

Reproduction/Childbirth

1. **Estrogen:** A sex hormone produced by the ovaries.
2. **Testosterone:** A sex hormone produced by the testes.
3. **Ovulation:** The release of a mature egg cell from the ovary.
4. **Twins:** Having 2 children; two eggs fertilized by two sperm OR one egg splits and is fertilized by two sperm.
5. **Umbilical Cord:** A cord that connects the embryo to the placenta.
6. **Placenta:** A blood-rich tissue that transfers oxygen and nutrients from the mother's blood to the embryo.
7. **Amniotic Sac:** The "bag of water" in the uterus, in which the fetus floats; protects baby from infections.
8. **Zygote:** The product of the union of the ovum and sperm; so termed for two weeks after conception.
9. **Embryo:** A cluster of constantly dividing cells in the first stages of development
10. **Fetus:** Name given to the developing individual after two months in the uterus, by which time all vital organs have started to develop.
11. **Mutation:** A change in a cell's genetic material. Once the genetic material has changed, the change is inherited by the offspring of that cell.
12. **Trimester:** Every 3 months; there are 3 trimesters in a pregnancy.
13. **Prenatal Care:** Medical and health care provided during pregnancy.
14. **Dilation:** The opening of the cervix and first stage of labor.
15. **Contractions:** Tightening of the uterus throughout the stages of labor.
16. **Labor:** Contractions of the uterus strong enough to push the fetus through the vagina for delivery.
17. **Breech Birth:** The birth in which the infant is born in a position other than the normal head first position.
18. **Cesarean Section (C-Section):** A method of childbirth in which a surgical incision is made through the abdominal walls and uterus; the baby is lifted out through this opening.

19. **Afterbirth:** The name given to the placenta after the uterus contracts to expel it.
20. **Congenital Birth Defects:** Defects present at birth.
21. **Still birth:** A child who is born dead when delivered.
22. **Spontaneous Abortion (Miscarriage):** The expelling of a zygote, embryo or fetus from the uterus, not induced by medical means.
23. **Ectopic Pregnancy:** a pregnancy that develops in one of the fallopian tubes or elsewhere outside the uterus; with rare exceptions, ectopic pregnancies are not viable.
24. **Breast Feeding:** The feeding of the infant from the female breast.

Teen Pregnancy and Future Plans

Using the analyzing influences and goal setting information below, reflect on how a teen pregnancy alters your future plans.

1. Identify AND analyze internal and external influences to have sexual relations.
2. Then, not only taking into consideration the influences but also the consequences of pregnancy that we discussed in class...demonstrate your ability to use goal-setting to enhance your health.
 - a. Review the list of your five lifetime goals that you want to accomplish in the next 10 years.
 - b. List steps you will take for reaching the goals
3. Reflect on if you or your partner were to get pregnant, how would it affect your personal goal(s)?