

Human Sexuality Lesson 2: Female Puberty, Anatomy, Physiology

Objective: Engage students in a hands-on activity that will introduce and/or enhance understanding of the three-dimensional structures, functions, and relationships of the organs and tissues of the female urogenital tract.

Materials:

- Cork board
- Pins
- Two grapes = Ovaries (female gonads)
- Two drinking straws (cut to length and feathered on one end to represent fimbriae) = Uterine tubes (a.k.a. fallopian tubes)
- One pear = Uterus
- One Anaheim pepper (cut to length, ends removed, bisected for tampon/menstrual cup demonstration) = Vagina
- One red bell pepper (two edges, cut to size) = Vulva (a.k.a. labia)
- One banana (small slice of one end removed) = Clitoris (a.k.a. female phallus)
- Two lemons = Kidneys
- Three pipe cleaners (or pieces of flexible tubing) = Ureters and urethra
- One orange = Bladder
- Tampons with and without applicators (for demonstration of correct insertion/removal)
- Menstrual cups (e.g., Diva, Pixie; for demonstration of correct insertion/removal)