



The BIG Talks for Boys:

Content Outline:

9th-Grade Boys

Welcome Back and Getting Reacquainted

The Importance of Ongoing Conversations and Connection with Your Go-To, Trusted Adults

Rapid Fire Review

Puberty

Physical, emotional, social, and behavioral changes; the importance of taking good care of your body, brain, emotions, and friendships.

Personal Health

The Puberty “Plenty Of’s”: sleep, nutrition, exercise/physical activity, balancing family, friends, and privacy, responsibility, kindness toward yourself and others

Reproductive Anatomy | Function

Male and female anatomy; ejaculation; menstruation

Pregnancy

Different ways it can happen; ways to tell if you’re pregnant

Pregnancy Prevention | Birth Control

Abstinence/postponement

Barrier methods/surgery: male/female condoms, vaginal barriers, IUD, tubal ligation, vasectomy

Hormonal methods; birth control pills, implant, shot, ring, IUD

Timing methods: withdrawal, calendar/rhythm

Emergency contraception

Sexually-Transmitted Infections & Diseases

Transmission

Risk and protective factors

What’s New?

Self-Care

Testicular self-exam

Emotions and mental health

BREAK

Friendship and Peer Influence (AKA Peer Pressure)

- The power of the peer group (positive and negative peer influence)
 - Areas of influence: drugs & alcohol, sexual activity, attitudes towards others
- How many friends do you really need?
- Social media's impact
- Navigating peer influence
- The value of "The Wait"

Dating & Consent

- What is consent? | How to get and give/refuse consent | How to accept limits and "rejection"

What It Means to be a Man in 2026 | Modern Masculinity

- The behaviors/qualities that make a "good man" versus a "real man"
- Being aware of pop cultural influences on boys' attitudes and behaviors
- The Boy Code and how to crack it

Questions and Answers

As usual, the boys will have plenty of opportunity to ask questions out loud or by writing them down on notecards

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