



7th/8th Grade

I. Introductions

II. “Private” versus “secret” reminder

III. Puberty Check-In:

A. What are you noticing about your development?

1. Physical changes
 - a) How do friends, family, media, society, and culture influence self-concept and body image?
2. Emotional changes
 - a) Managing the ups and downs of early adolescence
 - b) Coping tips for difficult emotions
 - c) What are some of the triggers or scenarios that lead to difficult emotions?
3. Social changes
 - a) Managing peer pressure
 - b) Fitting in without sacrificing who you are or your values
4. Behavioral changes
 - a) How are you handling the gradual added responsibilities of early adolescence?
5. Gender identity and sexual orientation
 - a) The difference between gender identity, gender expression, and sexual orientation
 - (1) What external influences have an impact on attitudes about gender, sexual orientation, and gender identity?

6. Gender roles
 - (1) Is there a range?
 - (2) How are these roles formed and how do they change?
 - (3) Do you agree with them? If not, how do you challenge them?
7. Moral/ethical development

IV. The “Plenty Of’s” for puberty (quick review and check-in):

- A. Sleep
 1. How is this best achieved, especially with current technologies?
 2. What is a good definition of “sleep hygiene”?
- B. Nutrition/high quality fuel
- C. Exercise/activity
- D. Balance
 1. Family
 2. Friends
 3. Privacy
- E. Responsibility
- F. Kindness and tolerance
 1. Emphasize and discuss the importance of, at a minimum, tolerating (even celebrating) differences
 - a) Discuss all of the ways in which others can be different than us
 - b) Why might we be intolerant to difference?

V. Reproduction | Pregnancy | Sexual Desire/Urges

- A. Review of male and female reproductive anatomy/function
- B. Review of the big changes for both boys and girls during puberty
 1. Boys: production of sperm cells
 - a) ejaculation: three ways it happens (quick review)
 - (1) Wet dream
 - (2) Masturbation
 - (3) Sexual activity
 2. Girls: release of egg cells (usually once per month) and menstruation (“getting your period”)
- C. What is sex, sexual intercourse?
 1. What is the purpose of sexual intercourse?
 - a) Reproduction
 - b) Expression of love for partner

2. How does a female know she is pregnant?
 3. What makes you unique
 - a) Brief explanation of genetics and chromosomes
 - D. Sexual desire / urges
 1. How do we understand this and how do we manage such urges?
 - a) Masturbation?
 - b) Channeling that energy into something else?
 - c) Becoming sexually active (the least healthy choice for young teenagers for multiple reasons)
 - E. Reproductive Health | General Health and Well Being
 1. Testicular Self-Exam
 - a) What is it?
 - b) How is it done?
 - c) Why is it important?
- VI. Birth control / contraception (preventing pregnancy by not allowing the sperm cell and the egg cell to meet inside the female)
- A. Abstinence (100% effective)
 - B. Postponement
 - C. Condoms (98% effective when used correctly)
 1. Demonstration of how condoms are properly used
 - D. Female condoms
 - E. Birth control pills (99% effective)
 1. Other hormone-based methods (shot, patch, implant under arm) (91-99% effective)
 - F. IUDs (99% effective when used properly)
 - G. Diaphragm and other vaginal barriers (79-88% effective)
 - H. Surgery / sterilization
 1. Tubal ligation / “tubes tied” (>99% effective)
 2. Vasectomy (>99% effective)
 - I. Withdrawal (“pulling out”)
 - J. Rhythm method (76% effective)
 - K. Emergency contraception (pills taken up to 5 days after intercourse) (>99% effective)

BREAK

VII. Sexual Transmitted Diseases (STDs)

- A. Broad definition of STDs
- B. How they are and are not transmitted
 - 1. Discuss the best ways to protect oneself from getting an STD
- C. Examine how certain behaviors determine the potential risk of STD transmission (i.e., risk factors)
 - 1. Include the impact of alcohol and other drugs on safer sexual decision-making and sexual behaviors

VIII. Termination of pregnancy / Abortion

- A. What is it?
- B. The differing viewpoints

IX. Pornography

- A. Understanding what it really is
- B. Understanding its effects on you as a young man and the best way in which you can think about it
- C. Respecting Girls / Women
 - 1. understanding that one of the most important ways to be a man is to respect girls and women
 - 2. How do you show this respect?
 - 3. How do you not?

X. Questions and Answers

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