



Puberty and Boys

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Key topics

In this session, we will talk about:

- Useful Resources
- Teaching “Public and Private”
- Teaching changes to the body
- Teaching hygiene
- Teaching appropriate masturbation

Use of resources

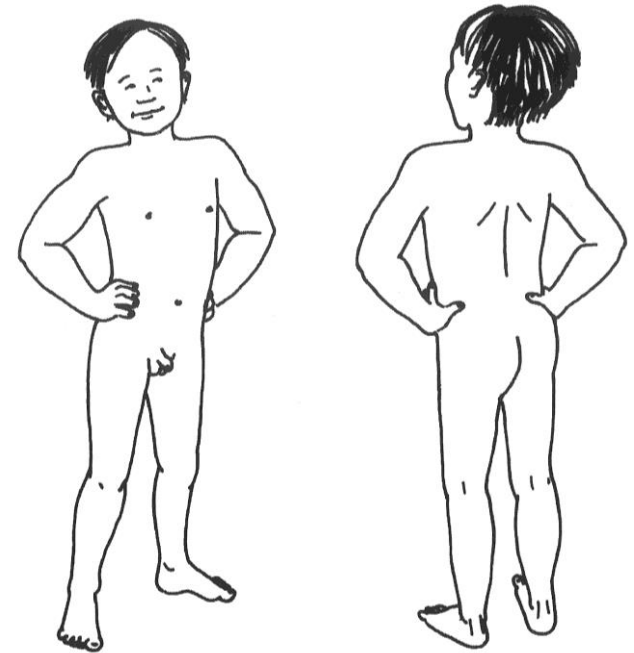
- Choose what suits young person's needs
- Ask permission before using a resource
- Become familiar and comfortable first
- Teach appropriate terms
- Inform about other gender also

Public and Private

- Teaching concepts of public and private is a foundation for socially appropriate and protective behaviours.
- Teach about:
 - private body parts
 - public and private places
 - public and private behaviours

Private parts of the body

- The private parts of a male's body are his **penis, testicles** and **anus** and **buttocks**.
- These private body parts are usually covered with underwear.



THINK, PAIR AND SHARE

How can you teach a non-verbal boy or boy who does not understand words much about private body parts?

- All about sex: private parts of the body (picture)

Teach-A-Bodies

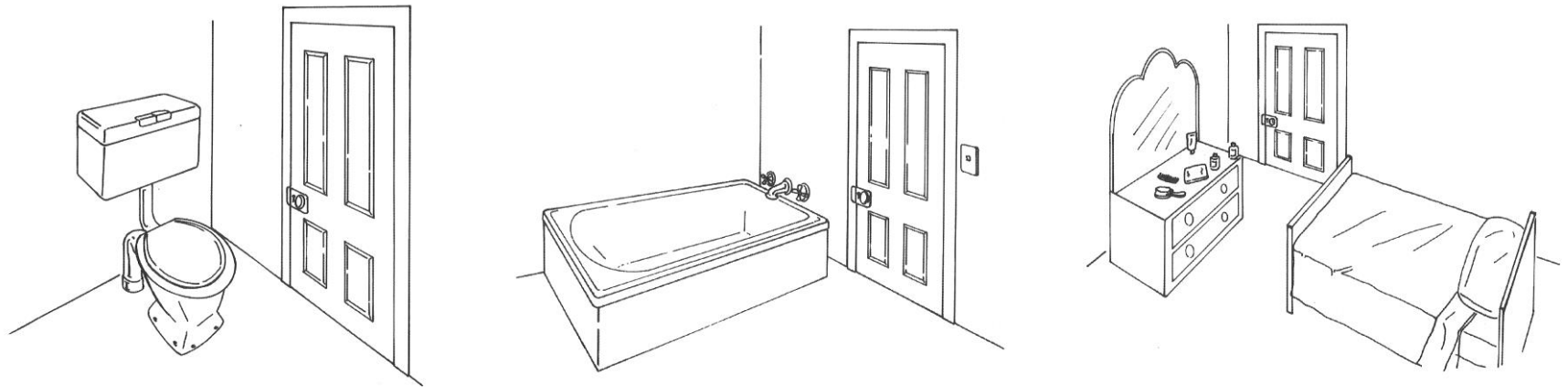


Parts of the body

- No one should touch or see another person's private parts unless the other person wants them to, and has said it is OK.
- Some parts of a person's bodies that they do not cover with any clothing are their hands, arms, faces and feet. These parts of the body are OK for other people to see.
- It can be different in different places that people go. (ie: shirtless at beach but not at a restaurant)

Private Places

- Usually a person's bedroom, bathroom or toilet is a private place.
- No one else should come into a person's private place unless they say they can. It is the person's private place.

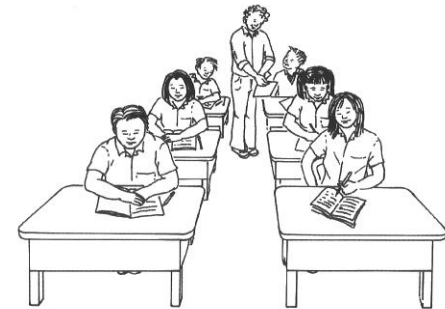
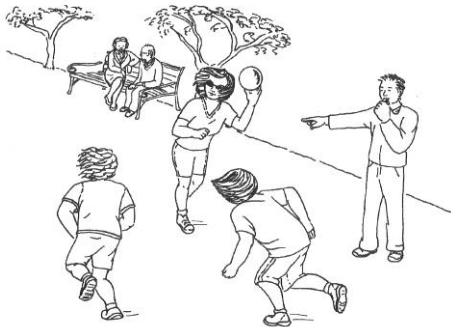


Images: Family Planning Queensland (2010) Everybody Needs to Know

Text: Family Planning NSW (2013) All About Sex

Public Places

- A public place is where there are other people around. Some public places are the bus, train, in the park, at the movies, in the lounge room and kitchen. These are not a person's own private places.
- A person shares these places with other people.
- People can walk in and out without asking if it is OK.



Images: Family Planning Queensland (2010) Everybody Needs to Know

Text: Family Planning NSW (2013) All About Sex

THINK, PAIR AND SHARE

Public and private can be confusing for a boy that require personal care support.

Supporting with personal care means someone is in his private place

How can you assist your son to learn the difference the difference while supporting him in his private place

Public and Private Behaviours

- Private parts of the body can be touched when a person is in a private place.
- If a person has sexy feelings, they can go to a private place to touch their private body parts.
- A person can masturbate or have sex in their bedroom if they want to. It is only private if a person is there by themselves or with the person they are going to have sex with.
- A person can hold hands with a close girlfriend or boyfriend in public places, like the movies, if they both want to.

Protective Behaviours

A person's body belongs to them.

It is not OK for someone to touch another person's body unless they say they can.

Scenario

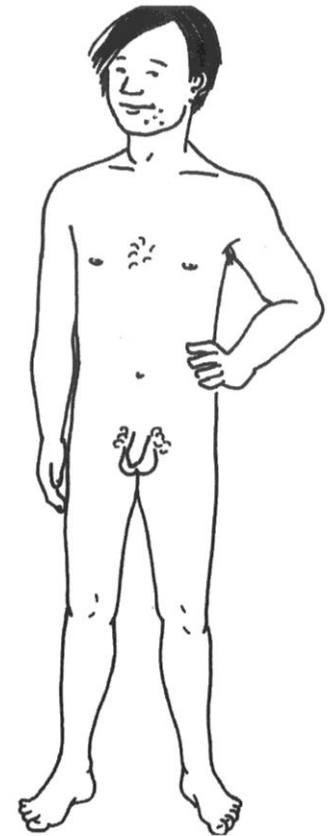
You taught your son that he is in control of his body and should be asked first, if people wanted to assist him and he should ask other people permission as well.

Scenario: Your son's aunt is leaving the house and you told your son to kiss his aunt's goodbye, your son say no, and you say "but you will hurt aunts feeling."

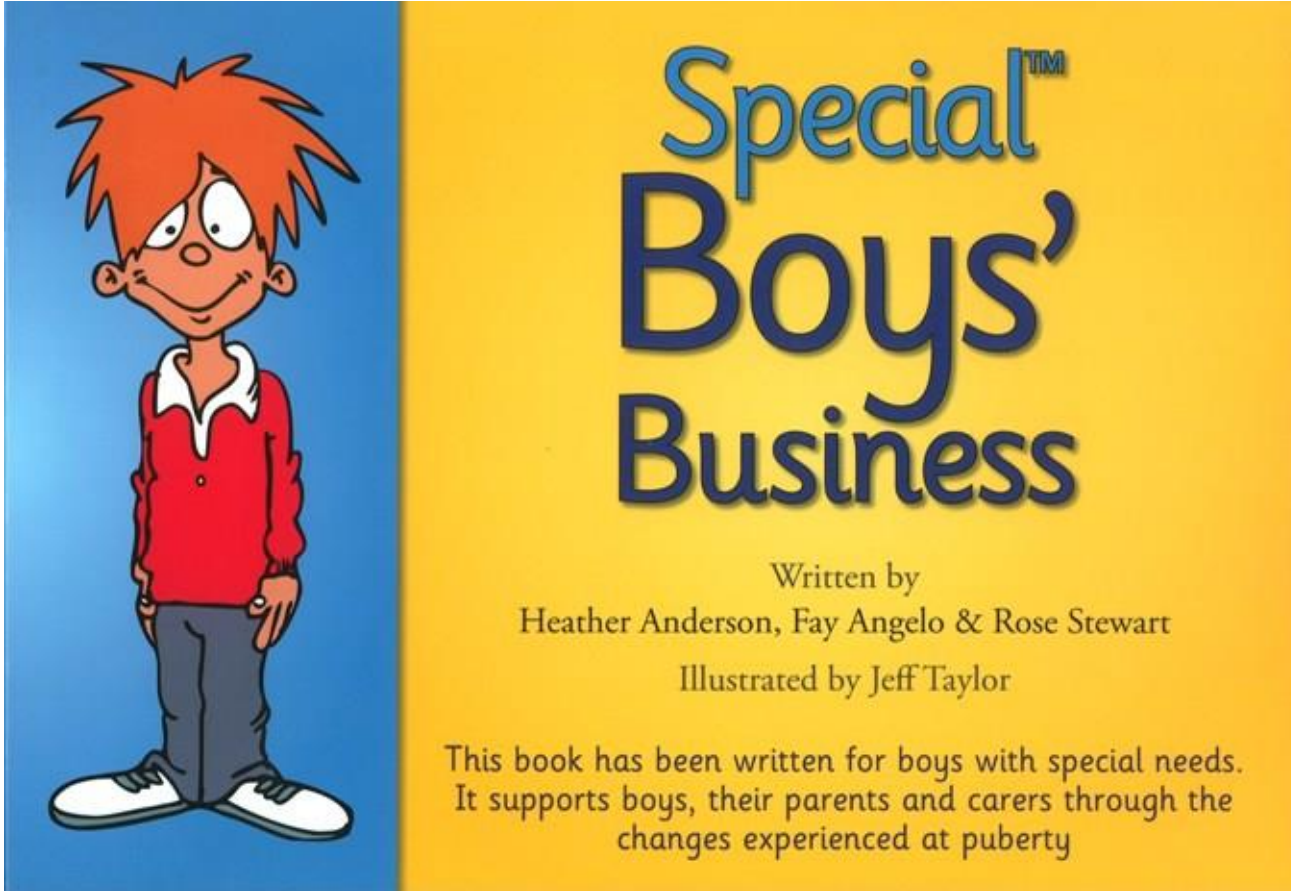
1. What do you think your son will learn from this experience?
2. In this situation, how can you reinforced the concept of consent, to empower your son, so he felt he is in control of his own body?

Male Body Changes

- Everyone has puberty but at different ages
- Body hair, pubic hair, pimples
- Voice drops (also cracks)
- More sweat produced
- More frequent erections
- Sexy thoughts, mood swings



Special Boys Business



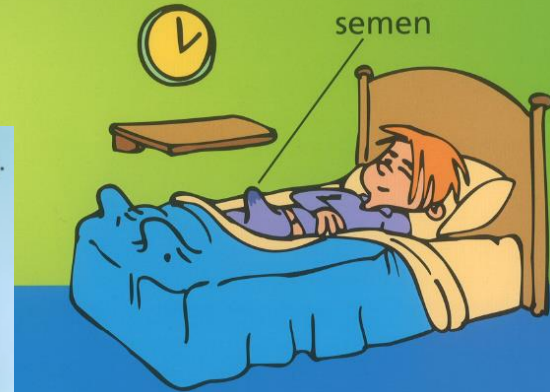
Special Boys Business

- Comprehensive puberty & hygiene resource
- Use of easy English and simple illustrations

When hair grows on your face you may need to start shaving.



Semen can come out when you are asleep. This is called a wet dream.



At puberty hair grows on different parts of your body.



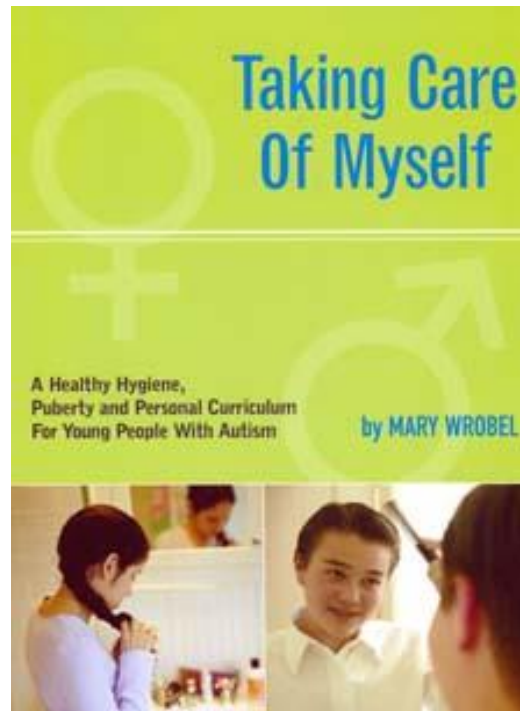
Male Hygiene

- Shaving
- Deodorant
- Acne care
- Wet dreams
- Washing under foreskin
- Washing under arms and genitals



Taking Care of Myself

- General puberty & hygiene information & activities
- Step-by-step easy English instructions & photographs



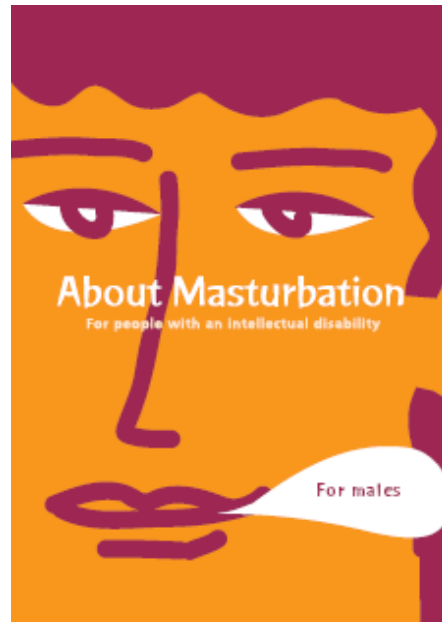
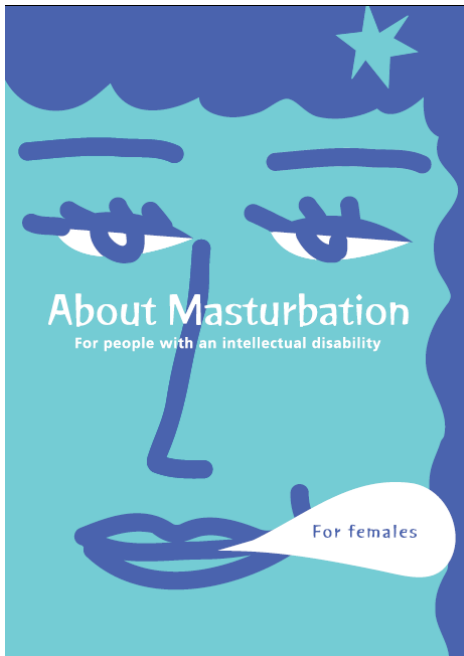
Masturbation

- Masturbation is normal and healthy
- It helps boys & girls learn about their bodies
- It is private
- **Where is a private place a young person can masturbate?**

Privacy door hanger



About Masturbation



Social story with positive messages:

- Healthy and normal
- Public / private
- Social rules
- Hygiene

About Masturbation



This is a man in the park. The park is a public place. He is feeling sexy, so he decides to go home to a private place.



He goes to his bedroom and closes the door. His bedroom is a private place.

About Masturbation



He rubs lube on his penis. Lube can be bought from a supermarket or chemist. It is OK to masturbate in a private place.



When he masturbates, semen which is white sticky stuff, usually comes out. He is now having an orgasm, or coming. He is feeling good.

About Masturbation



Afterwards he cleans himself up. He wipes the semen off with a tissue. Then he puts his pants back on.

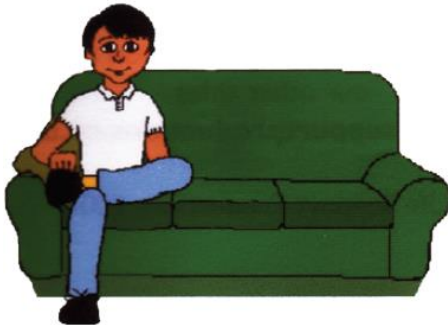
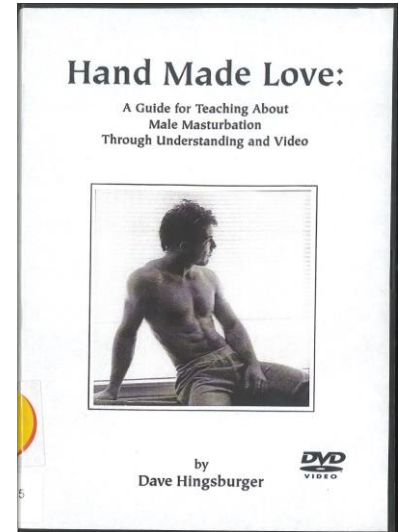


He goes to the bathroom and washes his hands.

Audio-visual resources

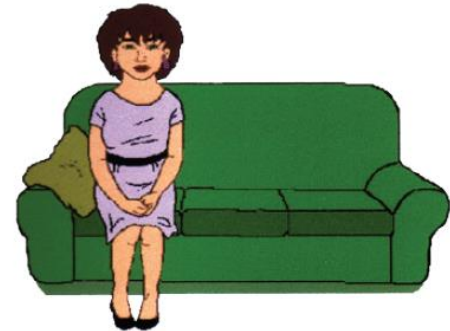


Hand Made Love -
- Finger Tips



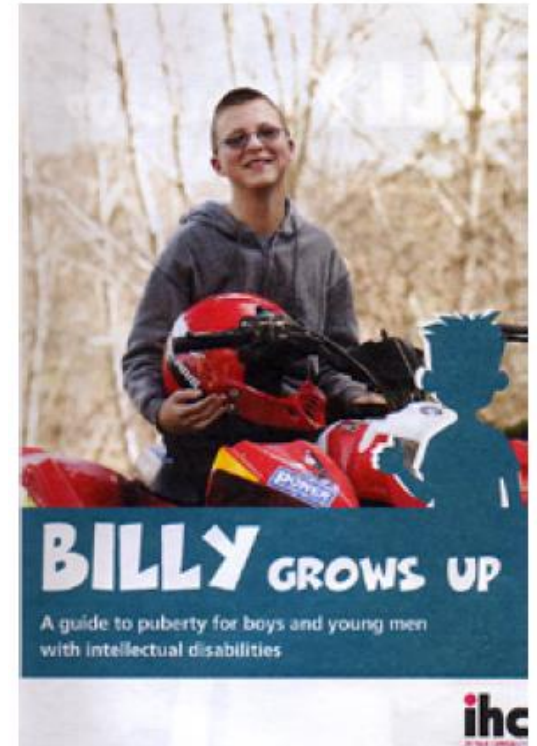
- Jason's Private World

Kylie's Private World -



Billy Grows Up

- Models teachable moments & discussions
- Stars a boy with disability & his family
- Comprehensive puberty & hygiene DVD
- Use of video and simple instructions





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We have five fixed clinics in NSW (in Ashfield, Fairfield, Penrith, Newcastle and Dubbo) and use innovative partnerships to deliver services in other key locations across the state with more 28,000 client visits annually.

We also operate **Talkline 1300 658 886**, a confidential telephone and email information and referral service, connecting our expertise to communities across NSW.

We provide information and health promotion activities, as well as education and training for doctors, nurses, teachers and other health, education and welfare professionals.

As an independent, not-for-profit organisation, we recognise that *everybody in every family* should have access to high quality clinical services and information.

Our services are targeted to marginalised communities, including people from culturally and linguistically diverse and Aboriginal and Torres Strait Islander backgrounds, refugees, people with disability, young people, people from rural and remote communities and lesbian, gay, bisexual, transgender and intersex communities.

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<p>Family Planning NSW Illustrated Birth Guide An easy-to-understand A4 size, coll-bound guide with 24 pages, including 9 full colour pictures and detailed explanations on the process of childbirth.</p>	<p>Family Planning NSW Body Chart An A4, coll-bound book of seven charts about reproductive and sexual health for use by educators working with groups.</p>	<p>Sexuality and Relationships Forum Forums for parents and carers of people with intellectual disability of all ages</p>	
<p>Yarning About Our Bodies Flip Chart An A4 size, coll-bound flip chart with seven charts about reproductive and sexual health for use by teachers and health workers to educate Aboriginal and Torres Strait Islander young people.</p>	<p>Disability Resource Collection FPNSW has an extensive Disability Resource Collection, available for loan to carers, service</p>		



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