

Session 4_Boys

Learning about my body: Reproductive system

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

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

Objective of session 4

To impart and help children internalize the following messages:

Core message 1: Knowing how my body works helps me take better care of my body.

Core message 2: Understanding the reproductive system helps me be healthy and safe.

Core Message 1: Knowing how my body works helps me take better care of my body

Methodology: It is important to know about our likes and dislikes and be more aware of “Who I am”. To be able to take care of ourselves, we also need to know about the different organs and systems that make up our body.

Draw your body in as much detail as you can.

Call out/ write down/ the names of the male reproductive organs.

Discussion: We are taught most parts of the body right from early childhood but there are certain parts which we often don't talk about even as adults. These are the reproductive system and related body parts. Knowing ALL of them is also very important. Let us now name all parts of our body.

Draw and name all parts of the male reproductive organs. testis, scrotum, penis, vas deferens, seminal vesicles, prostate, urethra and penis.

Note: We have found that 13 -14 year old boys are not mature enough to talk to girls respectfully. Teaching them the female system often results in the boys teasing the girls about their body. However, we do answer any questions that they may ask about the female system by using simple words like baby cell, womb, birth canal, urethra and anus. Teach empathy to handle teasing.

You can use the diagram to talk about reproductive system and puberty in Annexure 4:1 and 4:2

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 4 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.
- You can use the diagram to talk about reproductive system and puberty in Annexure 4:1 and 4:2
- 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.
- It is important to teach empathy so that children do not tease others about their body.

Core message 2: Understanding the reproductive system helps me be healthy and safe.

Question: How is a baby born? How does sexual reproduction take place? 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.

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.

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

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. Pluses:

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

Addictive, not realistic, ends up giving you a skewed idea about women & men, the act of sex, your own bodies. It does not build respect for women. If a person watches pornography, it can lead to addiction. 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.

Discussion: Sexuality is diverse. Explain and discuss about LGBT in short. Gender identity (inner feeling that I am a girl or a boy) and sexual orientation (person towards whom one feels sexually attracted) is inborn, due to genetic and epigenetic factors, and naturally determined. At times, gender identity does not match the anatomical sex of the person. Gender of such people is referred to as transgender. **Transgender, to put it simply, 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. 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.**

They may choose to take medication and or undergo surgery to transition – that is, change their anatomical sex to match their inner feeling.

Every human being is equally. LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer) community members are as intelligent as others. We need to respect every person for their intelligences, skills and behavior.

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

- 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 future sessions.
- 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 session:

Activity: 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.

Summarize and review the key messages:

Ask children to share what they learnt today in the session

Reiterate:

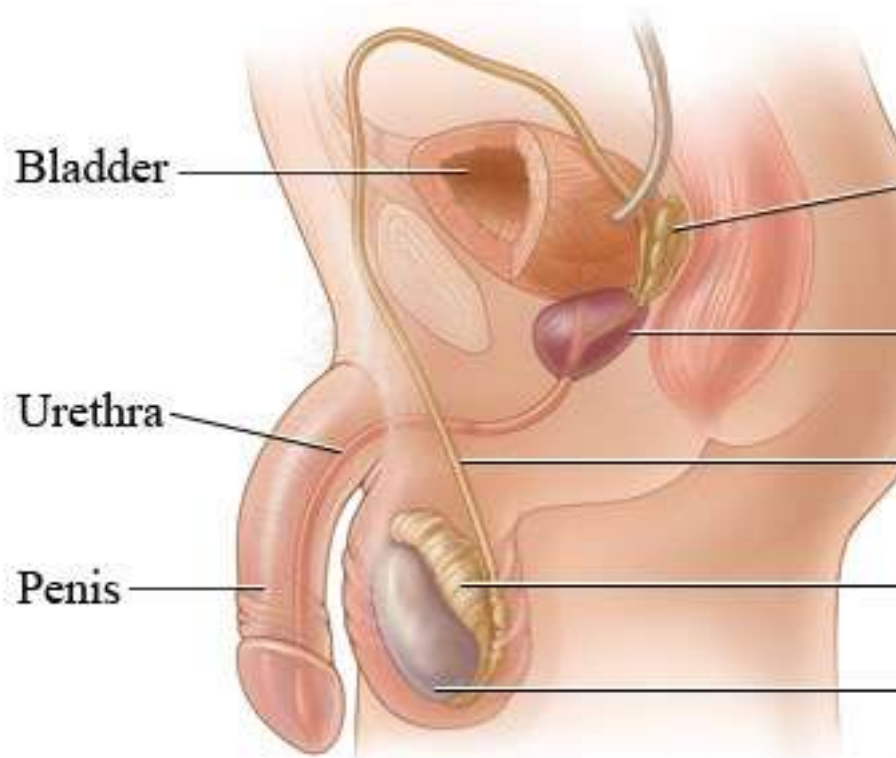
Core message 1: Knowing how my body works helps me take better care of my body.

Core message 2: Understanding the reproductive system helps me be healthy and safe.

I came here to help you learn more about yourself, how you interact with others and how to be safe. I will come again and we will learn some more things.

Annexure 4:

Knowing your body (Boys)



Annexure 4:2

Understanding Puberty

