



Resources

The BIG Talks for Boys:

Questions You Can Ask Your Parents/Trusted Adults

Beginning Puberty:

1. When did you start puberty? Were you early, average, or late in starting?
2. Do you remember the first signs? What were they?

Talking with others about puberty:

1. Did you ever talk to your parents or a trusted adult about puberty and sex?
2. If not, how did you learn about it?
3. Did you talk to your friends about it?

Physical Changes:

1. Was your acne mild, medium, or more extreme when you went through puberty? How did you take care of your skin? Did you have a good routine?
2. Did you have growing pains during puberty? Where on your body?
3. Mom (or female role model), when did you get your first period?
4. Mom (or female role model), do you use a tampon, sanitary pad, or another method?
5. Dad (or male role model), did you ever have wet dreams as a teenager? Do you ever have them now?
6. Dad (or male role model), when did you start shaving? Do you use/like the electric razor or regular blade?
7. Dad (or male role model), did your voice crack when it started to get deeper?

My Birth:

1. Was I born through the vagina or by C-section? If C-section, how come? Was I born head first or feet first?
2. How long did mom push? How much did I weigh when I was born? Was I born before, at, or after 40 weeks?
3. Dad (or partner), were you in the room when I was born? What was it like?
4. Dad (or partner), did you cut my umbilical cord? What was that like?

Other Questions:

1. What are your thoughts and opinions about masturbation?
2. What were some exciting things about going through puberty? What were some hard things?
3. What are some other “Plenty Of’s” I can focus on during puberty?

Think of any other questions now or in the future you want to ask your parents and don’t be afraid to ask!