

Intro.- “Who am I”

- **District stance is abstinence (not until you are married)**
- **Video- “Just Around The Corner (4th grade) – Growing Up For Boys (5th grade)**
- **Male reproductive system diagram -**
- **How do we protect our body?**
 - **(reproductive organs) – while we play on the playground or in sports**
- **How do we take care of our body**
 - **Practice good Hygiene**
 - **Getting exercise (40-60 minutes per day 4-5 days per week)**
 - **Eating healthy foods (eat from all food groups)**
 - **Avoiding tobacco and other drugs**
 - **Getting enough sleep (8 hours per night)**
 - **Drinking water (6 glasses a day)**
- **What physical changes are we going to see or experience**
 - **Hair growth, deeper voice, body growth, reproductive organ growth, skin changes**
- **What are the most important changes we have to deal with?**
 - **Changes in our heads and hearts**
 - **Decision Making Skills**
 - **Recover from your mistakes**
 - **Show respect**
 - **Build positive character and integrity**
- **Home work**
 - **Talk to your parents about the presentation (Do Not talk about this to anyone but your guardian**