

Lesson: 10

Key messages:

- Fertility declines with age for both women and men. This is important in planning a future family.
- Age and lifestyle factors can affect fertility and conception.
- People can make changes in their lifestyle to improve their fertility.
- It is a good idea to make a reproductive life plan.
- Timing sex to coincide with ovulation improves the chance of conception.

Activity Details

Victorian Curriculum

Health & PE Evaluate health information from a range of sources and apply to health decisions and situations VCHPEP148

Time 1 hour

Levels 9 & 10

Equipment

- whiteboard and markers
- a set of Fertility optimization cards
- a class set of Reproductive life plan template handouts accessible from www.cdc.gov/preconception/reproductiveplan.html

Fertility optimisation

Purpose

- To develop an awareness of fertility and infertility and its causes.

Teaching Notes

There is no way of knowing if someone is fertile unless a pregnancy occurs. Pregnancy depends on the combined fertility of both the man and the woman. Pregnancy can still occur, even when the chance is low, and contraception needs to be used if a pregnancy is not wanted.

Procedure

- Have a class discussion using the following questions as a guide:
 - How do we know whether we are fertile?
 - What is the difference between men and women's fertility?
 - What can people do to increase their chance of becoming pregnant now or in the future when they are ready?
- Hand out Fertility Optimisation Scenarios sheet to each student. Ask students to choose one of the case studies on the sheet.
- Students are then to write a reproductive life plan to suit the case to optimise their chances of conceiving. The Reproductive life plan template listed in equipment section can be used as is or adapted as needed.

Adapted from Patton, W, Morris, J and Mannison, M 1993, Issues in Adolescent Sexuality: Ideas for the Classroom Teaching, Nice Publications, Paddington, QLD, pp, 102-103.