

Lesson: 7

Key messages:

- There are factors that can have a negative effect on a person's fertility and affect the health of the foetus as it's growing or babies after they are born.
- There are positive strategies and behaviours which can increase a person's chance of a successful conception, a healthy pregnancy and the birth of a healthy baby.

Dear Fertility Doctor

Purpose

- To develop students' understanding of the factors affecting fertility.
- To develop students' awareness of being proactive towards preserving their future fertility by looking after their overall health.

Teaching Notes

This activity is divided into two parts. The first requires students to collect information to prepare an oral presentation. The second requires students to apply what they have learnt to answer a 'Dear Fertility Doctor' question. This is an excellent literacy activity that meets many standards in AusVELS level 7 and 8 in English.

Procedure

Part one

- Divide students into small groups of three to five. Ask the groups to go to the Your Fertility website which covers the six factors that affect fertility. Allocate one factor to each group (weight, age, smoking, alcohol, timing, STIs).
- The group is to investigate their selected factor and how it affects fertility. They are to collect information on this factor in order to prepare a five minute presentation to the class.
- Hand out the Presentation guidelines to students and read through the information to make sure students know what to do. This will assist them to collect relevant information, write up the presentation and practice their presentation skills.
- Give groups sufficient time to prepare the work.
- Once completed have students give their presentations to the class.

Part two

- Provide each group with a Dear Fertility Doctor card. Explain that each card provides an overview of a person/people attempting to get pregnant and a particular health factor that they are concerned might have a negative impact on the ability to conceive, have a healthy pregnancy and deliver a healthy baby.
- Explain that each group needs to read the card and write a reply to their letter, providing information on how the person/people could increase their chances of conceiving.

Activity Details

Victorian Curriculum

Health & PE Investigate and select strategies to promote health, safety and wellbeing VCHPEP126

Time 2 hours

Levels 7 & 8

Equipment

- student access to computers and the internet
- www.yourfertility.org.au
- a set of Dear Fertility Doctor cards