

The Boys' Institute for Growth



The BIG Talks for Boys:

Content Outline: 7th-8th Grade Boys

Introductions

The Importance of Privacy (A Quick Reminder)

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

Back To Basics: A Puberty Check-In & Review

Physical (Body) Changes

The growth of extremities and core • Growth spurts • Hair growth • Voice changes • Body odor • Stinky feet • Pimples • The importance of daily hygiene and self-care routines

Emotional Changes

Mood swings and coping with emotions • Conflicting thoughts about “growing up” • Feeling self-conscious • Getting sexual feelings

Social Changes

The importance of maintaining healthy friendships • Attractions, crushes, and relationships • Staying connected to family • Fitting in and navigating various forms of peer pressure

Behavioral Changes

Creating routines (with guidance from trusted adults) that promote growth at home, school, and in the community and with friends and yourself (self-care)

The Puberty “Plenty Of’s” (Relevant Review)

Given that many (not all) of the boys have begun puberty, the ongoing importance of getting or having plenty of:

- Sleep
- Nutrition & Maintaining a Healthy Diet
- Exercise & Physical Activity
- Balance (with family/friends/privacy)
- Responsibility (at home, school, with friends and self, in the community)
- Kindness & Tolerance Toward Others

Reproductive Anatomy | Body Science | Reproduction (A More Detailed Review)

- Biological male and female reproductive anatomy
- Production of sperms cells and ejaculation
- Menstruation and period management; understanding the menstrual cycle
- Pregnancy: different ways it can happen; ways to tell if you're pregnant; video synopsis of pregnancy
- The purposes of sexual intercourse

BREAK

Sex, Sexual Activity, and Physical Intimacy

Defining the different types of sex and sexual activity, as well as other ways to be physically close to someone (and their connections to pregnancy and STIs/STDs)

Birth Control | Contraception

Introduction to all forms of birth control (barrier, hormonal, timing, and emergency methods) and their effectiveness

Sexually-Transmitted Infections and Diseases

Introduction to STIs/STDs; Prevalence; Transmission; Risk and Protective Factors

Pornography & Its Impacts

Respecting Yourself and Others

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.