

For Boys Only: The Challenges of Growing Up

Course Outline

Our classes provide information about puberty and sexuality to preteens and their parents or guardians. We use an engaging format and relaxed atmosphere. We emphasize family communication, and provide resources that help guide young people on their journey through adolescence.

For boys only is recommended for boys ages 10 to 12 and a parent or trusted adult. It is strongly encouraged that the adult be male, but it is not required. This two-part class deals with the issues unique to preteen boys.

The first class covers:

- What boys experience during puberty (muscle growth, hair growth and changes in hormones, the reproductive system and skin)
- Problem solving and practical ideas for managing changes
- Common concerns of puberty, including pimples, nutrition, sleep, masturbation and personal care
- Myths related to growing up

The second class covers:

- Feelings, actions and consequences – how we make decisions
- What girls experience during puberty
- Sexuality and sexual reproduction
- How babies develop and are born
- Finding trusted resources