

Boy's Maturation Program

This presentation follows the Utah State Core Curriculum (Healthy Lifestyles), is abstinence based and District approved.

Topics discussed in the presentation are as follows:

Puberty:

Definition of Puberty.

Physical and emotional changes that occur during puberty in both boys and girls.

The typical ages in which both boys and girls begin to experience physical and emotional changes, as well as these changes vary from individual to individual and are normal.

Male Reproductive System and Human Reproduction:

General anatomy of the male and female reproductive system.

General physiology of male and female puberty development.

Male reproductive system and general physiology of human reproduction.

Define: Kidney, ureter, bladder, urethra, urine, urination, penis, testicles, vas deferens, epididymis, scrotum, sperm, erections, circumcision, pubic area, etc.

Physical changes: growth of testicles and penis, hair growth, sweat and oil glands, nocturnal emissions/wet dreams, semen, muscles, facial features, vocal chords/voice changes, growth spurt, etc.

Hygiene:

Importance of good nutrition, sleep, exercise.

Changes that occur in the apocrine (sweat) glands and sebaceous (oil) glands, and the importance of daily hygiene and keeping the body clean and odor free.

Throughout the program, the presenters emphasize:

Growing up is a gradual and natural process.

Puberty is just the beginning of becoming a man.

The responsibilities that their changing bodies bring about.

The importance of achieving: their personal goals, graduating from high school, college, establishing a career, marriage, etc. before having children.

Encourage the boys to talk with their parent(s) or guardian(s), about the material presented.

Time for questions and answers.