

Who Wants to Be A Millionaire ©

(Stealth Puberty Education)
4th to 6th grade boys

What is puberty?

- A) The capital of the state of Montana
 - B) Bob Puberty – the defensive end for the Baltimore Ravens
 - C) When a boy's body prepares for the possibility of fatherhood
 - D) Something all boys experience at the same time
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Some boys think (D) that everyone changes at the same time. Encourage them to talk with family to know their pattern – if both parents were first or last to grow they will usually grow within 1 yr. of parents

When a boy/girl begins to grow twice as fast (growth spurt), what grows first?

- A) ears
 - B) hands
 - C) belly button
 - D) feet
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Feet can grow so fast that newly purchased shoes don't fit. Parents will say, "You can't need a new pair of shoes. We just bought you these." Sweat glands & oil glands get active – discuss hygiene

Until what age can some boys continue to grow taller?

- A) 17
 - B) 18
 - C) 19
 - D) 20
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Suggest that they look at parents High School year books. Very often the shortest boy in 9th grade is the tallest in 12th grade. Some continue to grow in college. Ask grandmas – they have photos and remember.

KNOW YOUR BODY — MALE -2

By what age do most boys' voices finish changing?

- A) 13
 - B) 14
 - C) 15
 - D) 17
-

What is testosterone?

- A) the Washington Wizard's new center, Vinnie Testosterone
 - B) a chemical messenger that causes a boy's body to change
 - C) a famous ranch in Texas
 - D) the bone that connects the knee to the ankle
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Why are boy's testicles outside their body in the scrotum?

- A) there's not enough room inside
 - B) to make it difficult for boys to play football
 - C) sperm need a cooler place
 - D) they fall out on the second birthday when you blow out your candles
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Ask what is our normal body temperature 98.6F – too hot for sperm which are the smallest human cells. If it was 98.6F in this room, we would be hot. Tiny sperm would be “toast.” God wants babies to be healthy so He lets the sperm grow in a cooler place

KNOW YOUR BODY — MALE – 3

Is something wrong during puberty if a boy notices one testicle is larger than the other?

- A) yes
 - B) no
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We grow in “growth spurts.” One side can grow faster than the other. We usually even up but we are never exactly the same on both sides. Many have feet that are not the same size.

How many sperm can fit into a teaspoon?

- A) 30,000 to 50,000
 - B) 300,000 to 500,000
 - C) 3,000,000 to 5,000,000
 - D) 300,000,000 to 500,000,000
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How many sperm did it take to make Each one of us? ONE – Think God is pro-life? God has given our bodies the ability to cooperate with him to create a new life who will live forever.

How much sperm does a man produce in an hour?

In millions

- A) 4
- B) 9
- C) 12
- D) 15

KNOW YOUR BODY — MALE - 4

How long does it take sperm to be made and mature?

- A) 12-24 hours
 - B) 10 days
 - C) 3 weeks
 - D) 3 months**
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Takes two months for the head and tail of the sperm to be made. The head contains the chromosomes that determine what the baby will inherit from the mom or dad.

Takes 2-3 weeks for the sperm to learn how to swim. *Will explain this later.*

What causes the testicles to move up or down in the scrotum?

- A) exercise
 - B) riding a bike
 - C) watching too much TV
 - D) heat or cold**
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God wants healthy sperm. Protects from heat of hot tub or shower by moving away from our 98.6F body. Protects from cold pool by moving closer to our 98.6F body.

How many boys may notice that their breasts grow larger and are tender during puberty?

- A) 20%
 - B) 30%
 - C) 40%
 - D) 50%**
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It is VERY normal to notice breast area is Tender and slightly bigger -- about the size of 3 or 4 quarters stacked on top of each other. Goes away in 1 to 1 ½ years. Leave alone. Do not pick at or squeeze. Can irritate and get an infection.

KNOW YOUR BODY — MALE - 5

Who determines if a baby will be boy or girl?

- A) Mom
 - B) Dad**
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Girls have XX chromosome – Egg is X

Boys have XY chromosome -- Sperm can be X (make girl) or Y (make boy)

Where does hair usually grow first?

- A) Outer corner of upper lip**
 - B) Under the arms
 - C) On the chest
 - D) Down THERE
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What may determine the amount of body hair that a boy will have?

- A) exercise
- B) diet
- C) **family**
- D) sexiness

People from China, Korea or Japan have very little body hair. Italians, Greeks and African Americans have more body hair.

Can inherit from your family.

KNOW YOUR BODY — MALE - 6

How many glasses of milk (8 ounces) does a boy need to drink each day to protect his bones from sports injuries?

- A) 1
- B) 2
- C) **3** – 5th & 6th grade
- D) **4** – 7th & 8th grade

Sports injuries in high school --broken wrist or stress fracture in leg bones. Xray shows “grandma bones” -- like those with *osteoporosis*. Must build bones NOW. Complete by 20 yrs of age. Not enough milk ? cheese, yogurt? Some orange juice or cereal have it added. Talk with mom/guardian. ? supplements – ask MD – TUMS usually recommended.

A boy/girl should drink 5 to 6 glasses of water each day to protect themselves from.....?

- A) daytime tiredness
 - B) dry skin
 - C) constipation
 - D) **all of the above**
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