

Topic: The Reproductive System

Introduction

The **reproductive system** allows humans to reproduce (give birth to children). It is different in **males and females**, with each having special organs designed for reproduction.

1. Reproductive Organs in Males and Females

A. Male Reproductive Organs

External Organs

- **Penis** – Used to pass out urine and semen.
- **Scrotum** – A pouch that holds the testicles outside the body.

Internal Organs

- **Testes (Testicles)** – Produce sperm and male hormone (testosterone).
 - **Vas deferens** – Tube that carries sperm from the testicles.
 - **Urethra** – Tube inside the penis for passing urine and semen.
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B. Female Reproductive Organs

External Organs

- **Vulva** – The outer part of the female genital organs.
- **Labia** – The folds of skin around the opening of the vagina.
- **Clitoris** – A small sensitive organ.

Internal Organs

- **Vagina** – The passage that receives the male's penis and allows childbirth.
- **Uterus (Womb)** – Where a baby grows during pregnancy.
- **Ovaries** – Produce eggs and female hormones (oestrogen and progesterone).
- **Fallopian tubes** – Carry eggs from the ovaries to the uterus.

2. Functions of the Reproductive Organs

Male Organs Function

Penis Passes out urine and delivers sperm

Testes Produce sperm and testosterone

Scrotum Protects and cools the testes

Vas deferens Transports sperm

Female Organs	Function
Vagina	Birth canal, receives penis during intercourse
Uterus	Houses and nourishes a growing baby
Ovaries	Produce eggs and female hormones
Fallopian tubes	Transport eggs from ovary to uterus

3. Care of the Reproductive Organs

Taking care of the reproductive organs is important for **health and hygiene**.

General Care Tips:

- **Wash daily** with clean water and mild soap.
- **Wear clean underwear** every day.
- Avoid wearing **tight underwear**.
- For girls, **change sanitary pads regularly** during menstruation.
- **Do not insert objects** or use harsh chemicals on genitals.
- Always **urinate after sexual activity** (when older, married).
- **Avoid sexual activities** as a child or teenager.
- **Report infections** or abnormal discharge to a health worker.

4. Changes During Puberty

As children enter **puberty**, the reproductive organs start to develop and function.

Boys

Voice deepens

Growth of facial and pubic hair

Wet dreams

Girls

Breasts develop

Hips widen

Menstruation starts

These changes are **normal** and show the body is becoming mature.