**Lesson 5- Unplanned pregnancy options**

**Adoption-** a formal legal process in which all the rights and responsibilities relating to a child are transferred to the adoptive parents.

**Abortion/ termination-** a procedure to end a pregnancy.

**Key facts about abortion:**

* 40 per cent of pregnancies are ‘unintended’, which means they were not planned. There are about 85 million unplanned pregnancies in the world each year.
* The chance of someone suffering injury or death is greater when carrying a pregnancy to term and giving birth than when having a safe
* abortion.
* In almost all countries, the law permits abortion to save the woman’s life, and in most of the country’s abortion is permitted to preserve the physical and/or mental health of the woman.
* Reliable scientific studies show no increased risk of breast cancer for women following abortion.
* Most religions teach that there are circumstances in which abortion should be available.

**Lesson 4-Birth and miscarriage**

**Labour-** the process that causes the baby to be born.

**Stages of labour-** Four stages; the latent stage, established/ 1st stage of labour, 2nd stage of labour and 3rd stage of labour.

**Foetus-** the baby before it is born.

**Cervix-** the neck/ entrance to the womb. This connects the womb/ uterus and the vagina.

**Contractions-**Contractions are a tightening feeling across the stomach and sometimes into the back and thighs. Each contraction's opening (dilating) the cervix and moving the baby down the birth canal so they can be born.

**Placenta-** The organ in the uterus of pregnant mammals that allows the transfer of nutrients and waste products between the mother and the foetus through the umbilical cord.

**Miscarriage-** Miscarriage is the spontaneous loss of a pregnancy before the foetus is mature enough to survive outside the uterus.

**Lesson 3- Fertility and pregnancy**

**Fertility-** the ability to conceive (create a pregnancy).

**Fertility and age-** Fertility decreases with age. Female fertility gradually declines after 35 years old. After menopause (when menstruation stops) they are no longer able to conceive. While male and female fertility both decline with age, the decline in female fertility happens earlier in life and the decline is more rapid than male fertility.

**Factors that impact on fertility-** Lifestyle; finances; career; family; religion or culture; other life goals; the time it takes to conceive a baby.​

**Ways to stay healthy during pregnancy-** eat a healthy and balanced diet, stay active, take folic acid and vitamin D, avoid smoking, speak to your GP about prescribed medications and any other medications you are taking, rest when feeling tired.

**Lesson 2 – Cervical and prostate cancer**

**Prostate-** a gland around the neck of the bladder in males which releases a fluid that makes up semen.

**Early symptoms of prostate cancer-** Increased need to pee, straining whilst peeing, a feeling that your bladder has not fully emptied.

**Test for prostate cancer-** A blood test that looks for the Prostate Specific Antigen (PSA) concentration in the blood.

**Cervix-** the narrow passage at the lower end of the uterus. This connects the uterus/ womb and the vagina.

**Other common names for cervical screening-** Smear test and PAP screening.

**Ways to reduce the risk of cancer-** Not smoking, being careful of how much alcohol you consume, eating a good balanced diet, getting some exercise every day, protecting your skin from the sun.

**Lesson 1 – Breast and testicular cancer**

**Cancer-** Cancer is a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body.

**Signs of cancer to look out for (LUMPS)-** L- lumps bumps or swellings, U - Unexplained tiredness, M - Mole changes, P – Pain, S - Significant weight change.

**TOPIC 2 – Health and wellbeing**