



Caring for the
Next Generation

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GROWING UP TALKS (ie. the birds and bees)

Dr. John Fitch, Heritage Pediatrics

Talk 1: You are Special!!(in car driving to location—dad sat in back with Thomas and mommy chauffeured, visa versa with girl) ~1 hour

- Gen. Ch 1 After God made man he said it was “very good”.
- Fearfully and Wonderfully made—God made you and everyone special and unique
 - What does this mean to you?
 - Why do you sometimes feel bad about yourself?
 - How are you going to feel when someone makes fun of you in 5th grade?
- Parable of the Talents
 - What are you responsible to do with the talents that God has given you?
- 2 Ls (it starts at home)
 - Listening to adults the 1st time
 - Be responsible and earn the trust of your parents
 - You get more privilege the more we know we can trust you
 - Loving your siblings
 - Your brother loves and adores you and cries when you are not there or you leave for school. Why do you put him down? Back to first bullet
 - You will love others better and be a better friend if you love those in your home well first
- If you are in Christ, the Holy Spirit lives in you. Daily ask him to help you with the 2 Ls above
- What is the chief end of Man

Talk 2: Adolescence (in hotel after fun night and dinner) ~ 1 hour

- What is adolescence? puberty?
- This will be a time when it is important to take good care of your body. You will need to bathe daily. Wear deodorant. Brush your teeth. Comb your hair. Wash your face two times a day, etc.
- Look at picture of brain in How You are Changing (book in the Learning about sex series for ages 8-11—we didn’t read any of the book with Thomas, but child and/or parent could read before hand for a background to the weekend)
 - All cells have our entire DNA footprint except reproductive cells that have half
 - The pituitary gland has the growing blue prints and determines when you go through adolescence
- Watch boy video of Tell Me Now! video
 - Discuss physiology of what happens in order (for boy we talked more about boys and less about girls but did cover both genders and asked if questions)
 - Talk about tender breast nodule (doesn’t happen in all boys but is normal and not cancer and doesn’t mean you are a girl). This is an exciting marker as it tells you that your body is starting to go through changes



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- First thing that happens is testicles get larger, penis follow suit and hair starts to grow in pubic area
- Hair starts to grow on legs, under arms, on chest and on face
- Boys do their growth spurt at the end of their bodies going through changes—average age 8th and 9th grade
- Wet dreams
- Masturbation
- Discuss timing of puberty (for both boys and girls)
 - Some develop earlier than others
 - It can be frustrating to go through puberty later, but it is all in God's timing. Go back to talk 1 about being special and unique and first bullet tonight about God's blue print in the pituitary gland
 - Talk about when your dad/ mom went through puberty
 - Important not to tease others if they are later or even early. It is also important to be patient if Gods timing is slower than others—example of David Robinson
- Watch girl video of Tell Me Now! video.
 - Discuss physiology of what happens in order
 - First thing that happens is breast bud development
 - Then there is pubic hair growth as well as hair growth on the legs and under the arms
 - As the video says the breast get bigger and the hips get wider
 - It is on average 1 ½ years to 2 ½ years after those first body changes that a girl expect to have her first period
 - The average age for a girl to have her first period is 12 ½ years but it can be sooner or later
 - Review physiology of female menstrual cycle that was discussed in video.
 - Discuss irregularity of period in the first two years
 - Discuss heavy bleeding and menstrual cramps
 - Girls only grow about 2 inches over two years after they start their first period
 - Discuss with girl the concept that she and her mother will never understand, Boys ARE VISUAL!! Then discuss modest dress and why this is important
- Discuss acne
- Puberty is a beautiful thing. Yes, it can be awkward and embarrassing but it is a beautiful process that God designed for your body to go from a boy/girl to man/woman
- Importance of coming to parents for questions. Girls will probably feel most comfortable with mom and boys with dad. They will hear miss-information from friends and teachers and other adults (especially in the media). Express the importance of coming to parents if they have questions



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Talk 3: SEX!! (Batten down the hatches; this is where it gets awkward. We did Sat AM after breakfast.) ~
1 ½ hours

- What is Sex?
- Why are we embarrassed to talk about this subject (Chrissy actually asked this question)?
- What does it mean that Adam and Eve were naked and not ashamed?
- Devotional on Genesis Chapters 1-4:1
 - Sex is referred to three times in these first few chapters
 - We also discussed the Gospel that we see in these chapters. We talked about the fall and the curse and how that affects men and women uniquely
 - What are all the common names for sex, including Biblical references and slang?
- Watch “making babies” in [Tell Me Now!](#) video
- We also watched the last video “wise choices” at the same time
- We (well I—we joked about mommy taking over at this point and all laughed and tried to keep a serious conversation light and natural) talked in more detail about what sex is and what happens
- We discussed the distortions of the media. Sex is wonderful but it takes time to learn just as it takes time to learn the game of baseball or golf
- Dr. Plastino said that when she talks to sexually active high school girls and gets them to be honest, 100% say that it doesn’t feel good to them
- We talked about the microwave versus crock pot cooking analogy
- What are the purposes of sex?
 - Making babies
 - Enjoyment/ pleasure
 - We went back to “What is the chief end of Man?” We are to enjoy the good gifts of God
 - What was Adam’s response to seeing Eve
 - Song of Solomon
 - What does it mean for the two to become one flesh—physically and spiritually (discussed the Holy Spirit)
- Why to wait to have sex until marriage
 - God tells us to
 - Medically it is the best decision as well—medicine proves God’s wisdom
 - Pregnancy
 - ◆ Gave two examples of teen moms currently in my practice
 - ◆ Discussed oral contraceptive
 - STDs
 - ◆ 1 in 4 high school students has an active STD today
 - ◆ 80% of boys don’t know it and 60% of girls don’t know it
 - ◆ In the 60s 2 STDs now more than 25
 - ◆ Discussed a few STDs
 - ◆ Disproportionate burden on women



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- ◆ Number one cause of infertility
- ◆ >90% of cervical abnormalities/cancer
- ◆ Can affect future children—gave examples of congenital herpes and patient with HPV papules on vocal cord leading to hoarse voice
- ◆ Discussed condoms—how they work, why they don't work, the myth of safe sex
- Emotional consequences
 - ◆ Discussed book Hooked
 - ◆ Being biochemically bound to a spouse is a wonderful thing. It's a very hard thing for a relationship that ends for whatever reason: break up, divorce or death
- Respect the opposite sex
 - We revisited the concept of the boy being visual
 - We discussed pornography
 - ◆ It's virtual not real
 - ◆ It's addictive even like cocaine (though not as addictive as)
 - ◆ For a boy it is really hard to get images out of your head
 - That girl is someone's daughter, maybe someone's sister, and one day someone's wife
 - Boys will use the line if you love me you will have sex with me. If a boy can't respect that you don't want to have sex with him, he doesn't really love you.
- Daily ask the Holy Spirit to protect you from temptations to sexually immorality
- Have accountability
 - Have friends ask you if you are struggling or being tempted
 - Covenant Eyes
 - Blocks on computer and TV
 - Don't put yourself in a position where you could be tempted—you should never be alone with a girl/boy in a house if there aren't others there with you (preferably adults)

Talk 4: Becoming a Thinker/ Making a Good Decisions (Discussed in the car on the way home again with mommy chauffeuring) ~1 hour

- We talked about thinking and learning from our mistakes in the first talk. As you get older we don't always want you to have to learn from mistakes. We want you to think and make good decisions up front
- Bottom line is that people are going to ask you to do things you know you aren't supposed to do for the rest of your life
 - Gave example from my office
 - Gave example from Enron
 - Talked briefly about drinking, drugs and smoking
- This is far more than just drinking, drugs and smoking. What are examples that you may face in 5th, 6th or 7th grade?
 - Someone wants to cheat on your test



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- You are at a sleep over and they put on a movie that you know you aren't supposed to watch
- Everyone is sitting at lunch making fun of a guy. Are you going to join in
- We discussed 3 things to help us in these situations
 - Think ahead
 - Role play several different potential situations (someone wants to cheat on your test, you are at a sleep over and they are watching a movie you know you aren't supposed to watch, everyone at lunch is making fun of another guy at the next table and you have to decide if you are going to join in)
 - Choose your friends wisely
 - example of 18 yo patient who says she will keep drinking because all her friends do and she won't be the only person not doing something
 - The Solomon principle
 - We make decisions all day long. You have narrowed a multiple choice answer to a and c and you have to make a decision. You are playing second base with a man on first and the ball gets hit to you—do you try to get the runner at second or make the easy play at 1st
 - There will be times when you weren't able to plan ahead
 - Pray daily that the Holy Spirit will give you wisdom to make the decisions of that day
- Be a thinker!!
 - You can't engage in conversation with the public unless you are a critical thinker
 - Bill board on the way home that said "Are you going to heaven or hell. You choose"
 - ◆ What is good theology and what is bad?
 - ◆ Don't just except anything you hear, even if it is from a teacher
 - ◆ How can you winsomely share Christ with your friends?
 - Bill board about abortion with the field of crosses
 - ◆ Do you value life?
 - ◆ How do you winsomely engage the other side?
 - ◆ Is there ever a time to support an abortion/ or prematurely terminating a pregnancy?
 - example of my grandmother who had an abortion before my dad was born to save her life
 - The untold side of abortion. Even though this led to multiple generations, it hounded my grandmother to her death, and she could/would not talk about it with anyone
 - Do you believe in evolution
 - ◆ What is macro evolution? What is micro evolution?
- This is not your parent's religion. I don't want you to believe these things because your mommy and daddy do. I pray that the Holy Spirit would convict and convince you of the truth