



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