

## **Father-Son Puberty Workshop**

HiTOPS Educator

**Designed for:** Males, age 10-13, and their fathers or male care-givers

*“Why are the girls taller than me?”*  
*“My skin looks terrible!”*  
*“Why am I so awkward?”*  
*“Am I normal?”*

Puberty is a time when young people are concerned about their changing bodies and have many questions that can be hard to ask. Having a safe place to learn about these issues and ask questions helps to increase their comfort level at this critical time in their physical and emotional development.

In this workshop, a flannel board with large felt figures, “Sam and Sally”, is used to demonstrate body changes, spermatogenesis and conception. Questions about emotional and social changes are addressed, helping fathers and sons become more comfortable talking about body changes and beginning sexuality issues. A resource list and activities to continue at home are included.

### **Our goals are to help participants:**

- Describe physical and emotional changes of puberty
- Identify male reproductive anatomy and physiology
- Increase communication regarding body changes, menstruation, and beginning sexuality issues

**Average length of program:** 120 minutes

**Recommended number of participants:** 5 - 10 father-son pairs