Puberty Conversation Preparation Sheet

Prepare for a series of calm, accurate, dignity-centered conversations.

Purpose
Prepare before changes or questions become a crisis. Use several short conversations instead of one overwhelming talk.

Scripture orientation: Genesis 1:26-31; Psalm 139:13-16; 1 Corinthians 6:12-20 (NASB95)

Use with: Parents and guardians of boys approaching or experiencing puberty

Parent preparation

What my son may already know

What I need to learn first

My own fear or embarrassment

A private time and place

A trusted medical or pastoral resource

Conversation sequence

- ☐ Body changes and hygiene
- ☐ Erections and nocturnal emissions
- ☐ Emotions, sleep, comparison, and privacy
- ☐ Attraction, desire, consent, and biblical integrity
- ☐ Pornography and sexualized media
- ☐ Safe and unsafe touch, secrecy, images, and help-seeking

Follow-up plan

His questions

Information I need to verify

Supplies or appointments needed

The next short conversation

How I will keep the door open

Prayer
Creator God, help me speak about the body with truth, gratitude, holiness, and calm. Guard my son from shame and exploitation, and teach us to bring questions into the light. Amen.

Use this worksheet to support biblical discipleship and honest family conversation, not to force disclosure or shame unfinished growth. It does not provide diagnosis, treatment, legal advice, emergency assessment, or crisis care.

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