



When talking about sexual intercourse it is important to acknowledge that:

- The legal age to have sex is 16 – this is because having sex can cause pregnancy, infections or complicated and difficult feelings – it is for adults.
- Before having sex it is important that both people involved have checked that the other person wants to have sex – it is important both people consent and say yes to sex.
- People have sexual intercourse for a variety of reasons – for pleasure and to have babies.
- Men have sex with women and men, and women with men and women.
- There are lots of different ways that people have sex, having sexual intercourse when a penis goes into the vagina is just one way of feeling pleasure with another person.
- A man and woman who want to have sexual intercourse but don't want to have a baby will use contraception and use a condom or a pill.

Sexual intercourse and making a baby

There are a range of ways that babies come into families. One way is for a female and a male to have sexual intercourse.

Sexual intercourse happens when a female and male feel attracted to each other and both have agreed they want to have sex. If they also want to have a baby together they chose not to use contraception.

When a male and female are very close to each other in a sexual way the penis goes inside the woman's vagina as described in the interactive whiteboard.

After being released by the ovary, a woman's egg lives for up to 24 hours. When a man has ejaculated into a woman his sperm have, on average, up to 5 days to reach an egg before they die, but they can live for up to 7 days if the conditions are right.

About 85% of sperm have an abnormality which means they will never reach the egg but as the average ejaculation contains 150 million sperm, there are still over 22 million viable for travel. Small beating hairs and tiny wave-like contractions help the egg travel along the fallopian tube where it may meet a sperm within minutes or hours of ovulation.

The sperm attaches itself to the egg and produces a special substance that dissolves the outer coat of the egg. Only one sperm will be able to enter the egg and once it has entered, the egg coating is repaired to prevent other sperm from getting in. This ensures only one sperm fertilises the egg. The fertilised egg gets pushed along the fallopian tube and into the womb.

Around 4 days after fertilisation the egg has about 100 cells and is called a blastocyst. When it reaches the womb lining it floats for about 2 days and then implants itself into the uterine wall around 6 days after fertilisation. This is the beginning of a pregnancy.



Pregnancy

Pregnancy usually lasts about nine months or 40 weeks, and is divided into trimesters. First Trimester Weeks 1-12

When someone becomes pregnant periods stop. This is because the egg, which has been released from one of the ovaries, has been fertilised by a sperm, and this is the start of pregnancy. The fertilised egg has already started to divide in the fallopian tube. It will continue to develop and grow in the uterus (or womb, this is not the stomach) and is called an embryo.

From about eight weeks the embryo has developed and is now called a foetus. Your foetus is around 2.5 centimetres long. Most of the organs including the nervous system and heart are formed.

At 12 weeks, the foetus is about 7.5 centimetres long and about the size of a lime. At this stage, the limbs are complete. The eyelids are still closed and the ears are forming. The umbilical cord connects the foetus to the placenta. This is how the foetus gets nutrients and how waste is removed.

Second Trimester Weeks 13-27

As the foetus grows bigger the uterus gets bigger and stretches wide to make more room. During this trimester, the pregnancy can be seen by others. The foetus' personal and private parts develop and other organs mature. The foetus can now hear, and the mother may start to feel the baby move. Movements become more obvious as the foetus gets bigger and stronger.

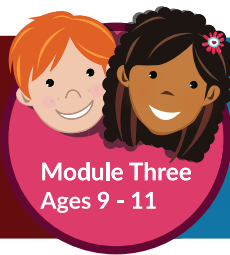
Third Trimester Weeks 28 – birth

The eyes open and close. At around 33 weeks, the foetus weighs almost the same as a pineapple. At the end of your pregnancy, the foetus changes position so it's ready for birth.

Pupils may ask questions about miscarriage, abortion or adoption. Here is some text to support answering these questions.

Miscarriage

There are times when a pregnancy ends without warning sometimes because the embryo or foetus isn't developing properly. This is called a miscarriage and is often a sad time, but most women who have had a miscarriage can become pregnant again and give birth to a strong, healthy baby.



Abortion

There are times when a female gets pregnant, but decides not to carry on with the pregnancy. She may then choose to have an abortion which is a medical way to end a pregnancy. An abortion is performed in a clinic in the first three months of pregnancy. Afterwards people can feel a whole range of feelings including relief and sadness. A female or a couple may choose to have an abortion for a range of reason including because the female has an illness, there is something seriously wrong with the baby or because the parents are unable to care for the baby. Some people have very strong feelings about whether abortion is ok or not. In England it is legal to have an abortion under certain circumstances. Females who have had an abortion can become pregnant again and give birth to a strong, healthy baby.

Adoption

There are times when a woman who is pregnant chooses not to bring up her baby after it has been born. There can be a range of reasons for making this difficult choice including the parents not being able to look after the baby. In these cases, after birth, the baby can be adopted by a family who can love, care for and bring up that baby.