

# How does fertility change throughout life?

## Do Now (page 4)

What are the responsibilities of being a parent?

## Stretch

Why might someone choose to start a family? Or why might they choose to postpone starting a family?

**How does fertility change throughout life?**

## Safe Space

- It's okay to get things wrong.
- You don't have to contribute if you don't feel comfortable.
- There is a non-judgemental approach – we challenge the opinion not the person.
- Conversations stay in this classroom – unless adults deem there to be a safeguarding issue.

## Show Mutual Respect

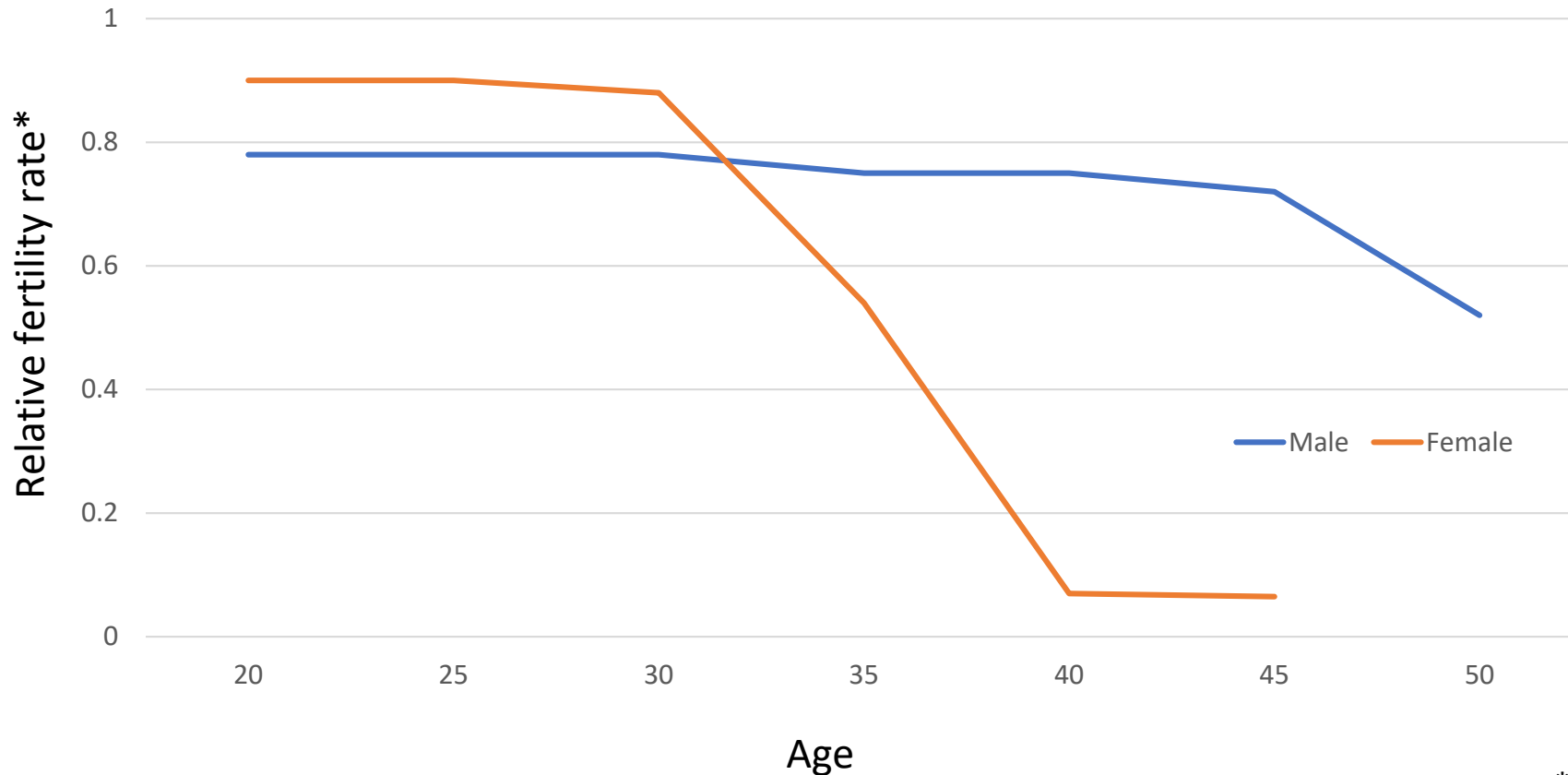
- Follow our two ground rules.
- STAR and Track to show respect to the speaker.
- Adhere to the Castle Credo.

## Challenge Yourself

- Enjoy the lessons, challenge your perceptions, and learn how to seek further knowledge, understanding and support.

# Fertility changes

Fertility relates to a person or couple's ability to conceive a child.



1. What does this graph\*\* suggest about someone's fertility?
2. What similarities and differences are there between male and female fertility?
3. How might this impact someone's choices around becoming a parent?
4. What else should people keep in mind when making decisions in relation to fertility in the future?

\*relative fertility rate indicates likelihood of conception

\*\*visual representation created using data from <https://www.britishfertilitysociety.org.uk/fei/at-what-age-does-fertility-begin-to-decrease>



# Fertility changes: answers

1. Fertility decreases with age. Female fertility gradually declines after 35 years old. After menopause (when menstruation stops) they are no longer able to conceive.
2. 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.
3. Females have an increased chance of conceiving naturally before they reach their mid-30s. While male fertility does decrease with age, this decline is not to the same extent as female fertility.
4. Lifestyle; finances; career; family; religion or culture; other life goals; the time it takes to conceive a baby.

# What affects fertility?



In pairs, you have 60 seconds to write down everything (on a MWB) you can think of that might affect someone's fertility – you'll get a point for every correct factor you list!

The pair with the highest points will earn 3 merits each!

# What affects the healthy development of a pregnancy?

- Age
- STIs
- Smoking
- Alcohol
- Anabolic steroids
- Other drugs or medicines
- Weight
- Environmental factors
- Stress

Which of these factors might also affect the healthy development of a pregnancy?



# Routes to parenthood

There are lots of different routes that people can take to become parents.

- Natural conception — a male and female achieving pregnancy through vaginal sex.
- Intrauterine insemination (IUI) — also known as artificial insemination, this involves inserting sperm into the uterus via a thin plastic tube passed through the cervix. Sperm is collected and the fastest moving sperm are selected.
- In vitro fertilisation (IVF) — fertility medication is taken to encourage the ovaries to produce more eggs than usual. Eggs are then removed from the ovaries and fertilised with sperm in a laboratory. A fertilised egg (embryo) is then returned to the uterus to grow and develop.

# Routes to parenthood

- Co-parenting — when two or more people decide to conceive and parent children together. A co-parent will not have sole custody of the child, and there are many details to be worked out, such as what role each parent will take, how financial costs will be split, and the degree of involvement each will have with raising the child.
- Adoption — the legal process by which a child who cannot be brought up within their birth family becomes a full, permanent and legal member of their new family. Adopters become the child's legal parents with the same rights and responsibilities as if the child was born to them.

# Routes to parenthood

- Fostering — providing a child with a home while they are unable to live with their own family. Many children in foster care will return home or go to live with family members. A fostered child remains the legal responsibility of the council and/or their birth parents and foster carers receive support from a social worker.
- Surrogacy — when a woman carries a pregnancy for a couple who cannot maintain a pregnancy themselves. In some cases, the eggs of the mother or a donor are used, while in other cases the surrogate's egg is fertilised with the sperm of the father. The baby does not legally become the couple's until a parental order has been issued after the child's birth. Until this order is issued the surrogate has the right to keep the baby.
- Egg freezing — similar to the process of IVF, this involves collecting a female's eggs, freezing them and using them at a later date.

# Routes to parenthood

## Task

For each scenario, decide which route to parenthood they might choose.

- Decide not to have a child
- Natural conception
- Intrauterine insemination (IUI)
- In vitro fertilisation (IVF)
- Co-parenting
- Adoption
- Fostering
- Surrogacy
- Egg freezing

Rachel and Steven have been together for many years. They spent their 30s focusing on their careers, spending time socialising with friends and family and travelling as much as possible.

Now both 40 years old, they feel ready to start a family. However, they have been trying to conceive for over a year and have not fallen pregnant.

*Rachel and Steven might consider IUI, IVF, adoption, fostering, deciding not to have a child*

# Routes to parenthood

## Task

For each scenario, decide which route to parenthood they might choose.

- Decide not to have a child
- Natural conception
- Intrauterine insemination (IUI)
- In vitro fertilisation (IVF)
- Co-parenting
- Adoption
- Fostering
- Surrogacy
- Egg freezing

Oliver and Zane spend a lot of time with their nieces, nephews and friends' children; they love kids of all ages and agree that now is the time to start a family of their own. They just aren't sure where to begin!

*Oliver and Zane might consider adoption, fostering, surrogacy, co-parenting*

# Routes to parenthood

## Task

For each scenario, decide which route to parenthood they might choose.

- Decide not to have a child
- Natural conception
- Intrauterine insemination (IUI)
- In vitro fertilisation (IVF)
- Co-parenting
- Adoption
- Fostering
- Surrogacy
- Egg freezing

Graham has always wanted children of his own and is keen to start a family. He thought he would have a partner by now, but he has not found someone he would like to have a family with. He has decided to raise a child alone instead.

*Graham might consider adoption, fostering, surrogacy*

# Routes to parenthood

## Task

For each scenario, decide which route to parenthood they might choose.

- Decide not to have a child
- Natural conception
- Intrauterine insemination (IUI)
- In vitro fertilisation (IVF)
- Co-parenting
- Adoption
- Fostering
- Surrogacy
- Egg freezing

27-year-old Asha and 25-year-old Chidi want a large family and recently bought a family-sized home together. Although their families keep asking when they are going to get pregnant, they are not sure whether they should wait a few years before they start, as they are both doing really well in their respective jobs.

*Asha and Chidi might consider natural conception, deciding not to have a child*

# Routes to parenthood

## Task

For each scenario, decide which route to parenthood they might choose.

- Decide not to have a child
- Natural conception
- Intrauterine insemination (IUI)
- In vitro fertilisation (IVF)
- Co-parenting
- Adoption
- Fostering
- Surrogacy
- Egg freezing

Most of Lian's friends have children and she feels like she might be missing out. She knows she won't be fertile forever so thinks she should act now. However, she is not in a relationship and isn't sure children are really for her.

*Lian might decide not to have a child, or might consider co-parenting, IUI, or freezing her eggs*

# Routes to parenthood

## Task

For each scenario, decide which route to parenthood they might choose.

- Decide not to have a child
- Natural conception
- Intrauterine insemination (IUI)
- In vitro fertilisation (IVF)
- Co-parenting
- Adoption
- Fostering
- Surrogacy
- Egg freezing

Mariam and Zara would like to have children. Zara has always wanted to carry a child herself and Mariam is very supportive of this, but they are not sure if that's a possibility or what their other options might be.

*Mariam and Zara might consider IUI, IVF, adoption, fostering, co-parenting*

# What is the menopause?

- Menopause is when your periods stop due to lower hormone levels. It usually affects women between the ages of 45 and 55, but it can happen earlier.
- It affects anyone who has periods.
- Menopause can happen naturally, or for reasons such as surgery to remove the ovaries or the uterus, cancer treatments like chemotherapy, or a genetic reason. Sometimes the reason is unknown.
- Perimenopause is when you have symptoms of menopause but your periods have not stopped. Perimenopause ends and you reach menopause when you have not had a period for 12 months.
- Menopause and perimenopause symptoms can have a big impact on your life, including relationships and work.
- There are things you can do to help with symptoms. There are also medicines that can replace the missing hormones and help relieve your symptoms.

# What are the symptoms?

Menopause and perimenopause symptoms can have a big impact on your daily life, including relationships, social life, family life and work.

It can feel different for everyone. You may have a number of symptoms or none. Symptoms usually start months or years before your periods stop. This is called the perimenopause.

## **Changes to your periods**

The first sign of the perimenopause is usually, but not always, a change in the normal pattern of your periods, for example they become irregular. Eventually you'll stop having periods altogether.

## **Mental health symptoms**

- changes to your mood, like low mood, anxiety, mood swings and low self-esteem
- problems with memory or concentration (brain fog)

## **Physical symptoms**

- hot flushes
- difficulty sleeping
- palpitations, when your heartbeats suddenly become more noticeable
- headaches and migraines that are worse than usual
- muscle aches and joint pains
- changed body shape and weight gain
- skin changes including dry and itchy skin
- reduced sex drive
- vaginal dryness and pain, itching or discomfort during sex
- recurrent urinary tract infections (UTIs)
- sensitive teeth, painful gums or other mouth problems

# How long does it last?

Symptoms can last for months or years and can change with time. For example, hot flushes and night sweats may improve, and then you may develop low mood and anxiety.

Getting advice early can help reduce the impact perimenopause and menopause have on your health, relationships and work.

# How does menopause react with hormonal contraception?

You cannot know for sure you've reached menopause if you're using hormonal contraception like the pill, IUS (hormonal coil), contraceptive implant or contraceptive injection. This is because hormonal contraception can affect your periods.

These methods can make it hard to know when you're no longer ovulating and therefore no longer fertile.

## **Stopping contraception**

You can stop using contraception at the age of 55, as getting pregnant naturally after this is very rare. You'll be advised not to take the combined pill from the age of 50. You can change to a progestogen-only pill or other method of contraception instead.

# How is menopause treated?

## **Treatment for menopause and perimenopause**

The main medicine treatment for menopause and perimenopause symptoms is hormone replacement therapy (HRT), which replaces the hormones that are at low levels.

## **Hormone replacement therapy (HRT)**

HRT is a safe and effective treatment for most going through menopause and perimenopause. HRT involves using oestrogen to replace your body's own levels around the time of the menopause.

## **Benefits of HRT**

The main benefit of HRT is that it can help relieve most menopause and perimenopause symptoms. Taking HRT can also reduce your risk of hormone-related health problems including osteoporosis and heart disease.

# What do you know? (page 5)

1. What is the menopause?

Menopause is when your periods stop due to lower hormone levels.

2. When does the menopause typically start?

45 – 55

3. Give **one** physical symptom of the menopause.

e.g., periods stop, difficulty sleeping, hot flushes...

4. Give **one** mental symptom of the menopause.

e.g., forgetfulness, mood swings, low mood...

5. What is a potential treatment option for the menopause?

Hormone Replacement Therapy (HRT)

# Endpoint Assessment

1. Go back to your Baseline Assessment is there anything else you can add?
2. You are going to take part in an 8-question quiz which covers content from this topic of PSHE.

When marking your answers it's important that you use green pen to tick or cross. If your answer is wrong you must correct it using green pen.

After marking the quiz you should write your score at the bottom.

There will be lots of merits available so try your best!

# Endpoint Assessment

1. What is the legal age of marriage in the UK?
2. True or false? Forced marriage is a criminal offence.
3. Name **one** parental responsibility set out by the UK government.
4. Other than age, name **one** other factor which affects fertility.
5. What is surrogacy?
6. True or false? Abortion is legal in the UK.
7. What is menopause?
8. Give **one** symptom of menopause.

# Endpoint Assessment

1. What is the legal age of marriage in the UK?

18

2. True or false? Forced marriage is a criminal offence. **True**

3. Name **one** parental responsibility set out by the UK government.

Providing a home for the child, disciplining the child, choosing and providing for the child's education, agreeing to the child's medical treatment, naming the child and agreeing to any change of name, protecting and maintain (caring for) the child, looking after the child's property

4. Other than age, name **one** other factor which affects fertility.

STIs, smoking, alcohol, anabolic steroids, other drugs or medicines, weight, environmental factors, stress

5. What is surrogacy?

When a woman carries a baby for another woman who can't carry a baby.

6. True or false? Abortion is legal in the UK. **True**

7. What is menopause?

Menopause is when your periods stop due to lower hormone levels. It usually affects women between the ages of 45 and 55, but it can happen earlier.

8. Give **one** symptom of menopause.

- changes to your mood, like low mood, anxiety, mood swings and low self-esteem
- problems with memory or concentration (brain fog)
- hot flushes
- difficulty sleeping
- palpitations, when your heartbeats suddenly become more noticeable
- headaches and migraines that are worse than usual
- muscle aches and joint pains
- changed body shape and weight gain
- skin changes including dry and itchy skin
- sensitive teeth, painful gums or other mouth problems

**NHS website or your GP**

[www.nhs.uk](http://www.nhs.uk)

**Childline**

[www.childline.org.uk](http://www.childline.org.uk)

0800 1111

**You can also:**

- Speak to a member of staff at school – your Form Tutor, Head of Year or Key Worker. Any member of staff is here to help!
- Send an email to [safe@castle-tmet.uk](mailto:safe@castle-tmet.uk).
- Speak to an adult that you trust – this might be a sibling, a parent or grandparent. As long as this person is trustworthy then it's a good idea!