



## TEACHING GUIDE

# GROWING UP! FOR BOYS

No. 9212

Recommended for Grades 4-6

Combining live-action photography, fresh artwork, lively music, and a reassuring narrator, this straight-forward video presents basic information about male reproductive anatomy and functioning — and the physical and psychological changes that are a normal part of growing up. **Growing Up! For Boys** provides useful advice on health, hygiene and good grooming. It points to sources of reliable information and fosters the self-esteem that comes with accepting new responsibilities.

## SCRIPT

Hi. I'm Bob Walkenhorst. You know, being a musician is more than just the performance on stage, especially if you're a songwriter too, like me. I spend hours and hours writing, composing music, rehearsing.

I think I always wanted to be a musician, but there was a time when I thought it would never happen. How could I be a singer when my voice was all high and squeaky? And it cracked at the most embarrassing times! If that weren't bad enough, most of my friends seemed to be taller than I was — and bigger — with muscles. I was skinny and clumsy. And even after some of the guys had started shaving, I hardly had hair anyplace, except on my head.

Do you ever notice how some people make growing up look easy? They never seem to lack confidence . . . they're always the right height . . . and their voices never crack.

But for most people, growing up can seem like an impossible struggle. You know you're not really a kid anymore . . . but "teenager" . . . that sounds pretty old.

That time of my life was really confusing for me, and I'll bet it is for you, too. What's happening is that your body is changing. You're growing up.

## GROWING UP! FOR BOYS

Growing up means that your body is changing. And it's an exciting time. Most everybody looks forward to being a teenager. I know my parents always said I was in too big a hurry to grow up. But even though change is exciting, at the same time it can be confusing, frustrating, and even a little scary.

You'll find that change is easier to handle when you can talk about it with close friends — including your parents or teacher, or an adult friend. Remember, they've all been through the same kinds of changes. It happens to everybody.

Every man experiences changes as he develops from a boy into a man. His body changes, his voice changes, and his interests change. These changes are part of the growth process we call adolescence, and they happen gradually.

For most boys these changes start between the ages of 11 and 16. And yet, some boys may suddenly grow four inches in a year when they're 18. It just depends on the individual.

Like boys, girls also experience adolescent changes. However, most girls begin to change earlier than boys, typically between the ages of 10 and 14. In fact, some girls may be physically mature by the time they're 16 years old.

Everyone changes at his or her own pace. These two boys are both the same age — but look at how different they are in size.

Rhythm . . . music has rhythm and so does adolescent change. Each of you has his own rhythm, his own pace of change. As your body changes and grows, you'll soon become accustomed to it and will be more comfortable. Just remember, every body has its own rhythm.

But even so, questions come up. Somebody may tell you it's not "normal" to sweat so much, or it's not "normal" if you don't sweat a lot . . . things like that. When you have questions, even if you think they're embarrassing questions, or if you feel confused or anxious, it's a good idea to talk about it with someone who's already been there . . . somebody you trust . . . your father or mother, a coach, teacher, older brother, someone from your church . . . you get the idea.

During adolescence, your body goes through many changes. There will be times when you may not even feel like you. And it's going to take some time to get used to your new body.

It's hard to imagine, but in just one year, some boys may grow several inches taller.

And some may gain 20 pounds.

Your shoulders will get broader.

And your muscles will develop and become more pronounced.

During adolescence all parts of your body won't necessarily grow at the same rate. Some days you may feel that your arms are too long . . .

. . . or your feet too big. But remember, it's your rhythm, and eventually your whole body will catch up.

In addition to changes in your shape and size, the hair on your body will begin to change.

You'll start to see whiskers on your face and neck.

And hair will appear under your arms and in the pubic area, or groin.

The hair on your arms and legs will grow thicker. Some boys will develop hair on their chests, and some won't. In fact, some men never have chest hair. Some men develop heavy beards, and some hardly need to shave.

Sooner or later, your voice will begin to change too. You'll know your voice is changing when it "cracks" on you.

Why does your voice change? Well, it's because the vocal cords are growing too. Your vocal cords are located here, in the larynx.

Vocal cords work pretty much like guitar strings. A short string, or vocal cord, will make a high sound. A longer string will make a deeper sound.

As your body grows, your vocal cords will lengthen. The longer they get, the deeper your voice gets.

So what do you do when your voice cracks? Hey, it happened to me as a teenager, and it's happened to me on stage in front of a couple thousand people. I just laugh it off and say, "I'm a growing boy." A good sense of humor can get you through a lot of "growing pains," even if you don't feel like laughing at the time.

Your skin will also change as you grow.

Many boys develop acne during their teenage years — pimples and blackheads that break out on their faces and sometimes shoulders and chest.

Some other boys may get through adolescence with very little acne.

You can help control acne by keeping your face clean. It also helps to keep your hands clean and avoid touching the pimples.

You might want to ask your parents or your doctor to recommend the best cleanser for your skin to help keep it healthy.

You may be wondering why acne seems to appear suddenly for no reason.

Well, there is a reason. Your skin contains glands that produce oil to keep it healthy.

During adolescence, those oil glands often increase their activity, producing more oil.

Sometimes the oil becomes trapped in a pore, which causes a pimple to erupt, or a blackhead.

Glands are necessary for your body to function properly, and there are different types of glands. When you get hot, your body releases water, which is called perspiration or sweat. It's a function that is controlled by sweat glands. As the perspiration evaporates, your body is cooled. So sweat glands help regulate the body's temperature.

While perspiration is a great natural air conditioner, it can cause body odor. You'll want to bathe often and wear clean clothes, and many boys start using an underarm deodorant or combination deodorant-antiperspirant during adolescence.

Many different glands provide the different substances our bodies need to function. There are oil glands, sweat glands, glands that secrete substances to help you digest your food ...

... and glands that produce hormones which are secreted into the blood stream where they are carried to other organs. Hormones then stimulate various organs in the body to do certain things.

In fact, hormones are behind all the changes you experience during adolescence. But what causes the hormonal changes? Another gland — the pituitary gland.

The pituitary gland is located at the base of your brain. It produces the hormones that control how and when your body grows bigger and taller.

The pituitary also produces hormones that stimulate the reproductive glands.

In boys, the reproductive glands are called testicles, or sometimes testes. These glands are located between the legs in the scrotum, a pouch of skin behind the penis.

During adolescence the testes mature and begin to produce their own hormones. One of these hormones is called testosterone, and it is the hormone that is responsible for characteristics like a deeper voice and whiskers.

The testes also produce sex cells, called sperm.

Together the penis and testes make up the male reproductive system.

The penis has two functions. One function is to carry urine out of the body ...

... and the other is to carry sperm.

For sperm to be released from the body, the penis must become hard or erect. This is called an erection and is a very natural and normal part of being male. A fluid called semen carries the sperm out through the penis. This action is called ejaculation.

Occasionally, some boys may have erections while they are asleep, and a small amount of semen may be released. This is called a nocturnal emission or a wet dream. It is perfectly normal and happens to many adolescent boys during sleep, often without warning.

Your body is made up of many tiny cells — about three trillion cells in fact. Each cell is a miniature living thing. There are skin cells, muscle cells, blood cells, brain cells, organ cells, and all these cells are so tiny they can be seen only with a microscope.

Sperm cells made by the testes are especially tiny. There are millions of sperm cells in a small amount of semen. Just as a male produces sperm, a female also produces sex cells, called eggs or ova. Ova begin to mature in the ovaries, which are the girl's reproductive glands.

Both sperm and ova are sex cells, but they are very different. The sperm has a tail to help it move, while the ovum, or egg, is round and is much larger. Each sex cell, the sperm and ovum, is exactly half of what is required to create a new human life.

When a man's sperm and a woman's egg join, they produce a fertilized egg, which can develop and grow into a baby.

The time in life when a boy's body becomes capable of producing sperm cells and a girl's egg cells mature and become capable of being fertilized by a sperm cell is called puberty.

But keep in mind that becoming physically capable of creating a baby does not make a person ready for the responsibility of becoming a parent.

Your journey into adulthood is going to require lots of time and patience. As you grow you'll learn to develop responsibility for yourself and for other people who will come to count on you.

As you grow into a responsible man, you gain maturity and respect — for yourself and for others. You also gain knowledge and skills and abilities that will allow you to hold a job. You'll be able to earn the money you will need to support yourself and perhaps a family one day, too.

When you accept the responsibilities of taking care of yourself now — as you enter puberty — you're well along the path to manhood.

One of those important responsibilities is to learn about the changes that are taking place or will take place in your body.

The pituitary is the gland that produces the hormones which trigger your body's growth. Hormones produced by the pituitary gland also stimulate the testes so they produce the sex hormone testosterone and sperm cells.

Two testes, protected by a pouch of skin called the scrotum, are located directly behind the penis.

The penis has two functions: one, it flushes urine from the body. Urine is stored in the bladder and is released through the urethra, a duct or tube in the penis.

The penis also functions as a reproductive organ, allowing semen to pass out of the body.

Semen carries the tiny sperm cells, and when a sperm cell unites with a woman's egg, a new life — a human baby — begins.

Knowing how your body works is one thing, but you also need to keep it in shape. Regular exercise helps you develop endurance and build strong muscles, including that very special muscle, the heart.

Taking care of your body in a responsible manner also means eating right and avoiding junk food as much as possible. Eat healthful foods from all the food groups, including fruits, vegetables, breads and grains, meats and dairy products.

During this period of physical growth, your body needs plenty of sleep, but be sure to get up early enough in the mornings to eat breakfast. It really is the most important meal of the day.

Develop good personal hygiene, too. Shower or bathe daily and wear clean clothes and underwear. Wash your face thoroughly — but gently — every day.

And don't forget to brush your teeth in the morning and at night.

Healthy bodies and healthy minds work together to help you develop into a man. Work hard in school, study, develop good friendships that you value, think about who you are, what you value in life, what your family values, think about what kind of man you want to become, about the special rhythm of your body as it changes and grows.

You know . . . no one said growing up is going to be easy. Some days it's going to be confusing or awkward . . . painful, embarrassing. But it's a part of life, and you're not alone. Every boy, no matter who he is or where in the world he lives, goes through the very same changes. Make sure you have an adult you can trust when you have questions or when you just need to talk.

Remember that growing up is about more than your body growing up and growing strong. It is also about the growth

that goes on in your mind and in your heart, and it is about the expanding world of responsibilities and opportunities you are just beginning to discover.

It is about the very special way you link your body with your head and heart. Growing up is really about discovering a new you.

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## INSTRUCTIONAL GOALS

1. To give information about the parts and functions of the male reproductive system.
2. To identify the physical changes that boys experience during puberty.
3. To explore the emotional issues associated with the onset of puberty.
4. To promote good health and hygiene.
5. To discuss how to take responsibility for developmental changes and the progression to adulthood.
6. To encourage a positive attitude toward change.

## CLASSROOM ACTIVITIES

1. Invite a doctor to talk to your students about puberty. Suggest that the doctor bring a model of the male reproductive system and related body parts. Allow time for students to ask questions. (Students might prefer writing their questions on slips of paper in advance for the teacher to present to the speaker.)
2. Ask students to bring in photographs of themselves from birth to their current age. Display and discuss the pictures. Then ask students to write an autobiography using the pictures as illustrations.
3. Ask students to name routine hygiene and grooming tasks, including essential ones such as showering or bathing and caring for teeth, and non-essential ones such as styling hair. Write the list on the chalkboard. Discuss with students how frequently these tasks are performed and how much time they require.
4. Divide students into groups of two or three students and ask each group to make a list of all the responsibilities an adult might have. Remind students to be specific! Then ask students to circle responsibilities on the list that they think they could handle now. For

## VOCABULARY

|                |                     |              |
|----------------|---------------------|--------------|
| acne           | microscope          | scrotum      |
| adolescence    | nocturnal emission  | semen        |
| adulthood      | oil gland           | sex cell     |
| blackhead      | organ               | sperm        |
| bladder        | ovary               | sweat gland  |
| body odor      | ovum/ova            | testes       |
| cell           | penis               | testicle     |
| deodorant      | perspiration        | testosterone |
| duct           | pimple              | urethra      |
| ejaculation    | pituitary gland     | urine        |
| erection       | pore                | vocal cord   |
| fertilized egg | puberty             | wet dream    |
| gland          | pubic area          |              |
| hormones       | reproductive gland  |              |
| hygiene        | reproductive system |              |
| larynx         | responsibility      |              |

each responsibility on the list that they do not yet feel equipped to handle, ask the group to think of a way to prepare for it. Stress that we are each responsible for our own behavior and decisions.

5. Ask each student to read a biography about a man they respect or want to know better. Then have each student write a report about his choice. The report should include answers to these questions: What are/were the person's interests, accomplishments, and contributions? Are there ways you hope to be like this person when you are an adult? Are there ways you would want to be different?

## DISCUSSION QUESTIONS

1. What is puberty?
2. What are some of the typical physical changes that boys can expect to experience during puberty? Will all boys experience these changes at the same age?
3. Puberty also brings emotional changes. How might a boy's feelings and interests change during this time?
4. It helps to talk to someone about the changes of puberty. Who are some of the people who might be good sources of information? Are classmates good sources of information?
5. What physical changes may lead to acne problems during puberty? What can be done to help control outbreaks?
6. What is the function of perspiration? What steps can be taken to avoid body odor from perspiration?
7. About once a month, one of the ovaries releases a mature egg cell, which travels to the uterus. What happens if the egg cell is fertilized on the way to the uterus? What happens if the egg cell is not fertilized?
8. What are some ways to help maintain a healthy body?

## NOTES

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