



Books

- “What’s Going on Down There? (Answers to Questions Boys Find Hard to Ask),” Gravelle, K., 1998. (Also available in Spanish).
- “What’s Happening to My Body? A Book for Boys,” Madaras, L., Revised Third Edition, 2007.

Video

- “Growing Up! For Boys,” www.marshmedia.com (800)821-3303 (Also available in Spanish)

Websites

- KidsHealth, www.kidshealth.com
- American Academy of Pediatrics, www.aap.org/family/puberty.htm
- American Social Health Association, www.iwannaknow.org/puberty/index.html

Growing Boys

Suggested CHEC-out activities

1 Puberty bingo

Give each student a bingo card (http://www.bluekids.org/educators/fto_pg_growingboys.asp). Instruct students to find one classmate who fits each description on the card. When students find a match, they have that person initial the corresponding square on their card. After each question, students must move on to another person. You may choose to set a time limit, or let students play indefinitely to try to fill their cards.

2 Dear Allen letters

Create Dear Allen letters for your students to answer. Give each student, or group of students, a letter on any topic relating to puberty. Students are then responsible for writing a letter back with advice.

3 Questions for your CHEC educator

Students will be left with an e-mail address (checeducator@chw.org) if they have further questions. Encourage students to follow up via e-mail if they have questions or concerns regarding the lesson. Important: Students must be reminded that any correspondence is confidential; however, questions or concerns should be appropriate to the material addressed in the classroom.

4 Over the years...

Have your students create a timeline including all the different ages and stages they have been through so far. Start with the baby stage, and then jump to kindergarten, first grade, second grade, third grade, fourth grade, etc. For each stage, have them explain some of their major life experiences, relationships, and body changes. Through pictures and words, help students to discover how their bodies and minds are changing over the years and becoming more mature.