



PREPARING YOUR SON FOR PUBERTY & BEYOND

Each download covers the essential, age-appropriate information he needs. Simply select your son's age group and topic to receive your download instantly. Following this flow of information, helps him learn as his body changes. Take your time. Focus on your son's needs today.

8-9 YEARS OLD

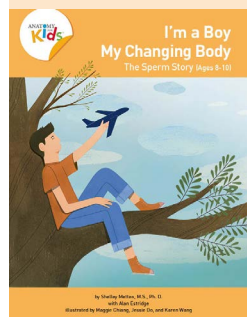


Early Puberty Signs

- What's puberty?
- How will I know puberty has started?
- Why do I smell different and have pimples?
- Why do my breasts hurt?
- What are pubic hair?
- What is inside the penis?
- Is my penis circumcised?
- Why does my scrotum look different now?

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10 YEARS OLD



The Sperm Story

- Where are sperm made?
- What happens to my scrotum when it gets warm and cold?
- What is inside the testicle?
- Are my testicles making sperm now?
- What is ejaculation?
- How do sperm get to the penis?
- How do sperm get energy?
- What is semen?
- Does semen and pee come out the same hole?

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11-12 YEARS OLD



Testosterone and Puberty

- What is a hormone?
- What is pubic hair?
- Why do I smell different and have pimples?
- Why do my breasts hurt?
- Why does my voice sound different?
- What makes me grow taller?

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Sperm and Testicles

- What does a testicle look like on the inside?
- Where are sperm made?
- Why are my testicles inside the scrotum?
- Where does pee come from?
- How does pee come out of the penis?
- How do sperm get energy?
- What is semen?

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Ejaculations

- Is my penis circumcised?
- What is an erection?
- Have I had an ejaculation yet?
- Will I know if I am going to have a wet dream?
- How does a sperm find an egg?

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13-14 YEARS OLD



Similar Puberty Changes

- Am I an adolescent?
- Does a girl's sweat smell different?
- Are girl pimples different than boy pimples?
- Do boys and girls both get breast buds?
- Do boys and girls grow taller at the same age?
- Do girls voices get deeper?

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Eggs and Sperm

- Why aren't more eggs being made?
- Why are new sperm always being made?
- How does a sperm get to the penis?
- What happens to the penis during an erection?
- What's a wet dream?
- What's semen?
- How do eggs get to the uterus?
- What's a menstrual cycle?
- What's a menstrual period?

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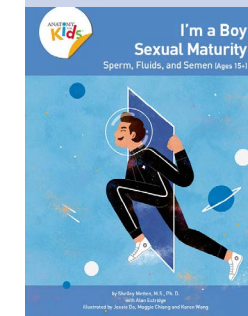


Becoming Sexually Mature

- When are boys and girls sexually mature?
- How do sperm find an egg?
- What is fertilization?
- What are XX and XY chromosomes?
- What are sexual centers in the brain?
- Friendship with girls?

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15+ YEARS OLD



Sperm, Fluids, and Semen

- What tells testosterone to be made?
- What tells sperm to keep being made?
- How do sperm get from the testicles into the semen?
- Where does the fluid in the semen come from?
- Is semen formed inside the penis?
- How does an ejaculation happen?

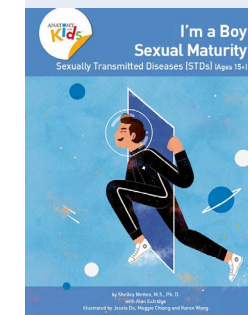
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Conception and Contraception

- What happens at ovulation?
- Where does an egg meet a sperm?
- What is conception?
- When in the menstrual cycle can fertilization happen?
- Do XX or XY chromosomes form a baby girl?
- What happens during the first gestational month?
- What happens during the second gestational month?
- What happens during the third gestational month?
- What is contraception?
- How does abstinence prevent pregnancy?
- How does a condom prevent pregnancy?
- How does the birth control pill prevent pregnancy?

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Sexually Transmitted Diseases (STDs)

- How is a viral STD different from a bacterial STD?
- Can chlamydia and gonorrhea be cured?
- Can HPV and genital herpes be cured?
- Can you take a vaccine to prevent an STD?

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