

## Session 3\_Boys

### Learning about my body

#### **Rationale**

Pubertal changes begin around 9 -10 years in girls and around 11 years for boys. Acknowledging the mental, emotional, and physical changes that adolescents go through helps put them at ease with themselves, satisfies their curiosity and allays any fears regarding bodily functions.

#### **Materials required**

- Marker pen
- Any sticking substance (Blu Tac / double sided sticking tape / cello tape / board pins)
- Charts

#### **Objective of session 3**

To impart and help children internalize the following messages:

**Core Message 1: I am experiencing new changes in my body**

**Core Message 2: Survival and reproduction are the main instincts of living beings.**

**Core message 3: Knowing how my body works helps me take better care of my body.**

**Core message 4: Understanding the reproductive system helps me be healthy and safe. I respect every part of my body; each part is there for a function.**

**Core Message 1: I am experiencing new changes in my body and mind**

Ask children if they feel the same as when they were 6 year olds.

What is different now?

Make a list of mental and emotional changes that they have noticed.

Discuss: Feelings – shy, excited, anxious and happy; self-conscious as we are growing up. Feeling of independence, rebelliousness, courage, confusion, extra awareness and consciousness about our body.

Mood changes: Angry Happy Crabby. Wanting to be a part of a group, teasing

Attraction towards another person.

All of the above feelings are connected with mental, emotional and physical changes in our body. What causes these changes? Special chemicals called hormones. Estrogen and testosterone are hormones which are released in the body and cause changes in our bodies. .

What are the physical changes that happen in boys? Ask for responses and list them down.

Physical changes: weight, height, hair growth (pubic hair and axillary hair, body hair, facial hair), voice changes, pimples, night emission and wet dreams.

Height and Weight increase, muscle growth: To eat iron, calcium and protein rich food rather than junk food.

Voice change: child's voice to a slightly deeper voice – towards adult voice

**Material Required**

Marker pen, Blu Tac / Board pins /  
Double sided sticking tape / Cello tape  
Marker pen, Chalk, Duster,  
Blackboard,

**Advance preparation:**

Make a chart with different physical and emotional changes

**Tips for Trainers**

- Session 3 will be conducted separately for boys and girls.
- Put up a chart with the different changes
- Encourage children to speak up and participate by saying "Thank you for bringing that out/ pointing that out. Let us have more response"
- Be aware of your facial expression and body language. Children should not feel intimidated or rejected. Welcome each response, expected, unexpected or inappropriate.
- When answers are inappropriate, these should be discussed such that children realize why they are inappropriate.
- Incorporate hand gestures and voice modulation to capture the interest of the students.
- It would be advisable to keep your language simple and also to intersperse some words from the local language during your session as it will help students feel comfortable and understand concepts better.

**Core Message 1: I am experiencing new changes in my body and mind continued.....**

Hair growth: Axillary and pubic hair: feeling of embarrassment: people don't usually talk about it. There is no medical or health reason to remove it. Smell comes from bacteria that break down body's secretions that collect on our clothing. Wash with soap and water to keep the area clean.

Pimples: Occur because of hormonal changes in the body, best way to take care of them. Eat a balanced diet, drink lots of water, and keep the skin clean

Methodology: How do you feel about these changes?

An example of one child getting worked up and anxious because all his classmates have started shooting up and getting taller and suddenly he finds he is the shortest in the class. None of the exercises / eating / cycling/ playing basketball are helping. Discussion: physical changes that happen in a body during puberty vary from person to person. Each person's body is unique. The changes which happen in puberty and the time when the changes start can vary from person to person. The whole process takes almost around 10 yrs. The body will grow at its own pace. So there is no need to worry if your friend has started growing taller and you are still short, or if your voice has already started breaking but not yet for the rest of the boys in your group. This is the time to make sure that your body gets enough exercise, sleep and nutritious food so that the changes happen as required for your body.

**Tips for Trainers**

One of the tasks of growing up is discovering who you are and what that means about what you like. Every person goes through this process of exploration, but what happens when it leads to feeling different, confused or even alone and there is nobody to talk to about it? Hence, give children ample time to raise questions and clear their doubts.

**Core Message 2: Survival and reproduction are the main instincts of living beings.**

Discuss: Why are these changes happening?

Explain regarding two main functions of the human body: survival and reproduction.

Once the child is capable of surviving on its own, the body gets ready for reproduction. The child slowly develops into an adult.

Puberty is the phase when the child changes into an adult, for e.g. tadpole to frog, larva to butterfly. In different animals, this phase takes different times.

For the human, this whole change takes around 12 to 14 years; from 9-10 years to 22-24 yrs. This is a long time and changes will happen gradually.

The body will mature first and then the brain being more complex, will take longer.

**Tips for Trainers**

- First ask the question to a single child and then put it forth to the other children. This helps giving every child an opportunity to answer as well as provides opportunities to clear doubts if necessary.
- If any child gives a different answer from the expected response, do not correct the child; rather ask the child to state the reason and use such incidents as points for discussion.

**Making Connections**

Understanding that these changes are normal and it's a phase which is unique for each one will have a calming effect on children's anxiety about growing up.

**Core Message 3: Knowing how my body works helps me take better care of my body.**

Ask children to call out the various organs in the body – heart, lungs etc.

Write these down on the board.

Ask them if they know where these organs are located.

Students are unlikely to mention any organ of the reproductive system.

In the boys' session ask them if they know where penis, scrotum, vas, seminal vesicles, prostate are located.

Draw the reproductive system of boy's system in the class/take a print of the diagram provided in the annexure for boys.

Ask students if they know how the systems works.

**Tips for Trainers**

Refer to the diagram in the Annexure 3: 1 and 3:2

**Core message 4: Understanding the reproductive system helps me be healthy and safe. I respect every part of my body; each part is there for a function**

Need for different sexes

Question: Why do we have different sexes? Why can't we have only one sex and have asexual reproduction like the amoeba?

Discussion: In asexual reproduction, the offspring are mere clones of the parent. In sexual reproduction, each offspring is different, improving the chances of survival of complex organisms ranging from an ant to an elephant.

How is a baby made?

Talk about the chromosomes: About the special cell in our body which has 23 chromosomes. The egg (ovum) and the sperm. Explain that our gender is determined by our genes when we are born: XX genes for girl & XY genes for boy. Mother's egg has the X gene. The father's sperms are of two types, half have X gene and half have the Y gene. No one has control over which sperm will fertilize the egg. Saying that a girl or a boy should have been of the opposite sex is like saying that a mango should be a guava.

Question: How is a baby born?

Discussion: Explain in simple words how sex happens. The penis is used to deposit the sperms close to the womb. The sperms travel up the womb and one fertilizes the ovum to form a zygote which develops into a baby. Baby grows in the womb for 9 months and then is born through the birth canal.

Question: How does erection happen?

Discussion: Blood flows and fills up in the blood vessels in the penis. The penis hardens and becomes erect. This happens under hormonal signals from the brain.

Question: What are wet dreams?

Discussion: Wet Dreams start during puberty. This occurs during sleep, when a boy is having a sexually pleasurable dream. The penis can become erect and ejaculate some semen. When he wakes up there may be a sticky gel like fluid on his pajamas or sheet. Scientific term for this is nocturnal (occurring in the night) emission (release or letting go) It is a small amount of white- grey fluid – like a gel, about 5 ml. Wet dreams are usual and normal. Sometimes the first ejaculation may happen this way.

***Material Required***

Marker pen, Blu Tac / Board pins /  
Double sided sticking tape / Cello tape  
Marker pen, Chalk, Duster,  
Blackboard, Box for collecting  
questions, white chits

**Tips for Trainers**

- Refer to Annexure 3: 1 and 3:2 for diagrams of reproductive system
- As children do not get opportunities to discuss issues related to puberty and reproduction, there might be a lot of questions. In order to streamline it you can do an activity called “WORRIES IN A HAT”:  
After explaining puberty/changes during growing up, children are given time to think about questions or doubts. They write these on chits and put in the box that will be passed around.
- Facilitator to ensure all questions are answered in due course of the sessions.

Question: What is masturbation?

Discussion: Boys may hold and rub the penis. This part has lot of nerves and it feels good. There is nothing wrong in masturbating but like any other activity, if done excessively it can impact other activities in our life. The person may do this to the exclusion of other activities like playing/ socializing/ studying etc. Then it needs to be curtailed. It is perfectly normal not to masturbate also.

Question: Masturbation alters penis size / wastes sperms/ causes loss of stamina, loss of eyesight, /causes pimples.

Discussion: Masturbation does not result in any of these things.

These are just myths.

Question: What is the effect of watching pornography?

Discussion: We all are curious about knowing how sex happens. Some people watch pornography to learn about sex.

What are the advantages?

Enjoyable, educative (is it?), Time pass.

What are the disadvantages?

Addictive, not realistic, ends up giving you a skewed idea about women & men, the act of sex and your own bodies. It does not build respect for women. If a person watches pornography, it can lead to addiction and excessive masturbation. The person will neglect studies/ time with friends/ sports/ family time to watch pornography.

How do we manage this?

Playing outdoor sports/ running/ jogging helps to channelize this energy in a way that is not harmful, taking professional help to deal with the addiction.

Question: Apart from girl and boy, is there any other gender?

Discussion: Gender is diverse. It is inborn and natural. All members of each gender are equally human.

**Transgender for example** is a person who was born with the physical anatomy of a boy or a girl but deep inside they feel like a different gender. For example, a person who was born with the physical body of a man but deep inside feels like a woman and wants to live their life as a woman.

## Tips for Trainers

- One of the tasks of growing up is discovering who you are and what that means about what you like. Every person goes through this process of exploration, but what happens when it leads to feeling different, confused or even alone as nobody talk about it? Hence, give children ample time to raise questions and clear their doubts.
- If you don't have answer to any question it is best to be honest with children. However, make an effort to find out the answer and share during the next session.
- Apart from girl and boy, is there any other gender? While responding to this question the trainer need to convey that there are wider, more flexible range of gender expressions, with a range of interests and behaviors. Gender is not a binary, but a continuum; and that many children and adults express their gender in multiple ways. We express our gender through our clothes, hairstyle, mannerisms, speech patterns, body language, social interactions, or choice of activities.
- Gender Identity is an internal feeling of belonging to a particular gender. It is inborn. Sexual orientation – sexual attraction – is also inborn and natural.

### **Concluding the session:**

**Activity 1:** Worries in a Hat (Questions about puberty): The students write any questions they have left about their changing bodies and feelings on note slips. These questions and doubts are answered by the trainers without reference to any particular person.

**Activity 2: Ask students to draw their body. What did they draw and what did they leave out?**

### **Summarize and review the key messages:**

What did you learn today? Ask students to share.

Reiterate:

**Core Message 1: I am experiencing new changes in my body**

**Core Message 2: Survival and reproduction are the main instincts of living beings.**

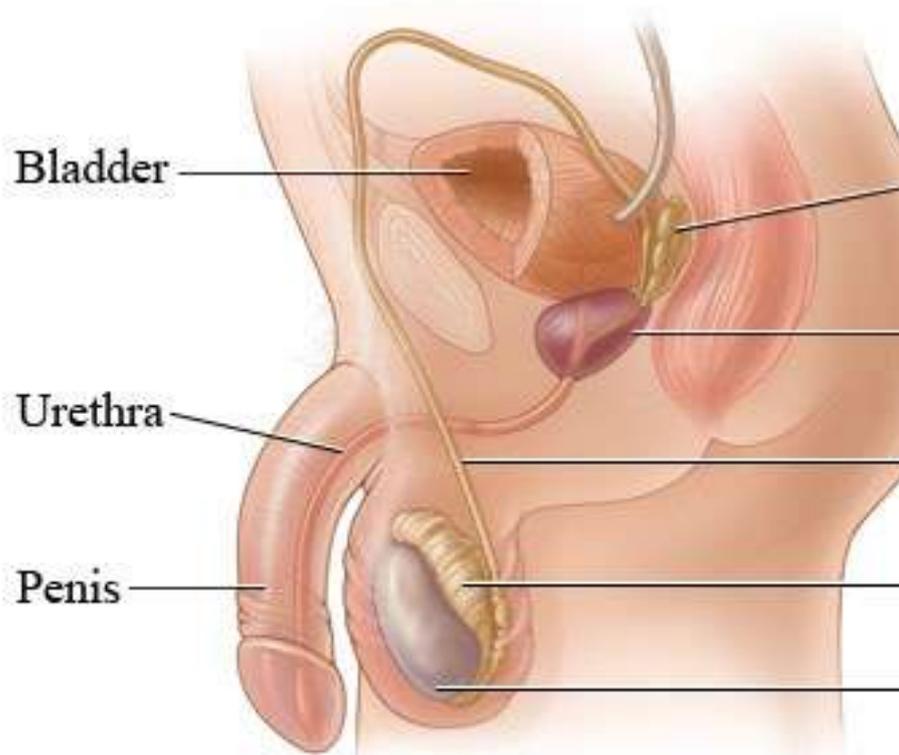
**Core message 3: Knowing how my body works helps me take better care of my body.**

**Core message 4: Understanding the reproductive system helps me be healthy and safe. I respect every part of my body; each part is there for a function.**

I came here to help you learn about your -self, your body and safety. I will come again and we will learn some more things.

**Annexure 3:1**

**Knowing your body (Boys)**



## Annexure 3:2

### Understanding Puberty

