



LESSON 12

Rudelyn Dap-og

Care for the Reproductive Organs

LET'S TRY

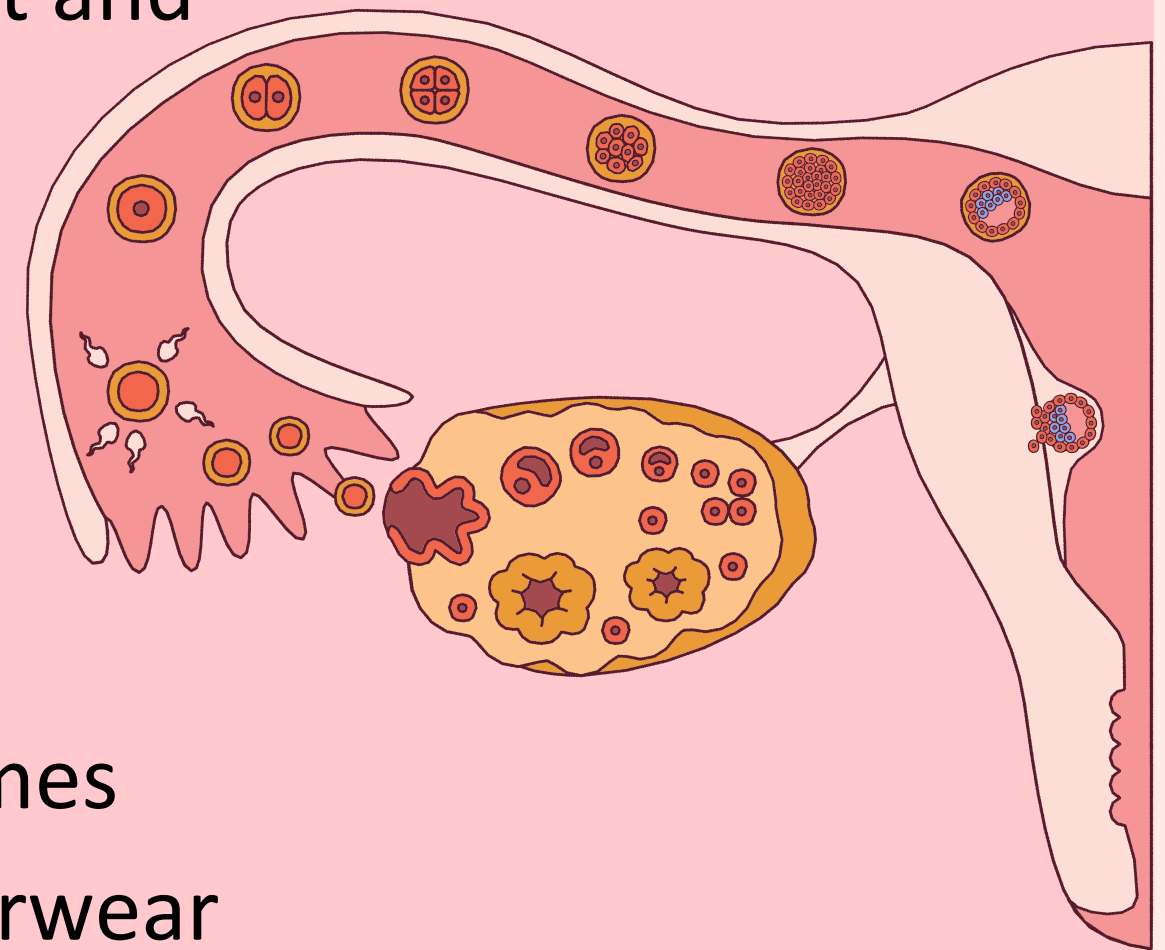
The reproductive organs are very sensitive parts of the body. Lack of proper care can result to discomfort and even illness.

Using the words below, construct a sentence showing proper care of your reproductive organs.

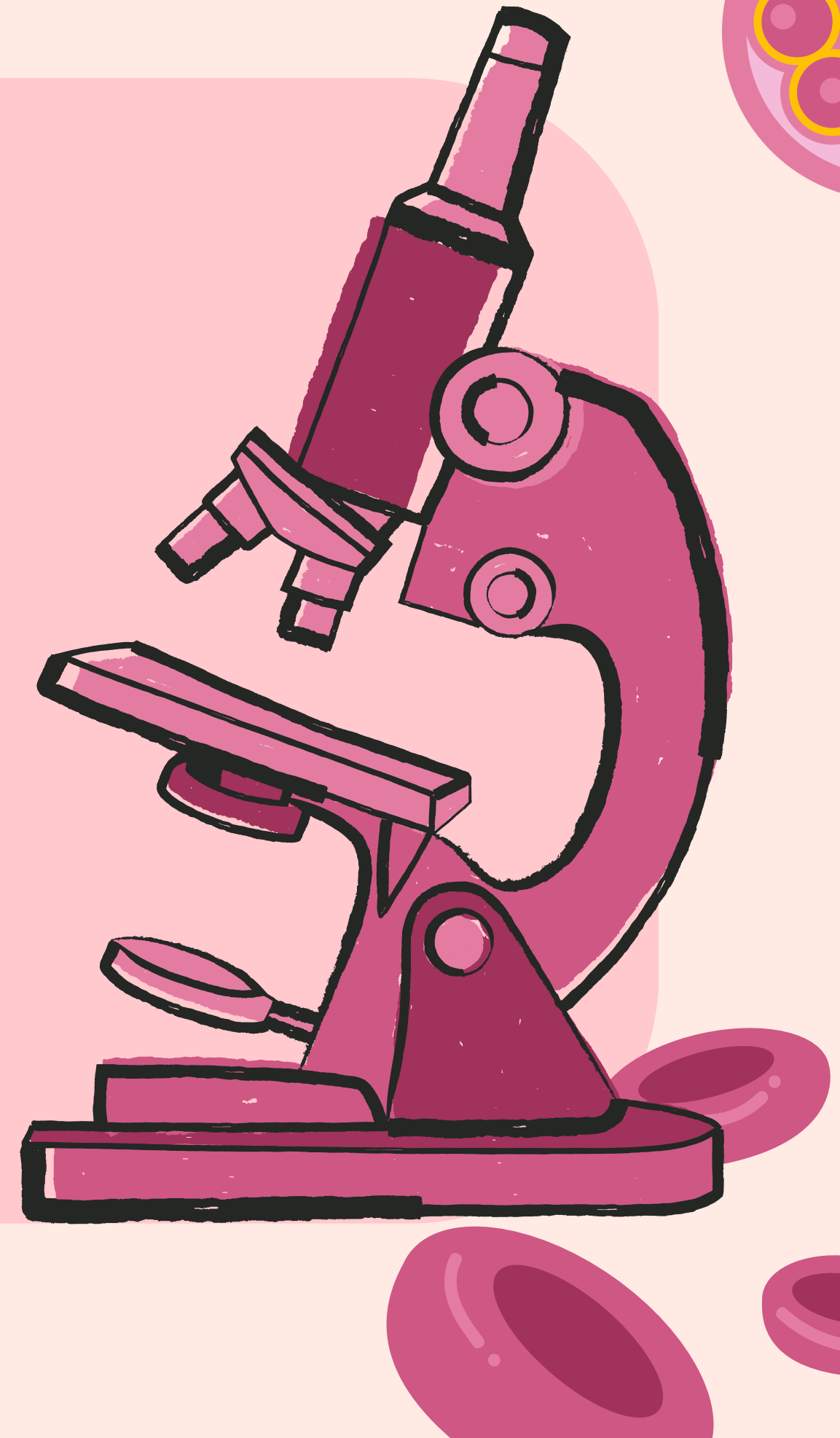
use
all

clean
at

times
underwear



Proper care of the reproductive organs starts with wearing of clean underwear. Boys and girls of your age must practice proper hygiene to avoid discomfort and prevent serious illnesses.



Listed below are some of the hygiene practices you can do.

Rudelyn Dap-og

PROPER CARE FOR BOYS

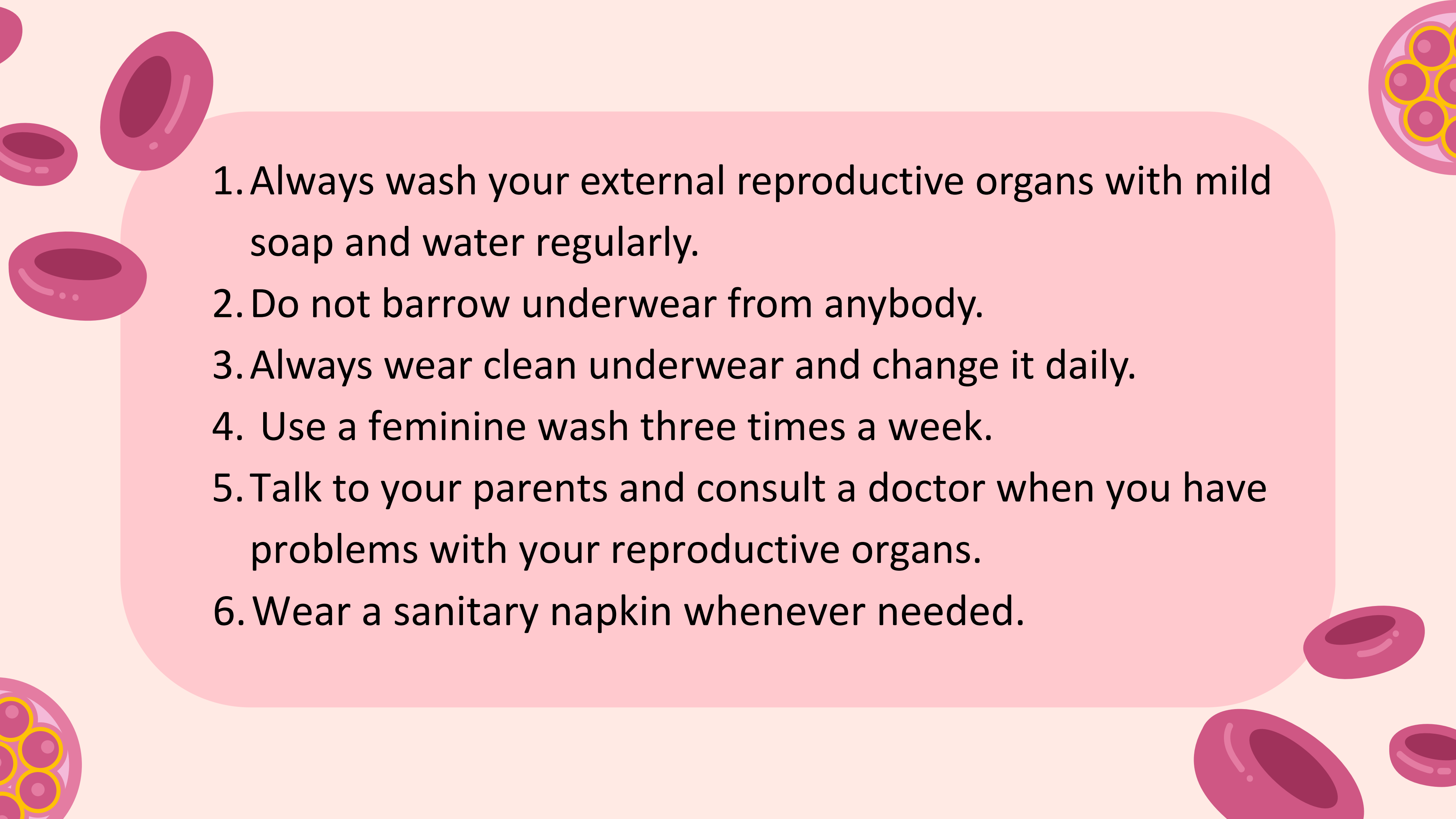
During puberty, your body experiences many changes. You should be aware that practicing proper hygiene is important.

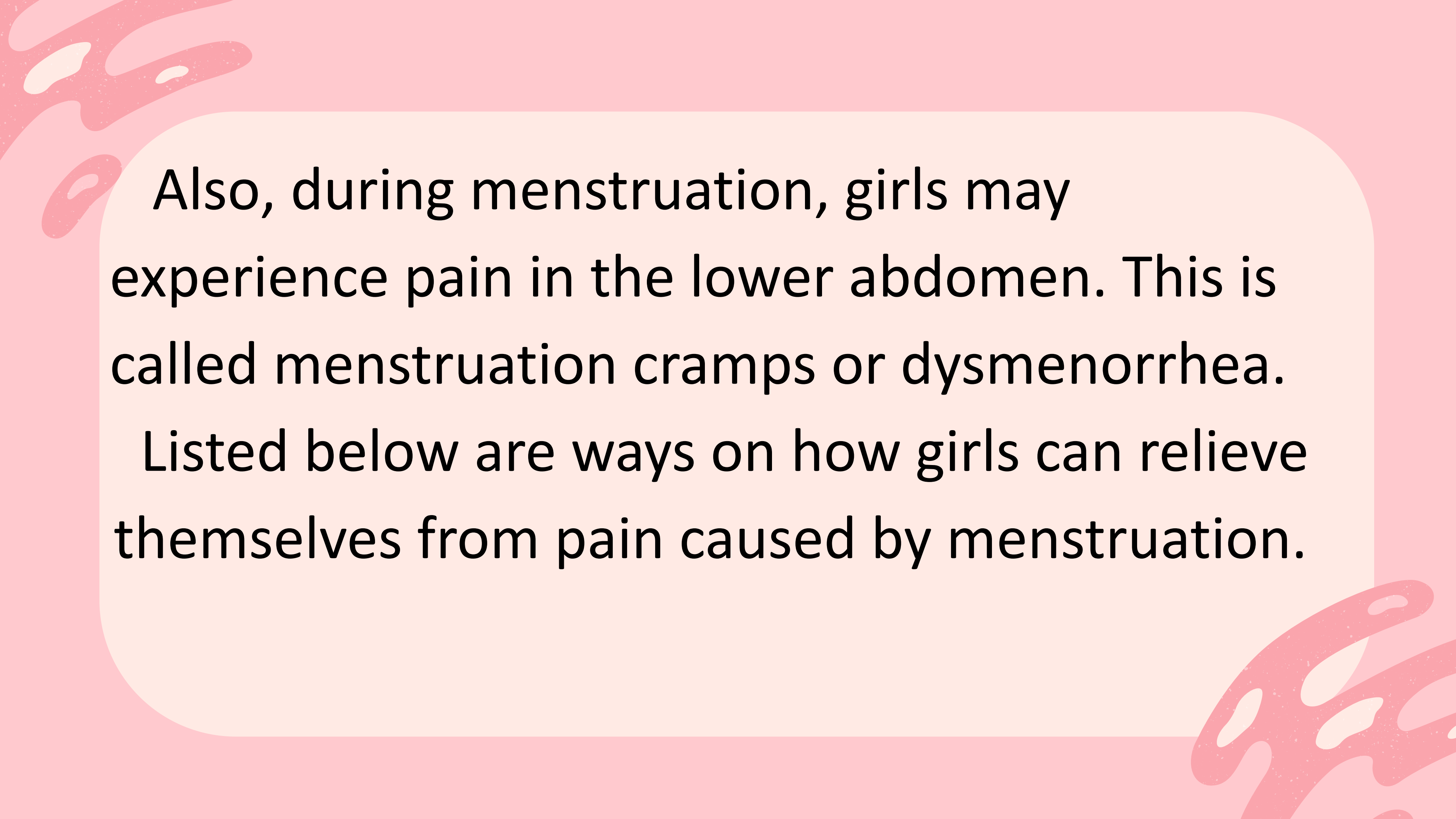
1. Always wash your external reproductive organs with mild soap and water when taking a bath.
2. Do not borrow underwear from anybody.
3. Always changes your underwear daily or as often as needed.
4. Always wear clean underwear.
5. Consult a doctor when you have problem with your reproductive organs.

PROPER CARE FOR THE GIRLS

Female in puberty, your body experience menstruation every month. Thus, girls need to make sure that their reproductive organs is always clean.

They use a sanitary napkin to absorb the blood released from their vagina during menstruation. It is also used to prevent staining clothes during this time of the month.

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1. Always wash your external reproductive organs with mild soap and water regularly.
 2. Do not barrow underwear from anybody.
 3. Always wear clean underwear and change it daily.
 4. Use a feminine wash three times a week.
 5. Talk to your parents and consult a doctor when you have problems with your reproductive organs.
 6. Wear a sanitary napkin whenever needed.



Also, during menstruation, girls may experience pain in the lower abdomen. This is called menstruation cramps or dysmenorrhea.

Listed below are ways on how girls can relieve themselves from pain caused by menstruation.

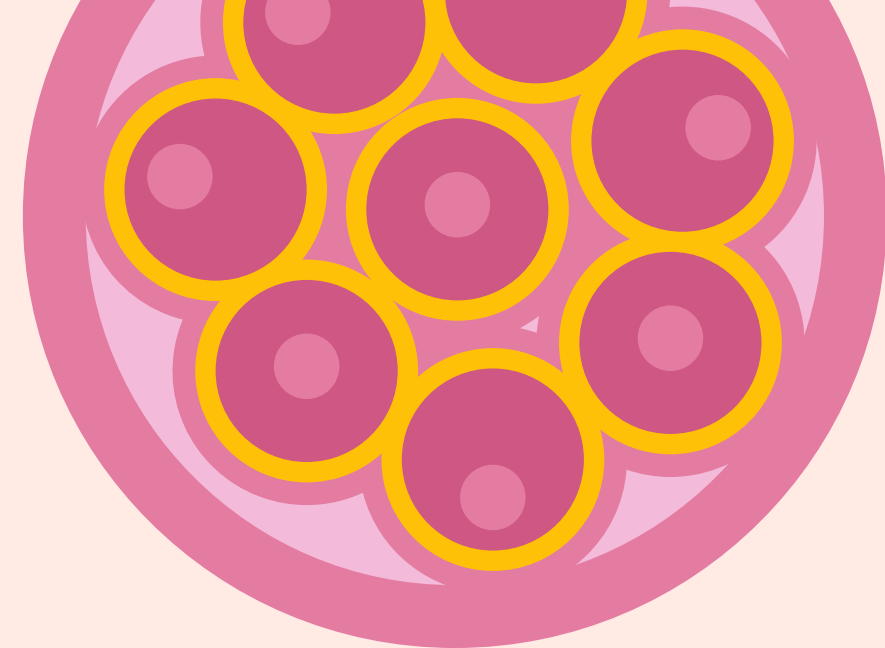
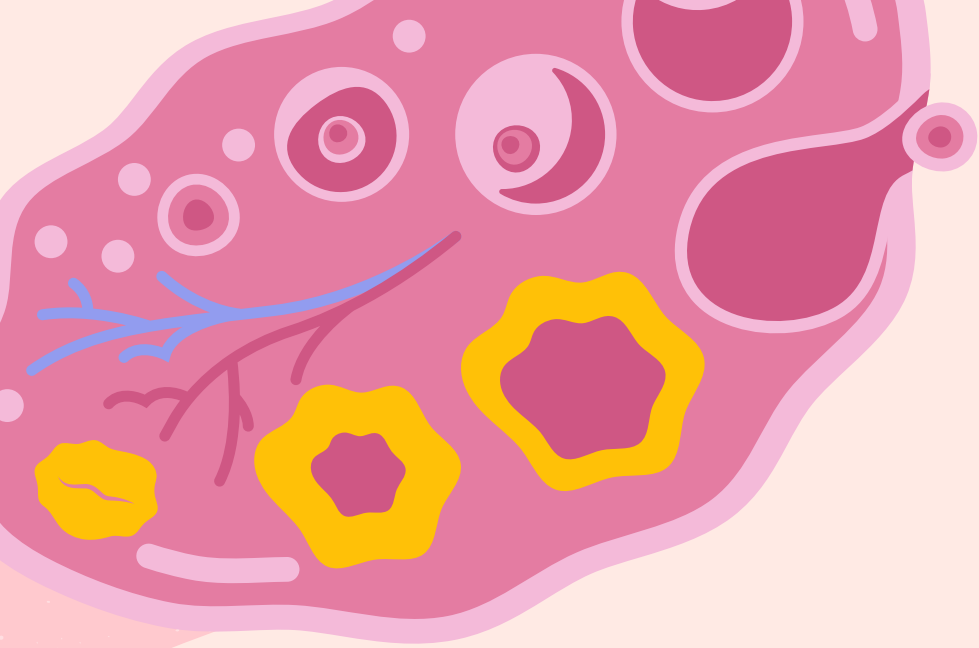
1. Take enough rest. Avoid staying up too late.
2. Apply a warm compress on the lower abdomen.
3. Do moderate exercise like cycling movements while lying down.



It is advised to use feminine wash only three times a week and not daily to avoid irritations

LET'S SUMMARIZE

- The male reproductive system is responsible for producing sperm cells. A sperm cell is needed to fertilize an egg cell.
- The female reproductive system is responsible for producing egg cells and supporting a developing baby.
- As boys girls undergo puberty, they develop secondary sexual characteristics such as:
 - developing of sexual organs
 - appearance of public, underarm, and facial hair
 - broadening of shoulder(boys)
 - widening of hips(girls)
- These changes during puberty prepare an individual for reproduction.
- The menstrual cycle's enables the preparation of he female reproductive system for possible reproduction.



**THANK
YOU**

