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Boys Changing & Growing Seminar  
Table of Contents & Course Outline

Slide #	Slide Title	Topic
1.	Introduction	Introduction to the seminar
2.	Kids Change	Boys change to men; girls to women.
3.	We're All In This Together	Everyone goes through puberty.
4.	Puberty Definition	Definition of puberty.
5.	Influencing Factors	Why puberty happens and addressing some initial concerns.
6.	Puberty: What to Expect	A look at some of the changes to expect during puberty.
7.	Hormones	What causes the body to start changing.
8.	Testosterone	The male hormone responsible for puberty.
9.	4 Phases	Introduction to the 4 phases of puberty: <ul style="list-style-type: none"> <li>• Growth Spurt</li> <li>• Chest Development</li> <li>• Pubic Area Development</li> <li>• Genital Development</li> </ul>
<b>Module 1</b>		<b>Growth Spurt</b>
10.	Introduction to Growth Spurt Phase	Module 1 – Growth Spurt
11.	Girls & Boys Are Different	A look at the difference between boys and girls during puberty.
12.	Girls Change Too!	Boys and Girls Change Comparison Chart
13.	What's A Period?	Overview of menstruation.
14.	Dealing with Others	How to relate and talk to girls.
15.	Sexual Harassment	Identify sexual harassment behavior and tips are avoiding becoming a victim.
16.	Growth Spurt – What to Expect	Overview of growth spurt changes.
17.	Growth Spurt – Height & Weight	Height and Weight changes.
18.	Growing Pains	What are they and why.
19.	Changes to Expect: Strength	Overview of changes to strength levels.
20.	Body Types	A look at the different body types.
21.	Food Pyramid	Review of good eating habits.
22.	How to Deal: Exercise	Learning how to manage the changes.
23.	How to Deal: Steroids	What to avoid.
24.	Growth Spurt: Other Changes	What else to expect during puberty.
25.	Voice changes	What to expect.
26.	Acne	What to expect and how to manage the changes,
27.	Facial Hair	What to expect and how to manage the changes.
28.	How to Deal: Shaving	Overview of shaving and shaving products.
29.	Blade Razors	A look at the pros and cons of Blade Razors.
30.	Electric Razors	A look at the pros and cons of Electric Razors.
31.	Underarm, Chest and Leg Hair	Overview of what to expect.
32.	Perspiration and Body Odor	How to deal with the changes.
33.	How to Deal with BO	Overview of products to help manage the problem.

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	<b>Module 2</b>	<b>Chest Development</b>
34.	Intro to Chest Development Phase	Introduction to Module 2
35.	Chest	Overview of the chest anatomy and changes to expect during the Growth Spurt phase.
	<b>Module 3</b>	<b>Pubic Area</b>
36.	Intro to Pubic Area	Introduction to Module 3
37.	Male External Anatomy	Overview of anatomy.
38.	Pubic Hair Development	Overview of what to expect.
39.	Phases of Pubic Hair Growth	Overview of 5 stages of development.
	<b>Module 4</b>	<b>Genital Growth</b>
40.	Intro to Genital Growth	Introduction to Module 4
41.	Male Repro. Organs	Overview of male reproduction anatomy
42.	5 Stages of Gen. Growth	Overview of 5 Stages of development
43.	Circumcision	What is it and why.
44.	Genital Growth: Stuff Happens!	Changes to expect and how to handle them.
45.	Genital Growth: Stuff Happens 2	Changes to expect and how to handle them.
46.	Masturbation	Overview of masturbation and a look at some of the myths associated with the act.
47.	Health Concerns	Overview of male health concerns.
48.	Health Concerns 2	Continued look at male health concerns.
49.	Gen. Growth: How to Deal	Overview of development and how to manage the changes.
50.	Health Concerns 3	Testicular cancer and the importance of self-exams
51.	Feeling Overwhelmed	Managing all the changes.
	<b>Closing</b>	<b>Module</b>
52.	Puberty and Working on You	Introduction to closing module.
53.	Working on You: Anger	Anger: A new emotion and how to deal.
54.	Managing Anger	Dealing with Anger
55.	Working on You: Stress	Stress: A new emotion
56.	Managing Stress	Dealing with Stress
57.	Negative Influences	What to avoid to stay healthy and happy.
58.	The 3 Rs	Overview of 3 important character builders
59.	1 <sup>st</sup> R: Respect	Definition and how to apply it in life.
60.	2 <sup>nd</sup> R: Reliability	Definition and tips on how to apply it in life.
61.	3 <sup>rd</sup> R: Responsibility	Definition and tips on how to apply it in life.
62.	Closing Slide	Thank you for taking the Changing & Growing Seminar!