



## ***BOY TALK Outline***

### ***Self Worth: Value one-self, love one self, respect one self***

- Self esteem – (brief on what makes us special and unique)
- Who are you? [Ask boys to describe themselves in 1 word](#)
- Self confidence and body image
- Self respect
- Empower one another

### ***Puberty: What makes boys and girls different***

#### ***Puberty Changes –***

- Physical Changes – [Show pictures of male and female anatomy/allow for questions](#)
- Emotional Changes
- Social Changes

### ***Sexual Decision Making: Sex should be special because YOU are special***

- Understanding romantic relationships
- Why sex is worth waiting for (you are beautifully and perfectly made)
- Abstinence and its connection to pregnancy prevention
- Prevention of STDs/HIV

### ***Reproduction basics and birth control options***

- Reproduction basics
- How babies are conceived and sexual intercourse ([demonstrate with anatomy pictures](#))
- Birth control options ([demonstrate condom](#))

### ***Ethical way to treat girls/women***

- When a girl says NO it means NO
- Do not intimidate, threaten or force a girl to engage in a sexual relationship...that is sexual abuse and rape.