



The BIG Talks for Boys:

Content Outline: 4th–6th Grade Boys

Introductions

The Importance of Privacy

Respecting and having healthy boundaries for the important information about puberty and reproduction that is learned.

A Quick Word to Caregivers

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

A Word About Healthy Curiosity and Questions

The best (and worst) ways kids and teens get their questions about sex answered.

Puberty Basics

- What it is, and how and where it begins
- When it typically starts for both biological males and females
- Why all humans experience puberty (i.e., its purpose)
- The role of the testicles and ovaries

What to Expect

Physical (Body) Changes

The growth of extremities and core • Growth spurts • Natural muscle development • Hair growth • Voice changes • Body odor • Stinky feet • Pimples • Daily hygiene and self-care

Emotional Changes

Mood swings and why they happen • Difficult emotions and how to handle them • Crushes and attraction to others

Social Changes

The importance of developing friendships • Emerging attractions and crushes • Staying connected to family • Fitting in and staying true to yourself and your values

Behavioral Changes

Developing new routines in behavior (with guidance from trusted adults and healthy role models)

The Puberty “Plenty Of’s”

The importance of getting or having plenty of:

- Sleep
- Nutrition & Maintaining a Healthy Diet
- Exercise & Physical Activity
- Balance (with family/friends/privacy)
- Responsibility
- Kindness & Tolerance Toward Others

BREAK

Reproductive Anatomy | Body Science | Reproduction

- Biological male and female reproductive anatomy
- Circumcision
- Erections (definition and mechanics)
- Production of sperm cells | Ejaculation
 - The three ways males ejaculate sperm cells
- Biological Girls & Puberty
 - What’s similar and different?
 - Menstruation (“Getting your period”)
- Sexual intercourse (How the sperm cell and egg cell most commonly meet)
- How twins are made
- Prenatal development (Where and how do babies grow?)
- The Story of Birth (vaginal and C-section deliveries)

Menopause

What it means related to reproduction and menstruation

Questions and Answers

All anonymous questions written on note cards and placed in the question box during the talk are gathered, and Dr. Miller reads and (hopefully!) answers. Additional questions are asked by the boys if they have more.

Parent/Caregiver Exercise

Parents and caregivers close out the talk by writing positive, anonymous messages to their sons that will then be read aloud by Dr. Miller to the group.