

ACTIVITY SIX: WORKSHEET FOR DAUGHTERS AND THEIR PARENTS

What is sexuality?

Why did God make us sexual persons?

What are primary sex characteristics?

What are secondary sex characteristics?

Look at the word list below. Put a “P” behind the words that describe a primary characteristic or put an “S” behind those that describe a secondary characteristic.

Ovary_____	Spurt of growth_____	Menstruation_____
Fallopian Tube_____	Pubic Hair_____	Vagina_____
Developed breasts_____	Broader hips_____	Uterus_____
Underarm hair_____	Ovulation_____	Sex hormones_____

What is menstruation?

What is the difference between menstruation and the menstrual cycle?

What is the usual length of a menstrual cycle?

Why does every girl have her first period at the different age?

Is there any way to predict when to expect a first period? Subsequent periods?

Are there any activities that a girl should not do during her menses?

When a girl has her menses, what type of sanitary protection should she use? How should she dispose of her soiled sanitary protection?

Answers for Activity Six Worksheet

What is sexuality?

Sexuality is the term we give to describe being a man or being a woman and our ability to give and receive love. It is a fundamental component of our personality. Our sexuality will affect all aspects of who we are: physical, personal, emotional, social, intellectual, and spiritual.

Why did God make us sexual persons?

God made us sexual persons so that we would develop relationships with others. Because of our sexuality, we have the capacity to love and to create new life.

What are primary sex characteristics?

Primary sex characteristics are the sex characteristics that you are born with.

What are secondary sex characteristics?

Secondary sex characteristics develop at the time of puberty.

Look at the word list below. Put a “P” behind the words that describe a primary characteristic or put a “S” behind those that describe a secondary characteristic.

ovary - P	spurt of growth - S	menstruation - S
fallopian tube - P	pubic hair -S	vagina -P
developed breasts -S	broader hips -S	uterus - P
underarm hair - S	ovulation -S	production of sex hormones - S

What is menstruation?

Menstruation is the bloody shedding of the endometrium normally occurring every 21-40 days.

What is the difference between menstruation and the menstrual cycle?

The first refers to the bleeding that takes place at the beginning of the cycle. The cycle refers to the reproductive cycle, which begins with the first day of menstruation and ends the day before the next menstruation.

What is the usual length of a menstrual cycle?

As a young woman, it is usual to have cycles that last anywhere from 21-35 days.

Why does every girl have her first period at the different age?

Each girl develops at her own rate. Some girls begin menstruating at age 10 while others do not begin until age 15 or later.

Is there any way to predict when to expect a first period? Subsequent periods?

If you keep track of your vaginal discharges (both your menstrual period and your cervical mucus discharge), you will be able to determine when your menses is to come. This will help you both in your first cycle and each one thereafter.

Are there any activities that a girl should not do during her menses?

It is quite normal for you to do all the activities you are used to doing even while you are having your menses. Girls who use internal sanitary protection can even swim during menstruation.

When a girl has her menses, what type of sanitary protection should she use?

How should she dispose of her soiled sanitary protection? *(This is open to your discretion. It is recommended that young women limit the use of tampons because of the possibility of toxic shock syndrome. Tampons should be discouraged at night. Please explain proper disposal of sanitary products to your daughter.)*