

## **Healthy Lifestyles Questions & Answers (2025) - Lesson #2**

### **Grade 7 Questions**

Why don't we learn this at home?

It is a great idea to learn more about this at home. The reason it is also presented in school is so every student gets educated on these matters, regardless of whether they learn about it at home or not.

Was this funded or promoted by the government?

Yes, anything that is found within the school curriculum comes from the government.

Can Gay People have sex/have babies?

No, gay people cannot have children of their own in the conventional way, although they would be able to via other methods such as using a sperm donor. Gay people can't have sex in the traditional sense of the word, but they can still engage in different sexual activities with their partner.

Do you have to have babies?

No, that is entirely your decision if you would like to have children or not.

How do you get STIs?

You can get an STI by having sex with someone that already has an STI.

Can I get lice everywhere?

Yes, lice can develop anywhere, but it is typically found anywhere on the body that there is lots of hair. i.e) head, under the arms, pubic area.

Having a rash or being itchy, what does it do to affect pregnancy?

If it is a rash unrelated to an STI then it shouldn't affect the pregnancy at all. If it is caused by an STI there is a chance that you could pass your STI on to your baby.

If I have a child, is it going to pee inside of me?

Yes, a baby will pee inside of its mothers womb, which will add to the fluid that already surrounds the baby.

What are condoms?

Condoms are a tool designed to prevent pregnancy as well as lessen the risk of transmitting an STI to a partner. There are different types of condoms that can be used by the male or the female during sex.

I heard that if you're too young to have sex you could risk you and the baby to pass away, is that true?

Yes, there are heightened risks associated with getting pregnant before you become an adult. These risks can potentially affect both you and your baby.

*These questions were asked by Grade 7 students but are beyond the scope of our grade 7 curriculum. If you would like to address them at home, please do so:*

*Can you get pregnant through your anus?*

*Is it ok to masterbate?*

### **Grade 5 Girls Questions**

What if you don't get your period? What happens?

Amenorrhoea is the absence of menstrual periods. The most common cause is hormone disruption, which can be due to emotional stress, extreme weight loss, excessive exercise or certain reproductive disorders. It is recommended that you see your Doctor if you have not had your period by age 16.

What if my period comes and I don't notice it?

If you don't notice and a friend sees it, they should kindly let you know that you have had your period, if they see a spot. It is a great idea to bring an extra set of pants and underwear in your backpack if you believe you might get your period soon.

Why does your hair get so oily as we get older?

As you age, you may have noticed your hair getting greasier. Your sebaceous glands secrete an oily lubricant called sebum, which gives your hair its natural shine. Sebum lubricates the scalp and forms a protective barrier on it in order to moisturize and protect the hair shafts.

When you get your period how long does it stay?

Every girl's period cycle will be unique to them. Some may have periods slightly longer or shorter than 5 days. Some cycles may also be a little longer/shorter than 28 days. A female has a period until she reaches another stage in life called menopause. This is the process where the hormones begin changing and the period cycles gradually stop. This happens at different times in each person's life. I.e: 50 - 60 years old but sometimes earlier

What if you are on a road trip with your dad and you get your period?

If you are comfortable you can tell your dad, as he will know about periods, and that girls have them. If you are not comfortable you can just let him know that you are having some female issues and that you need to make a few stops along the way, or ask your mom, aunt, trusted adult to talk to him for you.

If someone does not have their period does that mean that they cannot have a baby?

Often that is the case, but there are some cases where women can still get pregnant when they do not have their period, as they are still ovulating.

What is Menopause? How do you know you are in menopause?

This is the process where the hormones begin changing and the period cycles gradually stop. This happens at different times in each person's life. I.e: 50 - 60 years old but sometimes earlier

How will you get back pain if you don't wear a bra?

Back pain can occur if you have larger breasts and do not wear a bra. But also wearing the wrong bra can also cause some back pain.

How do you know when to change your pad?

How many times you may need to change your pad each day can depend on your comfort level, how heavy your flow is, and the type of pad you're using. But you should change it before it gets full.

What is Sexuality?

Sexuality is a broad idea that refers to your thoughts, feelings, and behaviours about those that you feel sexual attraction towards.

What do the boys have that makes the girls have babies?

Babies are made through the process of sexual reproduction, or “sex” for short. The sperm from the male fertilizes the female’s egg, which starts the development of a baby.

Do all girls have to have kids?

No, if you choose not to have children you need to take measures to ensure that you do not get pregnant.

Is it normal for breasts not to grow months after you hit puberty?

Every girl's breasts grow at different rates depending on genetics, hormonal factors, nutrition and your age.

What can you do when a male makes a comment about a female?

It is important to let them know how the comments make you feel using “I statements”, and explain to them why you think the comment was inappropriate. If they continue, talk to a trusted adult.

Consent: What if you say no and they keep asking and don’t stop?

You tell them the answer is no and to stop asking. If they keep on, you get up and leave.

**What can you do if you have a bad connection with someone?**

If they are important in your life, sit down and talk to them about how you feel. If it’s someone you were trying to become friends with, you may just need to walk away and find someone you can connect with.

## **Grade 5 Boys Questions**

What are some mental exercises?

Some mental exercises would be using different breathing techniques to help calm yourself, taking time to write down/think about your strengths or values, journaling, doing some mindfulness activities (such as a body scan to see how your body is feeling at the present moment).

What is the Grade 7 puberty is too gross for someone?

Puberty can be an uncomfortable time for some people, but unfortunately, it is a mandatory experience that everyone has to go through to change from a child into an adult.

What does it sound like for your voice to crack?

A voice crack refers to an abrupt higher pitched tone that happens from time to time when a male's voice starts to change.

What happens when you stay single?

It is perfectly fine to stay single if you are not interested in getting into a romantic relationship.

Can you just not go through puberty?

No. Puberty is a natural occurrence that happens to everybody.

How does puberty work?

Puberty is a process that every child goes through when their body starts making changes to transform into an adult. Puberty takes place in order for males and females to have their reproductive systems develop enough for them to be able to create children.

What if a doctor tells you to do something with your body when you don't want to?

It is still your decision whether you choose to do what the doctor tells you or not. This being said, it is usually a good idea to listen to a medical professional if they have a good reason for telling you to do something with your body.