes.
2. The period of time between conception and birth during which the fetus grows and develops is called gestation.
3. **It takes a million sperm to create a pregnancy.** (Not true. Hundreds of millions are released in ejaculation. But just a few hundred are needed to wear away the egg's protein coat so that one can penetrate it and become part of the embryo.)

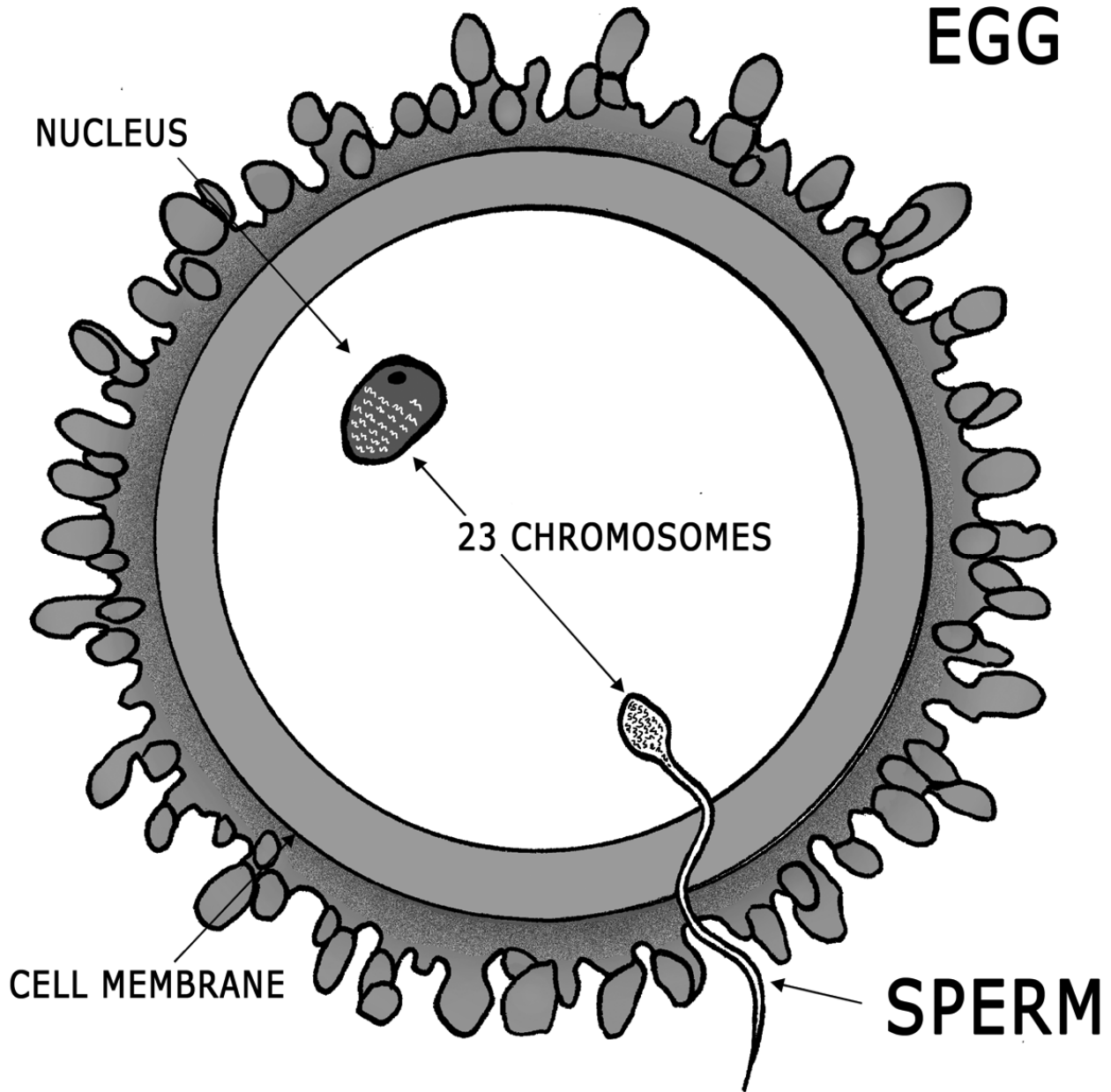
E. Fetal development

1. A trimester is three months long.
2. **For the first eight weeks, the developing baby is called a fetus.** (Not true. For the *first* eight weeks it is called an *embryo*.)
3. The most vulnerable time in terms of diseases and drugs is the first trimester.

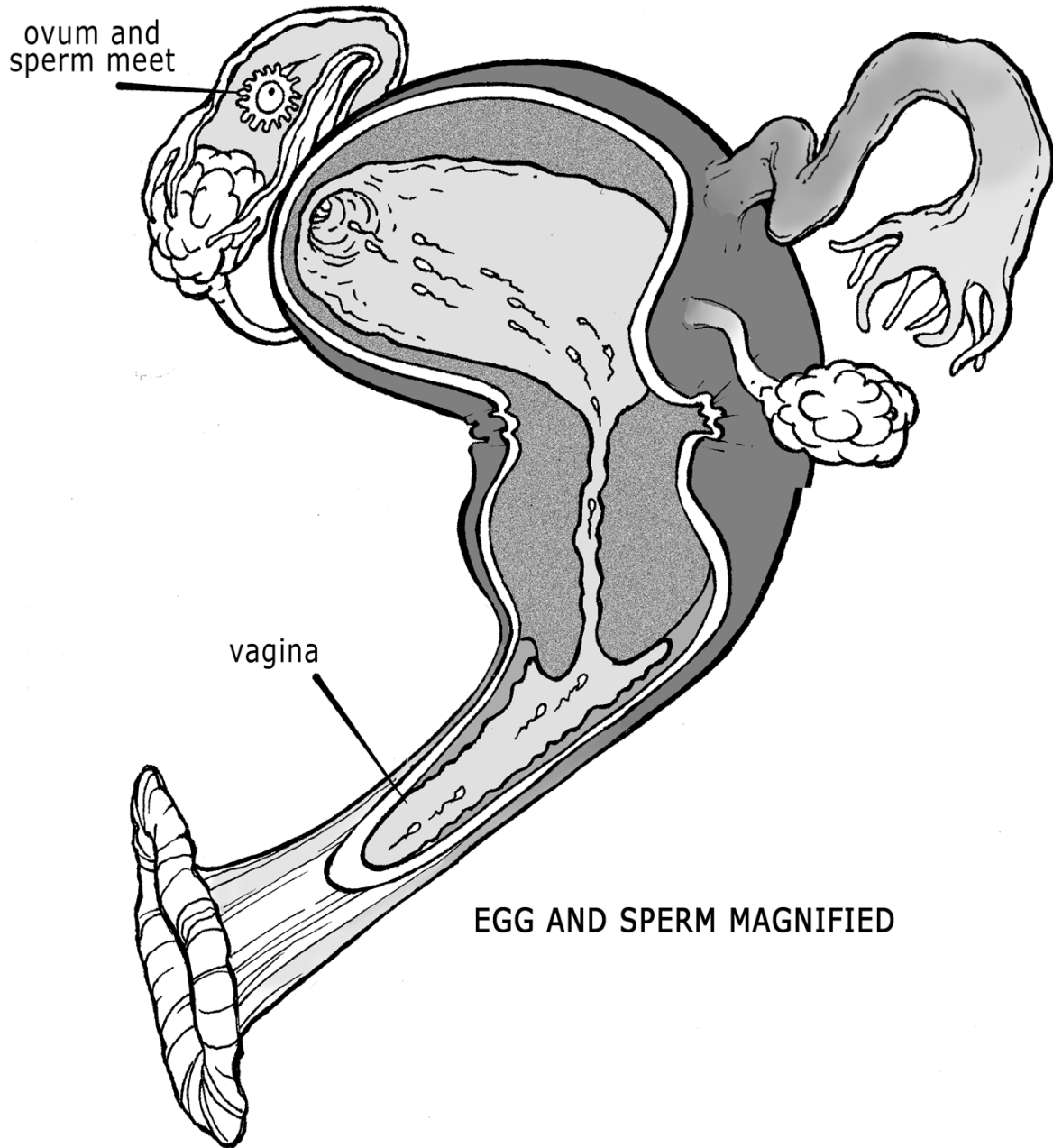
F. Sex Determination

1. The number of multiple births in the United States is increasing. This is likely due to greater use of assisted fertility methods like in vitro fertilization.
2. **The egg determines the sex of the baby.** (Not true. The *sperm* contains an X chromosome [female] or a Y [male]. All eggs have X-shaped chromosomes.)
3. An X egg fertilized by a Y sperm makes an XY baby: a boy.

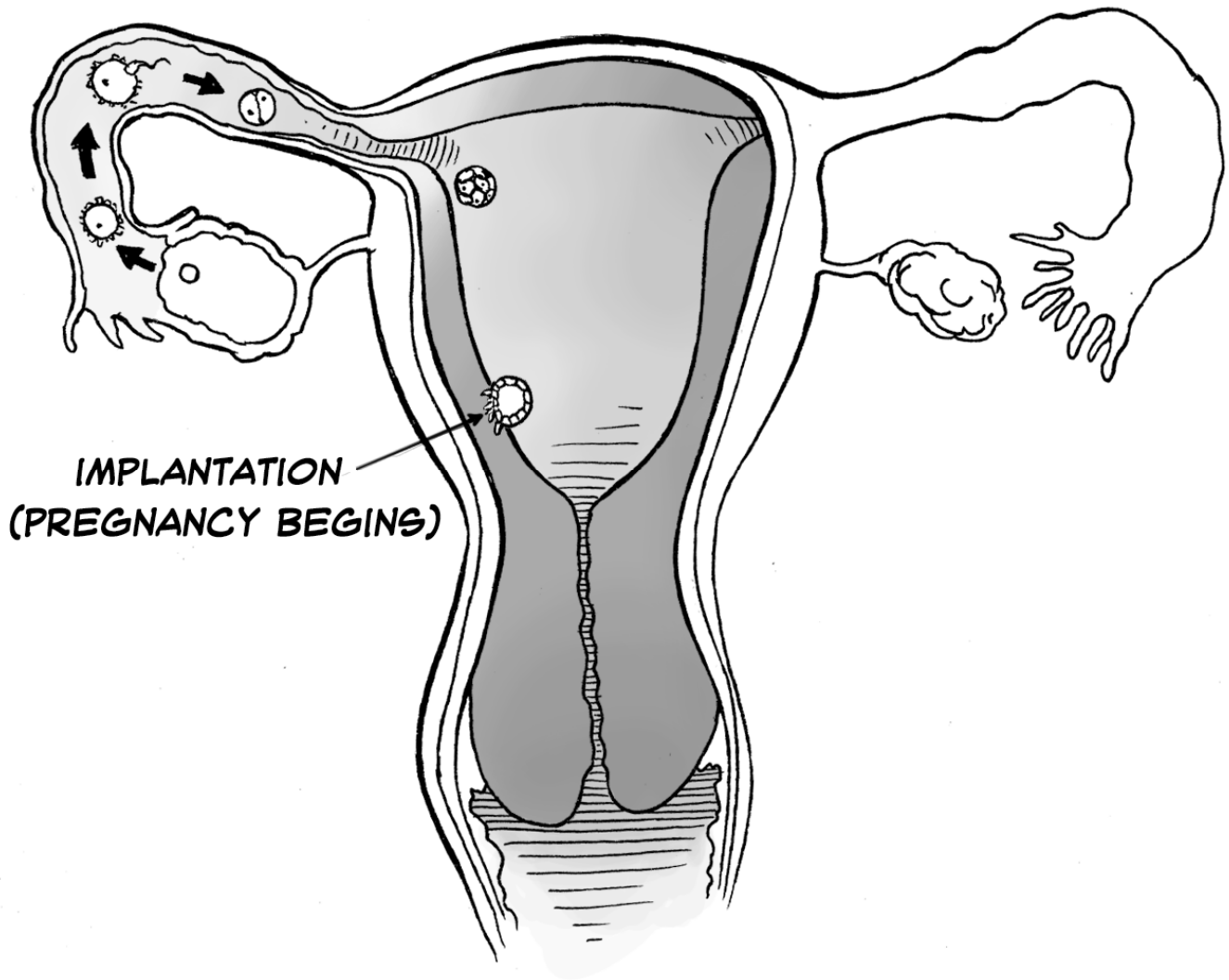
Pregnancy Visual 1: Sperm & Ovum



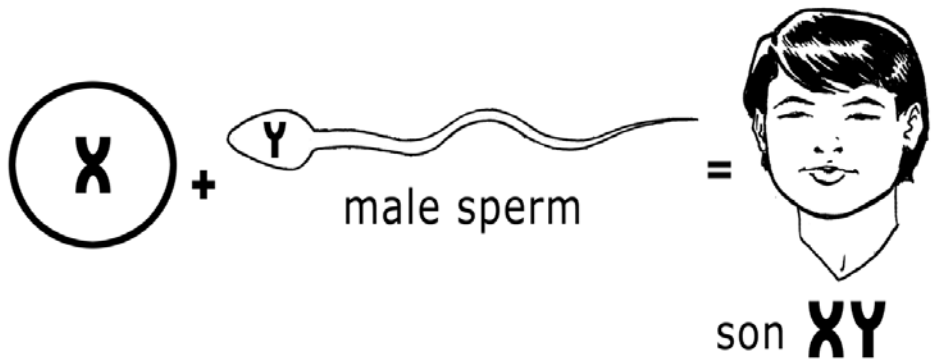
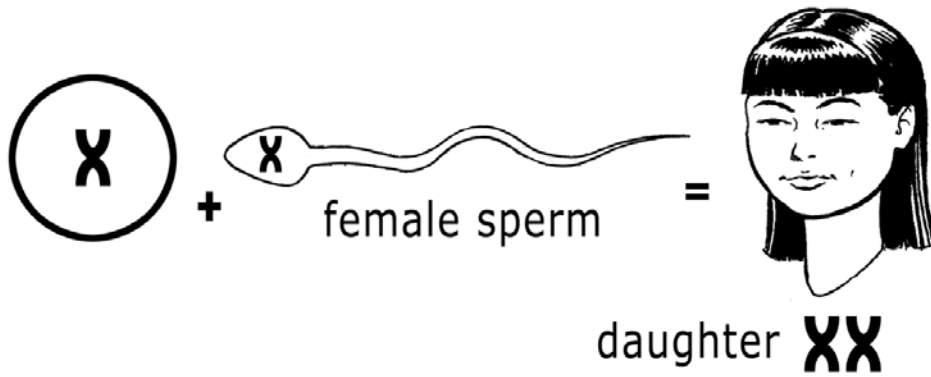
Pregnancy Visual 2: Fertilization



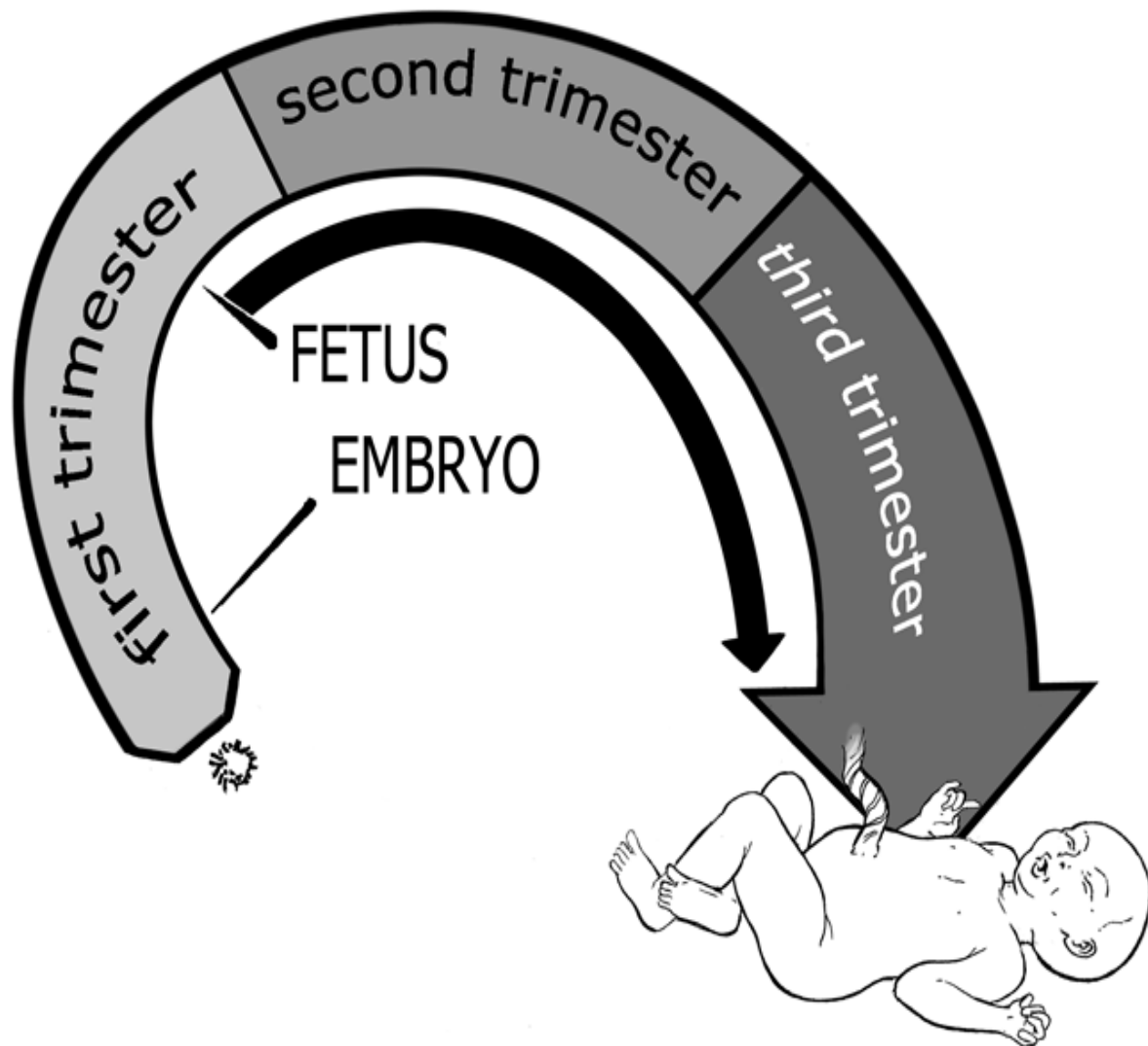
Pregnancy Visual 3: The First Week



Pregnancy Visual 4: Sex Determination



Pregnancy Visual 5: Fetal Development



Individual Homework: Pregnancy

Name: _____

Period: _____

Directions: Imagine that a friend has just come to you saying that she thinks she might be pregnant. What would you say to her? Think about things you learned in today's class about pregnancy and resources.

Write her an e-mail, a series of texts, or a note as a supportive friend.

Be sure to include information about two places she could go for a pregnancy test. Use this page or attach it to this page.

Due: _____

Family Homework: Pregnancy

Name: _____

Period: _____

All family homework exercises are optional. The student may always complete an Individual Homework assignment instead.

Directions: Find a family member or other trusted adult to interview. You do not need to write down your answers, just discuss the questions below and fill out the *Confirmation Slip*, below.

1. Ask the adult what information they received about pregnancy and the reproductive system when they were in school.
2. If the adult has been pregnant, invite them to share stories of their pregnancy with you.
3. Share some of the things we discussed in class today including terms such as **trimester** and **low birth-weight** and concepts like **conception** and **sex determination**.



Family Homework on Pregnancy

CONFIRMATION SLIP

FOR FULL CREDIT, THIS EXERCISE IS DUE: _____

We have completed this Homework Exercise.

Date: _____

 student's signature

 signature of family member or trusted adult