

Michael Auden's Teaching Boys Emotional Literacy

Interactive Training Modules



Testosterone Tsunami

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The Village Teacher

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Teenage boys encounter a testosterone tsunami.

On entering puberty a boy will experience a twentyfold increase in testosterone. This will send most teenage boys into a world of chaos for a few years.

His hormones are also making a teenage boy territorial about his turf and sensitive to any comment that challenges his status.

Teen boys aren't trying to be difficult. It's just that their brains aren't wired to give much thought to the future. Studying just doesn't make much sense to a teenage boy. Unfortunately, many things about our education system are in opposition to teenage boys' adventurous, freedom-seeking brains.

When teen boys are in a group, their brains experience excitement and emotional euphoria that makes them more willing to do risky things. Teen boys think they have things under control, but they don't.

At age 4 boys get a massive surge of testosterone. Adventurous play and vigorous activity are what he wants just as you ask him to start school and sit still for 6 hours a day.

Boys get another surge at 12-14 years of age. This contributes to building muscle, broken voices, restlessness and risk-taking as they start high school.

Steve Bidulth calls this TNT – testosterone needing tuition. Boys need help and guidance in dealing with all this change.

What kind of a man do you want the boys you teach to grow up to be?

Do the qualities you like include:

Being passionate?

Self-reliant?

Nurturing?

What others would you add to this list?

Two Page Plan – Testosterone Tsunami

Describe the behaviours you see in boys going through the early stages of puberty.

What do you now understand about what happens to boys entering puberty

1.

2.

3.

4.

5.

6.

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