

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

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

Objective

At the end of the session 4 the children will internalize:

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 system: testis, scrotum, penis, vas deferens, seminal vesicles, prostate, urethra and penis. Draw and name female reproductive organs.

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
- When answers are wrong or inappropriate, these should be stated in order for children not to internalize incorrect responses as correct.
- Praise children who have answered correctly or are on the right track by using words like, "very good response"
- Incorporate a lot of hand gestures and voice modulation to capture the interest of the students.
- **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 girls 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: Normally when the penis is not erect blood flows in and out of it continuously but when there is an erection the muscles that allow the blood to flow in open wide and other that allow the blood to flow out tighten. This causes the spongy tissue inside the penis to fill up, which in turn makes the penis become stiff/erect and stand out from the body. This filling up is called an erection.

Question: How to deal with untimely erections?

Discussion: As these hormones are new to the body, the brain has not established full control on them. Erections can happen in embarrassing times – like in class. Boys may put their bag on their lap to hide it.

Question: Does the size of penis matter during sex?

Discussion: The size of the penis does not make a difference. No penis is too large or too small because the vagina is elastic. Satisfaction depends more on psychological connect with the partner.

Question: Is it ok to masturbate?

Discussion: Boys may hold and rub their penis. This part has lot of nerves and it feels good. There is nothing wrong in masturbating but sometimes it becomes addictive. Like any other activity, if it is done in excess, it may consume more time and get in the way of other activities. It is also perfectly normal not to masturbate at all.

Question: Does masturbation reduce stamina /sperm count /height/result in acne /reduced eye-sight / infertility?

Discussion: Masturbation does not result in any of these things. These are just myths.

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

Question: How to keep the genital area clean?

Discussion: Genital area must be washed gently but thoroughly every day. Use soap and water to clean so that no secretion collects in the folds of the genital skin. Smegma is the secretion that collects between the glans penis and the foreskin. This needs to be removed and the area cleaned by pulling back the foreskin (the loose skin over the tip of the penis) gently.

Question: What is circumcision?

Discussion: Circumcision is an operation where the foreskin - a loose fold of skin covering the sensitive tip of the penis is removed. This has no effect on the function of the penis. It is sometimes done as a religious custom. It is also done for medical reasons if the foreskin is tight as it causes repeated infection or pain and difficulty while passing urine.

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

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. 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 human. LGBTQ community members are as intelligent as others. We need to respect every person for their intelligences, skills and behavior.

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 and 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 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.

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

- 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.
- As children do not have much spaces to discuss about 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 which they write on blank chits and put in the box that will be passed around. Facilitator to ensure all questions are answered in due course of the sessions.
- To respond to this question, apart from girl and boy, is there any other gender?

While responding to this question the trainer need to convey 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.

The idea that gender is a continuum with many ways to express oneself as a person. We express our gender through our clothes, hairstyle, mannerisms,

Concluding the 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

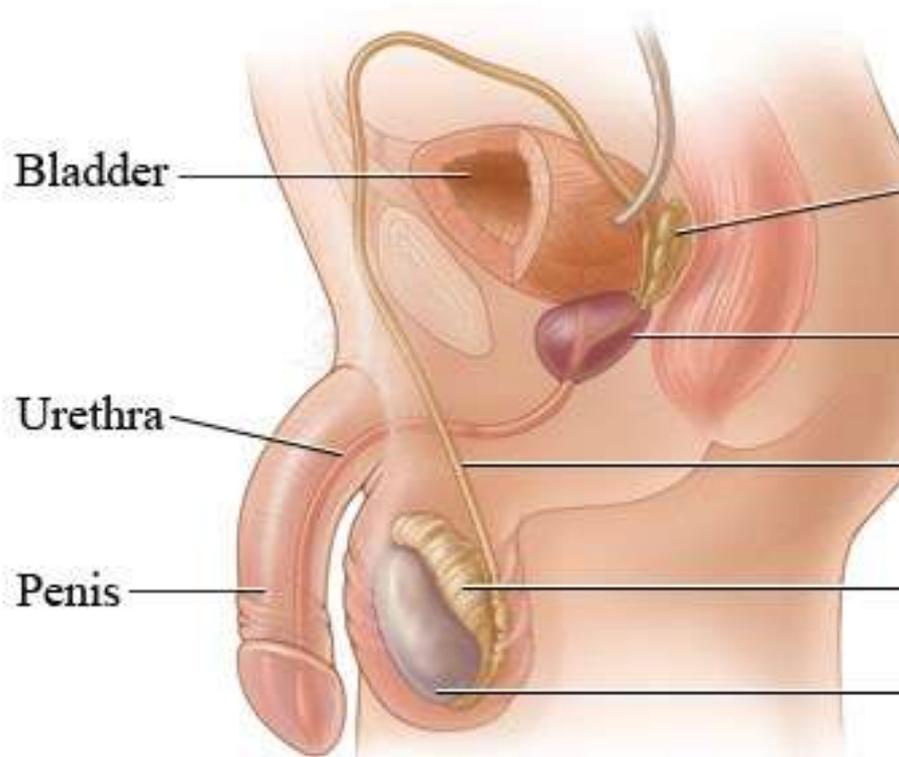
Reiterate:

Core message 1: Understanding the reproductive system helps me be healthy and safe.

Core Message 2: At this age I experience feelings of attraction towards another person. I can learn to be aware of my feelings of attraction and take responsible decisions.

Annexure 4:1

Knowing your body (Boys)



Annexure 4:2

Understanding Puberty

