



Content Outline
4th-6th Grade Boys

I. Introductions

II. The Importance of Privacy

- A. Discuss with the boys and caregivers that the information learned should be discussed privately with each other, not with younger children (including younger siblings) or even same-aged peers who aren't in attendance

III. A Quick Word to Caregivers

- A. What's is Dr. Miller's role as an educator
- B. What is your role and a parent/caregiver?
- C. What does the research say about the benefits of talking to your children about sex throughout their youth and adolescence?

IV. Healthy Curiosity and How Children Get Their Questions Answered

V. Puberty:

- A. What is it?
- B. When does it occur for biological males and females?
- C. What is its overall purpose?
- D. Where and how does it begin?
 - 1. The role of hormones
- E. What are the two primary jobs of the testicles for males and the ovaries for females?

VI. 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
 - a) Deodorant
 - b) Daily showering
6. Sweaty feet and how to manage stinky feet
7. Acne and how to minimize/manage it
 - a) Healthy skin care
8. Voice changes (deepening and cracking)
9. Facial bone structure changes (and facial features mature and become more adult-like)

B. Emotional changes

1. Reasons for mood swings:
 - a) Hormonal
 - b) Developmental/social

C. Social changes

1. Crushes may become more intense

D. Behavioral changes

1. The list of daily behaviors/routines becomes longer

VII. The importance of healthy role models

VIII. The “Plenty Of’s” for puberty:

A. Sleep

B. Nutrition / High Quality “Fuel”

C. Exercise / Being Active

D. Balance:

1. Family
2. Friends
3. Privacy

E. Responsibility

F. Kindness

BREAK

IX. Body Science

- A. Male and female reproductive anatomy
- B. Circumcision
- C. Erections
 - 1. What are they?
 - 2. How do they happen (the mechanics of an erection)?
 - 3. Why do they happen?
- D. The big change in puberty for boys:
 - 1. The production of sperm cells
 - 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 + uterus can lead to at least one baby
- F. Girls and puberty: what's the same and what's different
 - 1. "Having your period" / Menstruation
 - 2. How females manage their periods
- G. How do the sperm and the egg meet?
 - 1. The purposes of sex: reproduction, expression of love/emotional and physical intimacy, experience of pleasure
- H. Twins (how are they made?)
 - 1. Fraternal and identical
- I. Where do embryos, fetuses, and then babies grow?
- J. Prenatal development
- K. How are babies born: The Story of Birth
 - 1. Vaginal delivery
 - 2. C-section delivery

X. Menopause

- A. What is it?
- B. What is its connection to menstruation and pregnancy?

XI. Questions and Answers

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

XII. Parent/caregiver exercise