



The outline below is in part guided by the National Sexuality Education Standards that were developed in 2011 to provide effective, comprehensive sexuality education to young people. There are topics that might elicit discomfort for some parents, but it is important to remember that Dr. Miller's role is to provide accurate information to the boys without bias or an agenda. For instance, the topics that parents report bring up the most discomfort are masturbation, birth control (specifically, the demonstration of how condoms work), sexual orientation/gender identity, and abortion. Again, please remember that Dr. Miller meets with the boys to inform them about what these topics actually are and the differing viewpoints associated with them. Importantly, Dr. Miller encourages the boys to discuss these topics with their parents to learn about their parents' views on such topics. However, avoiding educating the boys about these topics or concepts do them a disservice. Dr. Miller is well aware of differing and strongly-held opinions about these topics and will teach the boys about them with care and respect.

## **9th/10th Grade**

### I. Introductions

### II. "Private" versus "secret" reminder

### III. Puberty Check-In:

#### A. What are you noticing about your development?

##### 1. Physical changes:

- a) General body growth (muscles, height, weight)
  - b) Acne
  - c) Body odor
  - d) Hair growth
  - e) Voice changes
- ##### 2. Emotional changes

- a) Worries and feeling overly sensitive
  - b) Looking for an identity: who am I?
  - c) Feeling uncertain about the transition from childhood to young adulthood
  - d) Mood swings
  - e) Conflicting thoughts about growing up
  - f) Feeling self-conscious
  - g) Getting sexual feelings
  - h) Managing the social and emotional ups and downs of early adolescence
    - (1) coping tips for difficult emotions
    - (2) what are some of the triggers or scenarios that lead to intense 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?

IV. The “Plenty Of’s” for puberty (review and quick 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. Sexual Orientation and Gender Identity

### A. Heterosexuality, homosexuality, and bisexuality:

1. Definitions, prevalence, discrimination
2. Words that are commonly used during middle school that hurt and divide

### B. Gender identity

1. Basic definition, prevalence, discrimination

### C. Gender roles

1. What are they?
2. How are they established?
3. The range of gender roles in today's society

## VI. Reproduction I Pregnancy

### A. Review of male and female reproductive anatomy/function

### B. Male reproductive health I well being

#### 1. Testicular Self-Exam:

- a) What is it?
- b) How is it performed?
- c) Why is it important?

### C. 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")

- a) How girls manage their periods:
  - (1) Tampons (boys are shown how a tampon works)
  - (2) Sanitary pads (boys are shown how pads work)

### D. The Baby Formula (review)

1. One sperm cell + one egg cell = a baby

### E. What is sex, sexual intercourse?

### F. How does a female know she is pregnant?

### G. Pregnancy: A Synopsis (video)

### H. What makes you unique?

- a) brief explanation of genetics and chromosomes

### I. What is the purpose of sexual intercourse?

- a) Reproduction
- b) Expression of love for partner
- c) Pleasure

## BREAK

### VII. Birth control | Contraception (preventing pregnancy by not allowing the sperm cell and the egg cell to meet inside the female)

#### A. Reasons why people use birth control

#### B. Specific birth control methods:

1. Abstinence and postponement (100% effective)
2. Birth control pills (99% effective)
  - a) Other hormone-based methods (shot, patch, implant under arm) (91-99% effective)
3. Condoms (98% effective when used correctly)
  - a) Demonstration of how condoms are properly used
4. IUDs (99% effective when used properly)
5. Vaginal barriers (79-88% effective)
6. Surgery / sterilization
  - a) hysterectomy / "tubes tied" (>99% effective)
  - b) vasectomy (>99% effective)
7. Withdrawal (pull-out) method (78% effective)
8. Rhythm method (76% effective)
9. Emergency contraception (pills taken up to 5 days after intercourse) (>99% effective)

### VIII. 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

1. Including the impact of alcohol and other drugs on safer sexual decision-making and sexual behaviors

### IX. Termination of pregnancy / abortion

#### A. What is it?

#### B. Prevalence

- C. Why have an abortion?
- D. The differing viewpoints (pro-life and pro-choice)
- E. Spontaneous abortion (miscarriage)

X. Respecting girls / women

1. Understanding media messages about girls
2. How to demonstrate proper respect
3. Why is this important?

XI. Questions and answers

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