



HEALTHY BODIES &
EMOTIONAL WELLBEING

Healthy Bodies & Healthy
Futures

Thursday, 04
June 2026

Pregnancy and your health

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To be able to clearly **identify** the main stages of pregnancy

To be able to **explain** how to stay healthy before, during and after pregnancy

To **evaluate** the importance of various factors when considering pregnancy

NEW VOCABULARY

pregnancy, trimester, folic acid, conceive, IVF, adoption, caesarean, post-natal depression



STARTER ACTIVITY

2 minutes






Discuss: Would you like to have children in the future?
Why / why not?

Pregnancy and your health

ASSESSMENT FOR LEARNING

BASELINE CONFIDENCE CHECKER




BEFORE THE LESSON	NOT CONFIDENT		CONFIDENT		VERY CONFIDENT
Knowledge, Skills & Actions	1  2	3  4	5  6	7  8	9  10
I am able to clearly identify the main stages of pregnancy					
I can explain how to stay healthy before, during and after pregnancy					
I can evaluate the importance of various factors when considering pregnancy					



2 Minutes


Complete a baseline assessment of where you think you are at for this lesson


(Discuss or complete sheet)

 I'm not confident at all on this topic

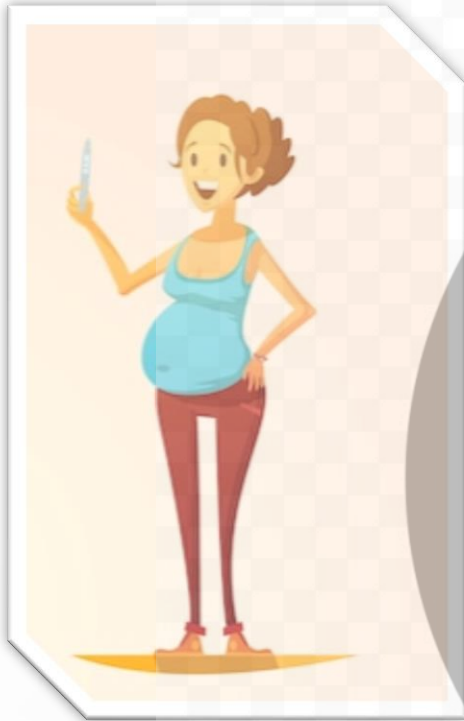
 A little confident

 Confident

 Very confident

 I am super confident on this topic

What is pregnancy?



Pregnancy is the term used to describe the period in which a foetus develops inside a woman's womb or uterus.



Pregnancy occurs when a sperm cell from a male fertilises an egg cell of a female, usually following unprotected sexual intercourse.

If you miss a period, you can check whether you are pregnant by taking a **urine test**

There are 3 stage of pregnancy known as **trimesters**

Pregnancy usually lasts about 40 weeks (around **9 months**)

Healthy behaviours before and during pregnancy



Stop smoking

Smoking has been linked to health problems such as **premature birth, sudden infant death syndrome (SIDS) and miscarriage.**



Cut out alcohol

Alcohol can be passed to the unborn child and lead to a serious long-term condition known as **foetal alcohol spectrum disorder (FASD).**



Take folic acid

You should take a daily 400 microgram supplement of folic acid before you get pregnant (until 12 weeks pregnant) to avoid **neural tube defects** of the foetus.



Healthy weight

Being overweight or obese increases the risk of some **problems during pregnancy.** A balanced diet and regular exercise is recommended.



MMR vaccine

Some infections can harm your baby if caught during pregnancy. An **MMR** vaccine at least 1 month before pregnancy can prevent some of these (e.g. **rubella**).

Pelvic floor exercises

Pelvic floor exercises are recommended **before, during and after** pregnancy to avoid stress incontinence (leaking urine when you cough or sneeze).

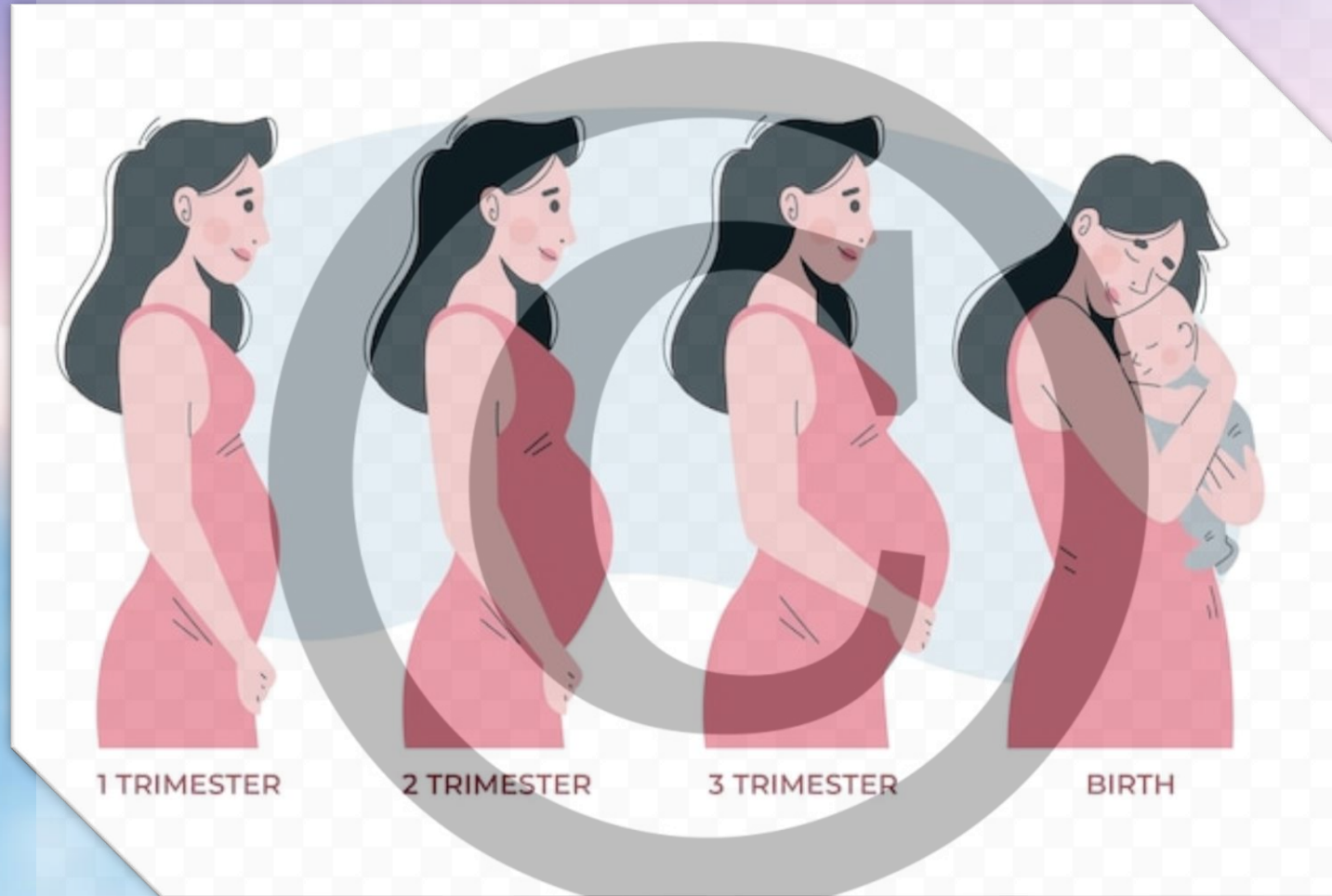
1. Practise squeezing all the muscles in your bottom at the same time, as if you're stopping a poo / stopping the flow of wee.
2. Squeeze and release the muscles quickly 8 times.
3. Then do it slowly 8 times, squeezing the muscles for as long as you can before slowly releasing. Try to count to 10 before releasing.



Activity

Follow your teacher's instructions and have a go!

What happens in each stage of pregnancy?



Tasks

Discuss: What do you already know about the stages above?

What happens in each stage of pregnancy?

First trimester

1st – 12th week

Vital stage where foetus develops organs

First doctor's appointment 6-8 weeks after last period

Highest risk of miscarriage

Significant hormonal changes

Common experiences:

- **Fatigue**
- **Morning sickness**
- **Headaches**
- **Constipation**

Second trimester

13th – 27th week

Early pregnancy symptoms gradually disappear

Abdomen will start to look pregnancy as uterus grows rapidly in size

Ultrasound test between weeks 18-22

Common experiences :

- **Leg cramps**
- **Heartburn**
- **Increased appetite**
- **Backache**

Third trimester

28th week – birth

Regular checks with doctor

Recommended enrolment in a childbirth class to prepare you and your partner for labour and delivery

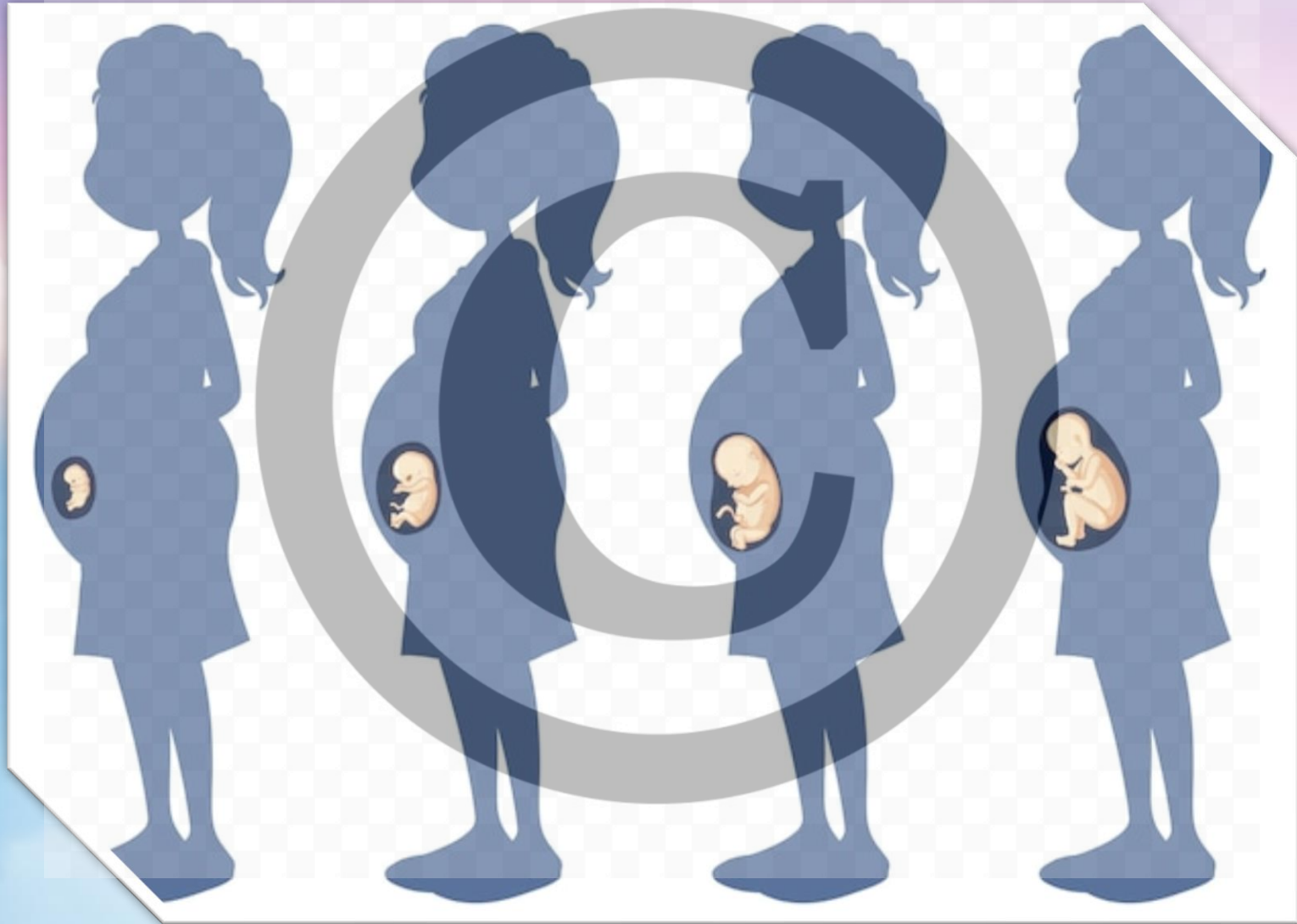
Common experiences :

- **Similar to the second trimester**

DID YOU KNOW?

Full term pregnancy can last anywhere from **37-42 weeks!**

Foetal development (at a glance!)



What are the risks of pregnancy?



Preeclampsia

Preeclampsia is a persistent high blood pressure during a pregnancy (usually the second half).

It is a serious medical condition that can lead to preterm delivery and death.



Post-natal depression

Postnatal depression affects more than 1 in every 10 women within a year of giving birth.

Symptoms include a persistent feeling of sadness, difficulty looking after yourself / your baby, and in some cases thoughts about harming your baby.



Death

Leading causes include:

- heavy bleeding
- high blood pressure
- infection.

Between 2020-2022 the death rate in England was 13.41 per 100,000 maternities.



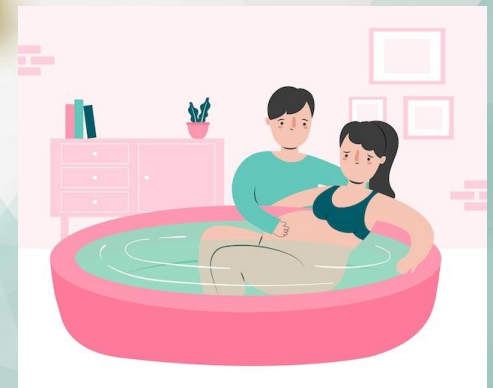
Giving birth

For your assigned birth option(s), research:

- What it is?
- Why might people choose this option?
- What are the risks?

Birth options:

- Natural birth
- Epidural birth
- Water birth
- Caesarean section



Task

Complete the research task assigned by your teacher. After hearing about all four options, discuss which you think would be the most preferable. Be prepared to justify your choice.

Pregnancy



Task

What type of people may struggle or be unable to have a family via natural pregnancy?

Pregnancy

Same-sex couples

Older age

People with a long-term health conditions

Men or women with fertility issues

Single men or women

Why might a natural pregnancy **not** be possible for everyone?

Obesity

Task

What type of people may struggle or be unable to have a family via natural pregnancy?

DID YOU KNOW?

Infertility is when a couple cannot get pregnant (conceive) despite having regular unprotected sex. Around 1 in 7 couples may have difficulty conceiving.

Alternative ways to have children



IVF



Adoption



Surrogacy

In **in vitro fertilisation (IVF)** is a medical procedure whereby an egg is fertilized by sperm in a test tube or elsewhere outside the body

DID YOU KNOW?

There are currently over **80,000** children in the care system in England. In 2023, nearly 3,000 children were adopted.

Surrogacy is a type of adoption arrangement whereby a woman agrees to childbirth on behalf of someone who will become the parent after birth

Teenage pregnancy

Task

Watch the video and discuss the questions in the box in pairs after

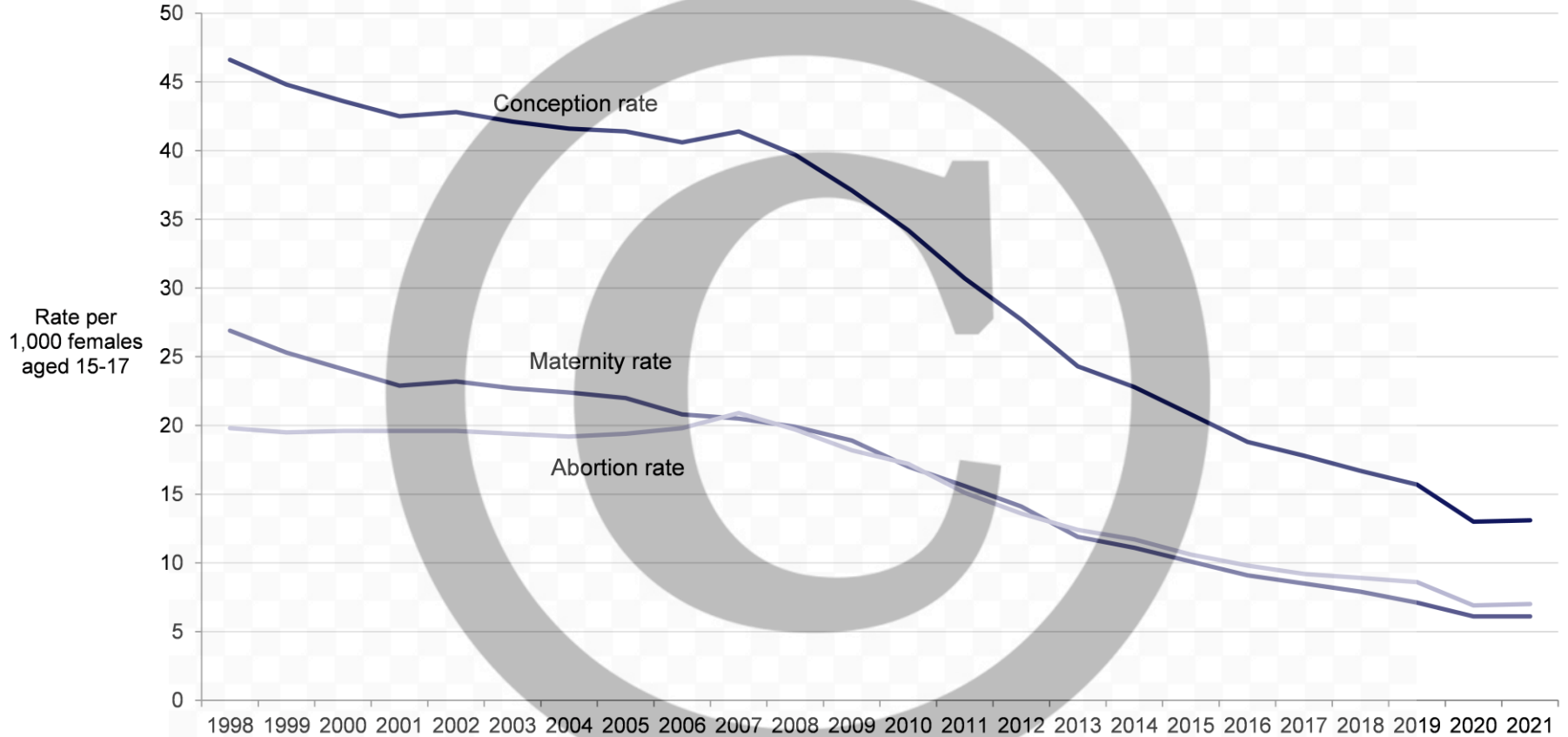
1. What do you think the purpose of this assignment was?
2. What challenges did they face whilst looking after the baby?
3. Do you think all schools should do this activity?
Why / why not?



DID YOU KNOW?

Data by the Office for National Statistics (ONS) show that in England **13.1 per 1,000** young women under-18 became pregnant

Teenage pregnancy in the UK



Task

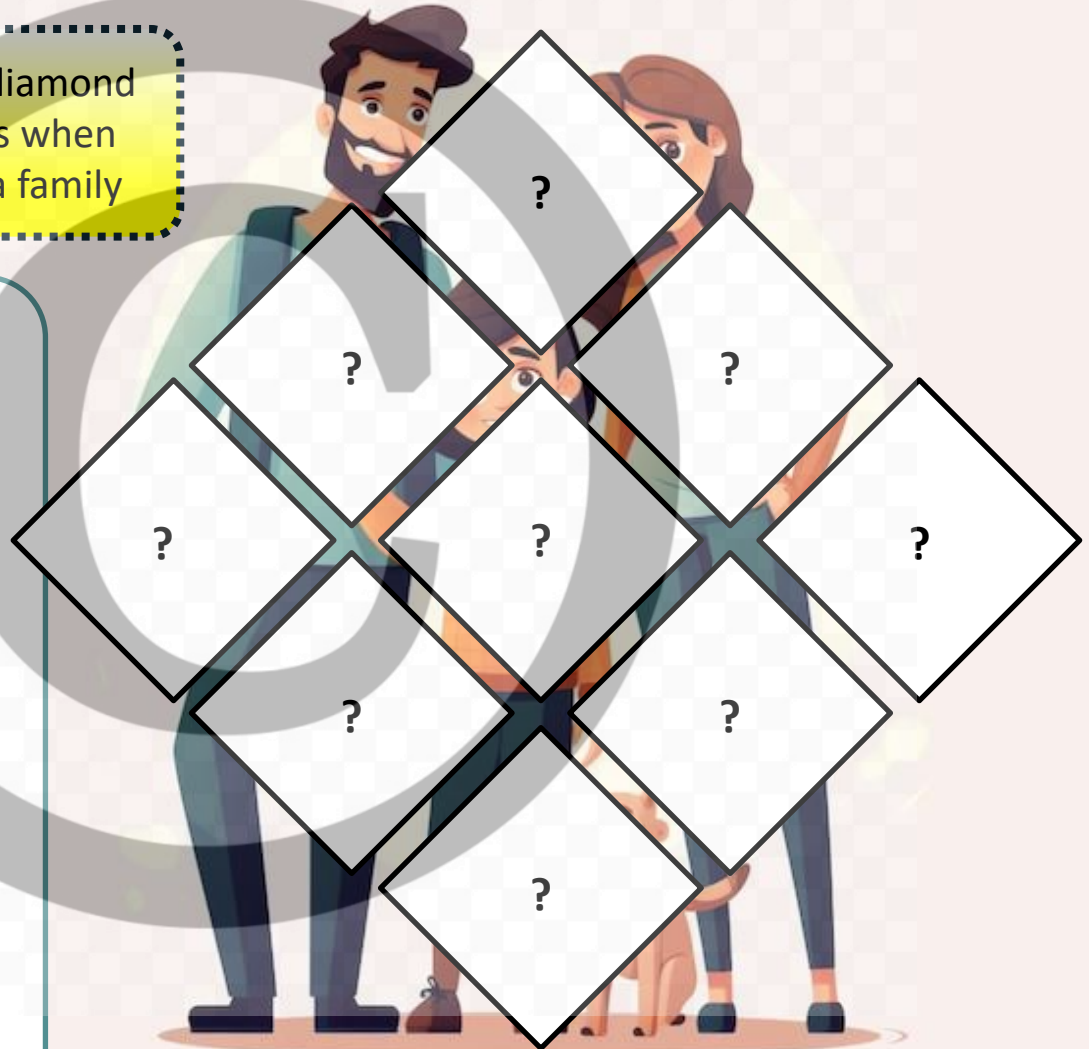
Discuss: What is the trend in the graph above? Why do you think this might be?

Diamond 9: When is a good time to start a family?

Task

Order the 9 diamonds into one big diamond to show the most important factors when deciding on the best time to start a family

- Maturity
- Being in a stable relationship
- Having an education
- Job / financial security
- Experience with children
- Family support
- Physical health
- Mental health
- Owning a home










REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT FOR LEARNING

CONFIDENCE CHECKER




AFTER THE LESSON	NOT CONFIDENT		CONFIDENT		VERY CONFIDENT
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I am able to clearly identify the main stages of pregnancy					
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3 Minutes



Complete the confidence checker of where you think you are at for this lesson
(Discussion or complete sheet)

 I'm not confident at all on this topic

 A little confident

 Confident

 Very confident

 I am super confident on this topic



IMPORTANT INFORMATION



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

<https://www.nhs.uk/pregnancy/trying-for-a-baby/planning-your-pregnancy/>

<https://www.healthline.com/health/pregnancy/calendar#third-trimester>

<https://squeezeyapp.com/>



SEEKING
SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

**Before I only knew...
now I also know...**

**The key words for this lesson
were...**

I'm really proud of the way I have...

Today I have tried to...

**The most important thing I have
learnt today is...**

I used to feel ... but I now feel ...

**Before I would have done...
Now I will ...**

Next lesson I would like to...

**A question I would like to ask
is...**

**I would like to learn more
about...**

**I know if I need further support
or help I could speak to... or
contact...**

**I now know I can supported
others by...**

**One thing I didn't realise was...
this will help me to...**

2 Minutes

