



The outline below is in part guided by the National Sexuality Education Standards that were originally developed in 2011 (and then updated in 2020) 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, during this second BIG Talk, the topics that tend to bring up the most discomfort for parents are masturbation, birth control (specifically, the demonstration of how condoms work), the different types of sex and sexual activity, and pornography.

Again, please remember that Dr. Miller meets with the boys to provide the medically-accurate and research-based data without judgment or insertion of his own values. Rather, 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.

## **BIG Talk #2 for Boys 7th/8th Grade Content Outline**

- I. Introductions
- II. The Importance of Privacy
  - A. Quick reminder to boys about the importance of keeping this information private (especially as it relates to younger siblings and children)
- III. A Reminder About Curiosity and Getting Questions Answered in the Healthiest Way Possible

#### IV. Puberty Check-In & Review

##### 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) Mood swings
  - b) Peer pressure (both positive and negative)
  - c) Conflicting thoughts about growing up
  - d) Feeling self-conscious
  - e) Getting sexual feelings
    - (1) The gradual emergence of sexual maturation
3. Behavioral changes
  - a) How are you handling the gradual, added responsibilities of early adolescence in the following areas:
    - (1) Home
    - (2) School (academically and behaviorally)
    - (3) Social world (What kind of a friend are you? How do others view you? How do you want to be viewed?)
    - (4) Self-care (Are you taking good physical and emotional care of yourself?)
    - (5) Community (Are you being a “good citizen” by following basic rules, volunteering and helping others?)

##### V. 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 Acceptance

1. Emphasize and discuss the importance of, at a minimum, tolerating (even celebrating) differences
  - a) Discuss the different ways in which others can be different

## VI. Anatomy | Reproduction | Pregnancy

### A. Review (with added detail) of biological male and female reproductive anatomy/function

### B. Review of the big changes for both biological males and females during puberty

#### 1. Males: production of sperm cells

##### a) Ejaculation: three ways it happens (quick review)

- (1) Wet dream
- (2) Masturbation
- (3) Sexual activity

##### b) Quick word about pre-ejaculate fluid (this will be relevant for their later learning about pregnancy prevention and STI transmission)

#### 2. Females: release of egg cells/ovulation (usually once per month) and menstruation (“getting your period”)

##### a) How females manage their periods:

- (1) Tampons (boys are shown how a tampon works)
- (2) Sanitary pads (boys are shown how pads work)
- (3) Menstrual cups

### C. The Baby Formula (review)

1. One sperm cell + one egg cell + uterus can lead to (at least) one baby

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

### E. Different ways to get pregnant (male/female vaginal intercourse, IVF, artificial insemination, egg/sperm donation, adoption)(video)

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

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

- a) Reproduction
- b) Expression of love for partner
- c) Pleasure
- d) Physical, emotional, relational intimacy
- e) Others?

## BREAK

### VII. Sex, Sexual Activity, Physical Intimacy

- A. Different types of sex
- B. Different types of sexual activity
- C. Different types of ways to be physically close (without being sexual)
- D. How each of the above relate to pregnancy, STI transmission

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

- A. Different methods: barrier vs. hormonal/chemical vs. surgical vs. timing
- B. Reasons why people use birth control
- C. Specific birth control methods (statistical effectiveness to be discussed for each):
  - 1. Abstinence and postponement
  - 2. Birth control pills
    - a) Other hormone-based methods (shot, patch, implant under arm, ring)
  - 3. Condoms (male and female/internal)
    - a) Demonstration of how male condoms are properly used
  - 4. IUDs
    - a) Copper (hormone-free)
    - b) Hormonal
  - 5. Vaginal barriers
    - a) Diaphragm
    - b) Cervical cap
    - c) Sponge
  - 6. Surgery / sterilization
    - a) Female: tubal ligation / “tubes tied”
    - b) Male: vasectomy
  - 7. Withdrawal (pull-out) method
  - 8. Rhythm “calendar” method
  - 9. Emergency contraception
    - a) Pills taken up to 5 days after intercourse
    - b) Copper IUD

### IX. Sexual Transmitted Infections/Diseases (STIs/STDs)

- A. Broad definition of STIs
- B. How common are they?
- C. How are they transmitted?
  - 1. Risk factors
  - 2. Protective factors
    - a) Discuss the best ways to protect oneself from giving or getting an STI/STD

#### X. Pornography

- A. Normalizing curiosity about sex but...
  - 1. Satisfying it in healthy ways
- B. The “unreality” of pornography
- C. Unhealthy messages pornography sends
- D. How pornography and real life sex are different
- E. Other potential negative effects of watching porn

#### XI. Respecting Yourself and Others

#### XII. Questions and answers

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

#### XIII. Brief parent exercise