



## Boys' Puberty: Just the Facts

### Program Details

**Growth & Development:** We will begin our program discussing the progression of puberty with specific attention to anatomy changes, hair growth, height increases, muscles, and acne.

**Hygiene & Hair Management:** Hygiene becomes a big deal in puberty, so we'll address body odor, oily skin, management of acne, and hair management.

**Health & Nutrition:** During puberty, nutrition, exercise, sleep and hydration are really important. We'll review medically backed health recommendations.

**Anatomy & Sperm Production:** Knowing the proper names of "private" parts is important, and so is knowing what those parts do. We'll cover that with some great visual aids.

**Protection:** We'll address protecting those private parts and increase everyone's comfort with the "equipment."

**Girls' Puberty:** Boys need some understanding of periods so they can respect their female classmates and friends. We'll introduce the basics of periods and period products to help make supportive guys!

**Moods & Emotions:** Brain changes happen at the same time as body changes, so we'll provide some understanding and offer some tips on handling emotions.

**Curiosity & Internet Safety:** When kids are curious, their go-to is Google, but we'll discuss why that's a bad idea for guys who want accurate information. Instead, we'll encourage safer outlets for curious minds.