

# Other puberty issues

<b>Objective:</b>	Participants will describe other issues that males and females sometimes experience during puberty.
<b>Structure:</b>	Presentation by educator with large group discussion.
<b>Time:</b>	20 minutes.

## Procedure

1. **Introduce** the topic by stating that you will be talking about masturbation and feelings of sexual pleasure. Sometimes students are uncomfortable when they hear about masturbation. They need to be reassured that many children, teens, and adults will touch themselves because it feels nice, but many never want to and don't. It is OK if a person does this, and it is OK if a person does not.
  - Common way for many guys and girls to deal with sexual arousal and tension
  - Personal choice whether or not to do it
  - Won't hurt the penis, testicles or clitoris
  - Guys won't run out of sperm
  - Should be done in a private place (bedroom, bathroom)
2. **Tell** the following true story: A man once told a person that was teaching about puberty that he wished someone had taught him this stuff when he was growing up.

As a young man he did not know what would happen to his body and he didn't really understand what other boys were talking about when they joked about "coming" and "jerking off."

**Discuss** the following:

How do you think he felt?

- It scared him because he thought that something must be really wrong with his body.

Was there anything wrong with his body?

- No. But it was a while before he learned that this was normal and could happen to any boy.

4. Discuss sexual orientation in terms of thoughts, feelings and activities.

- Boys and girls can feel confused about whether they are heterosexual or gay/lesbian
  - Most boys and girls feel close to a friend of the same sex and admire older people such as athletes, coaches, or a teacher
  - Some boys and girls will experiment sexually with peers of the same sex as part of curiosity about sex
  - These things do not necessarily mean that the boy or girl is homosexual
  - Even having sexual dreams about someone of the same sex does not necessarily mean that a boy or girl is gay
  - Some boys will know that their sexual interest has always been to males and some girls will know that their sexual interest has always been to females
  - Some boys and girls may be uncertain and want to wait and see what happens over the next few years and some boys and girls may want to talk to someone
  - Sexual orientation is often not completely clear to a person until adulthood
4. **Ask** participants where they would tell a friend to go for help, if the friend thinks that he/she might be gay and wants to talk to someone about it. Answers include: a relative, a counsellor at a teen clinic, or someone at school, at a community health centre, or at a church.