



## Content Outline / 5th Grade Boys

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- I. Introductions
- II. “Private” versus “secret” information
- III. Puberty:
  - A. What is it?
  - B. When does it occur?
  - C. Where and how does it begin?
  - D. What is its purpose?
- IV. What to expect:
  - A. Physical changes
    - 1. Extremities grow first
    - 2. Then core growth begins (growth spurt)
    - 3. Natural muscle growth
    - 4. Hair growth
    - 5. Body odor and how to manage it
    - 6. Acne and how to minimize/manage it
    - 7. Voice changes
    - 8. Facial bone structure changes
  - B. Emotional changes
    - 1. Reasons:
      - a) Hormonal
      - b) Developmental/social
  - C. Social changes
    - 1. Crushes may become more intense
    - 2. Risk-taking to improve social status

- a) Positive and negative peer pressure
- D. Behavioral changes
  - 1. List of daily routines becomes longer

#### V. The importance of healthy role models

#### VI. The “Plenty Of’s” for puberty:

- A. Sleep
- B. Nutrition / High quality “fuel”
- C. Exercise / Activity
- D. Balance
  - 1. Family
  - 2. Friends
  - 3. Privacy
- E. Responsibility
- F. Kindness

#### VII. The Basics of Reproduction

- A. Male and female reproductive anatomy
- B. Circumcision
- C. Erections
  - 1. What are they?
  - 2. How do they happen?
  - 3. Why do they happen?
- D. The big change in puberty for boys:
  - 1. The production of sperm
  - 2. Ejaculation
    - a) What is it?
    - b) Three ways a male ejaculates:
      - (1) Wet dreams
      - (2) Masturbation
      - (3) Sexual intercourse/activity
- E. The Baby Formula
  - 1. one sperm cell + one egg cell = a baby
- F. Girls and puberty: what’s the same and what’s different
  - 1. “Having your period” / Menstruation
- G. How do the sperm and the egg meet?

1. The purposes of sex: reproduction, expression of love/emotional intimacy

H. Where do babies grow?

I. Prenatal development

J. How are babies born: The Story of Birth

#### VIII. Questions and Answers

A. The boys will have notecards on which to write anonymous questions for Dr. Miller to answer