

Report of “the Health Education to Consider the Preciousness of Life II” from the Newsletter of “School Health” by JSSH

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| P2-3 | |
| <p>特集 いのちの大切さを考える健康教育Ⅱ（全5回予定）</p> <p>「いのちの大切さ」視点から考える性に関する教育の在り方 母子愛育会総合母子保健センター 愛育病院 副院長 安達 知子</p> <p>はじめに</p> <p>「いのちの大切さ」は、幼いころより日常生活の中で身近な生き物のいのちからその大切さを考えて育っていくことが望ましい。人として生まれて、豊かで幸せな人生を歩むうえで、いのちの大切さを考えていくことは最も重要なことである。具体的には、子供たち自らが、生まれた時をふりかえり、あるいは母の胎内に宿り、成長してきたことを考えられるように、または、親、家族から愛されて成長してきたことを実感して、自分のいのちがかけがえのないものであるという自尊心を養うことができるようにしたい。</p> <p>子供たちの発達段階に合わせて、いのちの大切さを考える内容は変化し発展する。自分のみならず周囲のいのちを大切に、男女の関係も含めた弱い立場の人を尊重できることは必要で、自分が大切に思っていることを相手に尊重してもらいたいと同様に、相手が大切に思っていること、していることを尊重することができなくて</p> | <p>Special Issue “Health Education to Consider the Preciousness of Life” II（Total of 5 editions planned）</p> <p>The future form of education relating to sexuality which gives consideration to “The Preciousness of Life” Tomoko Adachi, Vice Director, Aiiku Maternal and Child Health Center, Aiiku Hospital</p> <p>Introduction</p> <p>It would be preferable that we think about and nurture the Preciousness of Life during encounters with the familiar living things in our everyday lives from a young age. The most important thing after being born as a human being in leading a rich and happy life is to think about the preciousness of life. Specifically, I hope that we can achieve the sustainment of a sense of self-esteem in children in appreciation of the essential elements of their own lives. This will allow them to reflect on their birth; the time spent in their mother’s wombs and their subsequent growth; and to get a real sense of having grown up with the love of their parents and family.</p> <p>The content involved in consideration of the preciousness of life will be modified and developed in line with a child’s developmental stage. The capacity to hold dear not just oneself and the lives of those around you, but to also respect those in weaker positions than oneself, whether or not they are male or female is required. At the same time as we think about ourselves as precious beings and ask others to</p> |

はならない。これらの考え方や行動を上手に誘導、指導することは養護教諭の重要な仕事の1つである。

ここでは、子供たちが自分たちで「いのちの大切さ」を考えていくためのテーマやことばがけ、健康教育の基礎知識などについて述べる。

1. 自分が生まれてきた日のことを家族に聞いてみよう。

対象が学童期であれば、自分が生まれた状況、その時に家族がどう思ったのか、家族に対しインタビューしてもらおう。自分が赤ちゃんの時の写真を見て、赤ちゃんの自分をどう思ったか、身の回りで赤ちゃんが誕生していれば（弟、妹、動物など）、その時どのように感じたか、感想を書いてもらおう。

2. 生きていることを実感しよう。

どのような時に、生きていることを実感するのか？以前より成長した（大人に近づいた）と感じるときはどのような時なのか？幸せな気持ちになるのはどのような時なのか？親に褒めてもらったのはどのような時なのか？褒めてもらった時にどのように感じたのか？友人と話し合ってみよう。

3. あなたが生まれてきたのは本当に貴重な、極めて稀な確率の賜物。

respect us as such, we must also develop the capacity to respect the opinions and actions of others. The adept induction and instruction in these modes of thought and behaviors are among the important duties of a nursing teacher (YOGO teacher).

At this point, I will describe the themes, choices of wording, and basic knowledge of health education required to have children think for themselves about the “Preciousness of Life.”

1. Ask your family about the day you were born

If your subjects are of school age, have them interview their families about the circumstances of their birth and how their family felt at this time. Have them look at pictures of themselves as babies, and ask how they felt about themselves as such. If there have been any babies born in their immediate sphere (a younger brother, sister, animal, etc.), ask them how they felt at that time. Also have them write about their impressions.

2. Let's get a real sense of being alive

At what kinds of times do you have a real sense that you are alive? At what kinds of times do you get a sense that you have grown (become more adult) compared to how you were before? At what kinds of times are you filled with a sense of happiness? At what kinds of times are you praised by their parents? How did it feel when you received such praise? Talk about this with your friends.

3. You're having been born is truly a rare and precious gift

Explain the phenomenon of reproduction. Explain where each person's life begins

生殖という現象を説明する。男女、雌雄などの配偶子、受精して人間のスタートとなる極めて小さい1つの細胞（受精卵）からの発育の過程を説明し、「大切ないのち」を科学的にも学習する。

ヒトの場合、卵子の直径は0.1mm、真っ黒な紙に縫い針で穴をあけて、その穴を光にかざして、この大きさが、自身のルーツである受精卵の大きさであったことを実感してもらおう。生まれた時の赤ちゃんは身長50cm、今のあなたは？cm。

卵子は、生まれた時から女子の体内の卵巣にあり、約200万個の卵子は、齢を重ねるごとに減少して、50歳頃には消滅する。精子は、卵子と異なり、日々男性の体内の精巣でつくられ、男性の体内から女性の体内に入るのは2億～3億個で、卵子に到達するまで必死に運動し、たった1つの精子だけが卵子と合体して受精卵になる。卵子からは200万分の1、精子からは2億～3億分の1の確率で選ばれた配偶子が1つの細胞（受精卵）をつくり、世界で1つだけのいとおい貴重ないのちとなる。

4. 妊娠・出産のためのしくみ

生きているものは、自分たちの子孫を残すための仕組みを持っている。思春期（8歳頃から17～18歳頃まで）に身体が発育してきて、男女の性ホルモンが産生され、その仕組みが完成するが、これを第二次性徴とよぶ（表1）。人の場合は、女性の体内にその主な仕組みがある。おおよそ1ヵ月の周期で、卵巣から卵子が飛び出す「排卵」や、胎児をはぐくむための子宮の中の環境変化による「月経」がおこる。一方、男性は精子を女性の体内に送るための仕組みがある。

through the process of growth from an extremely tiny single cell (fertilized egg) of the male and female gametes, to learn scientifically about the “Preciousness of Life.”

In humans, the ovum is 0.1 mm in diameter. Open a hole in a dark black piece of paper using a sewing needle, hold a light to that paper, and allow them to get a sense for themselves that this was the size of the fertilized egg from which they originally came. Body length of a newborn baby is 50 cm. How is your height now?

There are around two million ova in the body (ovaries) of a female from birth. As they get older this reduces, and at around age 50 these dissipate completely. Sperms, unlike ova, are made in the testes in the body of men every day, and they struggle with all their might to reach the ovum. Only a single sperm from the 200 to 300 million which enter the female body from the male body combines with the egg to become a fertilized egg. The ovum is the single selection from two million; the sperm from two to three hundred million, to make the single-cell gamete which will become an adorable and precious life unique in the world.

4. Mechanisms of pregnancy/childbirth

All living things have mechanisms to leave behind their own progeny. The body develops at puberty (from age eight to around 17 or 18), and male and female sex hormones are produced and that mechanism is completed. These are called secondary sexual characteristics (Figure 1). In humans, there is a major mechanism for this process in the female body. Ovulation, the phenomenon whereby the ovum is released from the ovaries, as well as menstruation, which occurs due to the changes in the environment of the uterus where the embryo is nurtured, occurring at around one month intervals. Meanwhile there is also a mechanism for the male sperm to be

これらの仕組みを健康に維持することは大切であり、仕組みが正常に機能しなければ、自身が病気になったり辛い思いをするか、妊娠できない状態（不妊）になったり、赤ちゃんにトラブルが生じたりする。性交を持つと、女性の体内に男性から精子が送り込まれ、妊娠する可能性がある。表2に、思春期男女へのアドバイスの留意点を示す。女子の場合は、月経の異常、例えば、無月経や月経困難症、気になる帯下などがあれば、思春期の成長の過程の中の比較的問題のない現象なのか、病気などが隠れているのか、養護教諭に相談できる環境を整備する。

妊娠は順調に経過すれば約10ヵ月間つづき、その間、胎児は女性の胎内（子宮内）で栄養をもらって育ち、約3000gの大きさになって生まれてくる。出産の時には、子宮という筋肉の袋が約半日という長い時間をかけて収縮と弛緩を繰り返し（陣痛）、赤ちゃんは、子宮の中から産道を通して生まれてくるか、状況によって医師が子宮を切開する帝王切開によって生まれてくる。もしも、受精卵や赤ちゃんが上手に成長できなかつたりすると、流産や早産とって、妊娠が中途半端に終了したり、場合によっては、赤ちゃんは亡くなってしまう。流産の確率は10～15%といわれ、妊娠しても生まれるまでのハードルは高い。

delivered to the female body. The healthy maintenance of these mechanisms is important, and if these mechanisms do not function correctly you will get sick and experience unpleasant sensations. You may also be unable to get pregnant (infertile), or problems may occur with the infant. During sexual intercourse, the male releases sperm into the body of the female and there is a chance of pregnancy. In Figure 2, important advice for adolescent males and females to keep in mind is shown. For girls, provide an environment where they can consult with a Nursing Teacher if they experience any menstrual abnormalities. This may involve consultation on comparatively normal phenomenon during the process of adolescent growth or those which may indicate an underlying illness, for example amenorrhea (no period) or dysmenorrhea (menstrual abnormalities), or troubling vaginal discharge.

If pregnancy proceeds normally over the course of approximately 10 months, the fetus is nourished by the female's womb (in utero) and grows. When it reaches around 3000 g birth occurs. During childbirth, a bag of tissue called the uterus repeatedly contracts and relaxes (contractions) over a long period of around half a day. The infant then travels along the birth canal to be born or in some cases is born by caesarian section whereby the obstetrician makes an incision. In cases where the fertilized egg or the baby do not grow well, pregnancy may be interrupted part-way through. This is known as a miscarriage or premature birth. In certain cases, the baby may die during pregnancy. There is said to be a 10-15% rate of miscarriage and even if pregnancy does occur this represents a significant hurdle.

表1 思春期における男女のからだの変化

| 女子のからだ | 男子のからだ |
|-----------------|-----------------|
| ◆からだ全体が丸みをおびてくる | ◆からだ全体ががっしりしてくる |
| ◆乳房発育 | ◆声がわり |
| ◆腋毛、恥毛の発育 | ◆ひげが生えてくる |
| ◆初経発来 | ◆腋毛、恥毛の発育 |
| | ◆精通の経験 |

表2 思春期男女へのアドバイス

- 男子と女子の体とところのつくりが違うこと
- 生き物はすべて自分たちの子孫を残せるように子供をつくる（これを生殖という）行為（事象）があること
- ヒトでは子供を育む構造が女性の体に作られていること
- 思春期にこの構造が完成していくこと
- 月経は女性の中心となる現象で、大人の女性になった証であるため、月経を前向きにとらえること
- 月経には個人差があり、種々の症状を伴いやすいこと
- 長い期間周期的に経験する月経と上手に付き合うこと
- 男女ともに生殖にかかわるしくみを健康に維持すること
- 生殖には年齢に限りがある一方、まだ思春期よりも成長した将来の時期にあること、等

Figure 1. Changes in male and female bodies during adolescence

| Female bodies | Male bodies |
|--------------------------------------|----------------------------------|
| ◆Entire body becomes more curvaceous | ◆Entire body becomes more sturdy |
| ◆Breasts develop | ◆Voice changes |
| ◆Underarm and pubic hair grows | ◆Facial hair growth |
| ◆Menarche (first period) occurs | ◆Underarm and pubic hair |
| | ◆Experience first ejaculation |

Figure 2. Advice to male and female adolescents

- The bodies and minds of males and females are different
- All living things have behaviors (phenomenon) which are intended to create babies (called reproduction) and leave behind their own progeny
- In humans, this structure used to bear children is found in the bodies of females
- This structure becomes complete in adolescence
- Menstruation is a phenomenon exclusive to females. It is evidence that the female has become an adult, meaning that a period is something to be positively embraced
- There are individual variations in every female's periods and they can easily be accompanied by a variety of symptoms
- Work with the period experienced cyclically every month over a long period of time
- Both males and females must maintain the health of the mechanisms which are involved in reproduction
- There are age limits by which reproduction will occur. However, this is in a future period of time long after one has grown beyond adolescence, etc.

5. 親になること、子育てすること

人の赤ちゃんは生まれて1年以上、自分で立つことも、食事をとることもできない。親やまわりの保護者がいろいろな世話をし、生きる知恵をさずけ、教育を行い、愛情をたくさん注いでくれて、子供たちは長い年月をかけて大人になる。思春期のあなたはまだ大人になっていない。もしも今、性交を持ったら？一定の割合で妊娠する。残念ながら一定の割合で性感染症を起こすかもしれない。出産したら？親になったら？どのようなことが起きるのか、皆で考えてみよう。今の生活は？勉強は？進学は？生活力は？人間力は？将来の夢は？何より望まれないで生まれた子供は、自身のことを大切のないのちであると考えられるであろうか？すべての子供たちが望まれて生まれ、自尊心を育て、元気に育っていただきたい。

6. 望まない妊娠・出産をしないために、何ができるのだろうか。

望まない妊娠の結果を表3に示す。望まない妊娠を防ぐためには、まずは、性交を持てば妊娠はおこりうること、性交を持ってから来るべき次回の月経が遅れているようなら、妊娠の可能性が高いことを理解する。性交を持たない選択は重要であり、それがどうしても無理ならば、しっかり確実な避妊を行う。

もしかして妊娠したかもしれないと考えたら、尿から検査する妊娠検査薬を薬局で購入して判断する。もしも妊娠していたのならば産婦人科を受診し、正常な妊娠なのか診断を受ける必要がある。妊

5. Becoming a parent, raising children

For more than a year after birth, a baby is unable to stand on their own or to feed themselves. They rely on their parents and various guardians in their surroundings, and are imparted with the knowledge needed to live. Then, once they have been educated and given lots of love over a long period of months and years, this child can become an adult. You as adolescents have yet to become adults. If some of you were to begin having sex? A given proportion of you would fall pregnant. Unfortunately, a certain percentage of you may also get sexually transmitted diseases. What if you got pregnant? What if you became a parent? Each of you must think about what kinds of things would happen. Your current lifestyle? Your studies? Your further schooling? Your capacity to make a living? Your personal development? Your future dreams? Above all, would a child, born from an unwanted pregnancy, be able to think of his/her life as precious? I hope that each child to be born wanted, and raised with self-respect, and happily.

6. Is it possible to avoid unwanted pregnancy/childbirth?

The results of unwanted pregnancies are shown in Figure 3. In order to avoid unwanted pregnancy, first realize that there is a possibility that pregnancy will occur if you have sex. Understand that there is a high chance that pregnancy has occurred if it seems that one's next menstruation does not come at the time when it should be after having sex. Not having sex is thus an important choice. If for whatever reason sex is unavoidable, take certain and reliable birth control measures.

If you think that you may be pregnant, you can buy a pregnancy kit in a pharmacy and confirm this with a urine test. If you find out that you are pregnant, it

妊娠検査薬の購入にも産婦人科受診にも金銭的な負担がある。速やかに信頼できる大人、できれば家族、無理なら養護教諭に相談するよう指導する。力になってくれる、と子供たちに信頼される関係を作り、相談しやすい環境を整備することは重要である。また、無防備な性交を持った際には、緊急避妊の方法で、望まない妊娠をかなりの確率で回避できることを伝えておく必要もある。

人工妊娠中絶に対しては、その決定や行為を受け止めてあげることが必要で、妊娠 22 週になればその手術は受けられないこと、できれば手術は妊娠早期のからだに負担のない時期に受けるようにすることが必要である。また、万一 22 週を過ぎていれば出産しなければならないが、自身や家族が育てられない時に、子供を育てる他の方法があることも情報提供する必要がある。また、次の妊娠では幸せな出産ができるように、大切ないのちの誕生と考えられるように、妊娠を望まない期間はしっかり確実な避妊をするようにアドバイスを行っていただきたい。

is necessary to undergo an examination at an obstetrics and gynecology unit, and have a formal diagnosis of pregnancy. Both buying a pregnancy kit and undergoing an examination at an obstetrics and gynecology unit imply financial burdens. Promptly consult and receive guidance from a trustworthy adult, preferably a family member, or if this is not possible, a nursing teacher (YOGO teacher). It is important to provide an environment in which you can be of assistance and create trust relationships whereby children can feel at ease in consulting. It is also necessary to convey that if you have had unprotected sex, an emergency form of contraception which allows a fairly high degree of avoiding pregnancy is available.

As it is necessary to deal with the decision and act itself, and because an abortion cannot be completed after the 22nd week of pregnancy, if possible the operation must be completed at an early stage of pregnancy to minimize the burden on the body. It is also necessary to convey information that there are means to have children raised by others if they or their families are unable to do so, as birth must proceed after the 22nd week of pregnancy. Also, you should advise on the necessity for certain and reliable contraceptive measures to avoid pregnancy at an inopportune time, so that the birth will be a happy event the next time pregnancy occurs, and that they will be able to reflect on the fact that the life they are bringing into the world is precious.

表3 思春期の望まない妊娠の結果は？

- 人工妊娠中絶
 - 出産→ 乳児院・里子へ出す場合も
 - 学業の中断（退学/ 停学）
 - パートナーとの関係の悪化/ 離別
 - 体とこころの痛手
- ▶
- 望まれないで
生まれてきた子は
虐待のリスク**

おわりに

中学生、高校生となって、異性を好きになれば、徐々に二人の関係が深まることは予想される。デートDVなど、恋愛と性暴力の境が分かりづらいこともある。男性と女性の体とこころの違いを理解する、とくに小さい、弱い立場の相手を尊重する姿勢などが、大切なのちの教育の延長にあることを理解することが必要である。

Figure 3. What are the results from unwanted adolescent pregnancies?

- Abortion
 - Childbirth → Sending child to a public facility for the care of infants who cannot be cared for at home or to a foster home
 - Discontinuation of schooling (withdrawal from/suspension of schooling)
 - Deterioration of relationship with/separation from partner
 - Heavy mental and physical blow
- ▶
- Children who have
been born in unwanted
circumstances are
at risk of abuse**

Conclusion

If you become romantically involved after becoming a junior high or high school student, it can be anticipated that your relationship will gradually become more profound. There are areas in which it is difficult to distinguish between love and sexual violence, including dating violence. Understanding the differences between the bodies and minds of girls and boys, and in particular having attitudes which respect the small and weak status of others, is necessary for the will to extend a precious life.