

Four Important Questions on Pre-Teen Boys' Minds

Physical

Is my body growing and working the way it is supposed to?

- How exactly do all these changes happen?
- Am I normal?
- Why do I look different from other guys my age?

Social

How do I fit in?

- Will others think I am important and include me?
- What does it mean to be a guy? How should I act?
- Can I be different and still be normal?

Emotional

What am I feeling?

- Why do I feel the way I do?
- You don't understand me.
- I got all these things on my mind but can't share it with anyone.

Cognitive

Am I ready?

- What and who are my resources?
- How will I talk to my parents about this?
- What if I'm not ready for all these changes?

Ideas for Parents

- 200 one-minute conversations
- Listen with empathy
- Be available and consistent
- Re-visit topics as your son grows and changes
- Understand the influence of media and how to take advantage of it