

זה הקטן גדול יהיה

FROM BOYS TO MEN

Guiding our sons and students
in the ways of kedushah

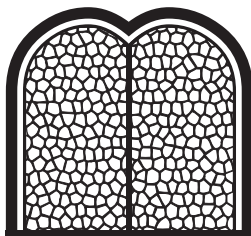
Dr. Shloimie Zimmerman
Foreword by HaRav Aharon Feldman

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MOSAICA PRESS

Acknowledgments

HAKADOSH BARUCH HU

First, I thank Hakadosh Baruch Hu for providing me with everything, and especially the special *zechus* to be involved in helping His children. It is my fervent hope and *tefillah* that this work should be a *to'eles ha'rabim*, help many of our youth to avoid issues and distress, help those who are struggling to heal, and increase *kedushah* in our world.

GUARD YOUR EYES (GYE)

I would like to thank the Guard Your Eyes team of **Yechezkel Stelzer**, **Yaakov Nadel**, and **Mendy Elishevitz**. They were the inspiration for this project and aided throughout. Despite the numerous and intense challenges and hurdles that arose, they never stopped believing in and encouraging the project. The dedication of the GYE team to helping Klal Yisrael is incredible and the impact of their work is monumental. It is a true *zechus* to develop something that can contribute to their *avodas hakodesh*.

I would also like to express my *hakaras hatov* to each of the GYE team members for their unique personal contribution.

To **Yechezkel Stelzer**, Clinical Director of GYE, for being a major catalyst for this work. Yechezkel's own wonderful books on these topics, as well as his drive to continuously enhance the resources on *kedushah* for a wide variety of Jewish communities, were the springboards for this work. I do not believe I would have authored this book without Yechezkel's vision, initiative, encouragement, and assistance, and for that, I am forever grateful. Thank you, Yechezkel, for everything that you did for me and this project and for all you do for the *klal*.

To **Yaakov Nadel**, Co-Founder of GYE, for consistently encouraging the work and providing whatever resources he could to support it. Yaakov's mantra of, "We never give up," and his indefatigable spirit and energy in the face of major hurdles and challenges, helped keep me encouraged and focused so that this book could see the light of day. Thank you, Yaakov, for constantly inspiring me and all those you encounter to never give up and to bring the light of *kedushah* to this world.

To **Mendy Elishevitz**, GYE's Director of Research and Development, for his *pilpul chaveirim*, keen insights, and breadth and depth of knowledge. Mendy, as I said to you a few times during the project, I feel like we would have been great *chavrusos* in yeshiva. You helped me clarify and fine-tune some key topics, made some important edits, and ensured that the work was solidly grounded in Torah and psychological sources. Thank you, Mendy, for everything you did to enhance the book.

HARAV AHARON FELDMAN, SHLITA

I have tremendous *hakaras hatov* to the Rosh Yeshiva, **Harav Aharon Feldman**, *shlita*. The Rosh Yeshiva put a great deal of his precious time and effort into this project. The Rosh Yeshiva's collaboration on this project and his foreword are invaluable. Additionally, the Rosh Yeshiva's penetrating analysis, guidance, and critiques on every part of the document propelled my understanding of the topics, as well as my writing, to new heights. Moreover, for the readership, the benefit of having the Rosh Yeshiva's direct involvement is incalculable, and I am certain that the entire *klal* is grateful for it.

HARAV ELYA BRUDNY, SHLITA

I would like to express my great *hakaras hatov* to the Rosh Yeshiva, **Harav Elya Brudny**, *shlita*. The Rosh Yeshiva's *hadrachah* is what put the project in motion and provided me with the necessary guidance, support, and encouragement to develop this project for the *klal*. The Rosh Yeshiva's time, advice, and involvement were invaluable to me and will, *iy"H*, be of enormous value to the *tzibbur*.

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December 20, 2020

Dear Parents, *Roshei Yeshivos*, and Rabbanim,

The Covid-19 pandemic has been extremely harsh, causing loss of many lives and economic disaster. When the news came that there is now an effective vaccine, many people felt a sense of relief.

Unfortunately, there is a serious epidemic among Jewish youth, who are under the extreme pressure of hormones which have great effect on their feelings and behavior. The damage can be great, and there is no vaccine.

I recently read a biography of the great Posek, Hagaon *Rav Yitzhak Elchanan Spektor* of Kovna, and it related that he married at age 13. In today's world, this is impossible. Indeed, *Rav Chisda*, an author of the Talmud, said, "The reason I am superior to my colleagues is that I married at age 16. Had I married at 14, I could have defied Satan" (*Kedushin* 29b). However, Human physiology does not respect social dictums, and today's adolescents are confronted with the reality that they will not be able to satisfy their sexual urges for many years. The frank licentiousness that prevails in today's world aggravates the problem manifold.

Worst of all is that young men have no one to turn to for guidance and support. The subject is taboo, and parents and mechanchim close their eyes and make believe that there is no problem. Parents are too embarrassed to discuss it, and *Roshei Yeshivos* seem to think that if a bachur will be diligent in study of *Gemara*, he will be protected from the effects of years of frustrated desire. THIS IS NOT TRUE. You may not be able to detect the effects of the struggle of the young men, but they are severe.

Parents, *Roshei-Yeshiva* and rabbanim! You are the only ones who can save these young men from the crushing effects of today's pritzus and hefkeirus. You are their vaccine!

Dr. Shloimie Zimmerman rose to the challenge, and, with the support of the staff and advisors of Guard Your Eyes, has developed a compendium, "*From Boys to Men: Guiding our sons and students in the ways of kedushah.*" This is a crucial component, and through awareness of the problems and facing them head on, educating our children, and being there as ongoing supports, we can save our young men and their families from the crushing influence of today's dissolution in society.

Sincerely,



Rabbi Abraham J. Twerski, M.D.

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בס"ד

HASKAMA

The directors of Guard Your Eyes and Dr. Shloimie Zimmerman have shown me the full text of a booklet, named *זה הקטן גדול יהיה*, which advises parents and *rebbeim* how to present and deal with *inyaney kedusha* for boys who are reaching adulthood. This subject is a very important one since the temptations of *ta'avah* in our times are greater than they have ever been in our history, and it is a topic which must be brought to the fore.

I found the booklet to be an excellent presentation. The author, a Chareidi psychologist, adheres completely to the *Hashkofos* and *Mitzvos* of the *Torah* while at the same time offering sound, experienced-based advice, on how to help our youth navigate their turbulent years of adolescence.

May this very valuable work be well accepted by the public, and may it contribute to making the Jewish people an *am kadosh*, defined as a nation who are *perushim mey-arayos* (separated from licentiousness).

With blessings,
Aharon Feldman

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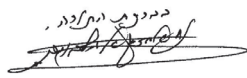
ד"ר

NOACH ISAAC OELBAUM
RABBI
AUTHOR OF SEFORIM
MINCHAS CHEN

נח אייזיק אהרלבוים
בעתודת מנחת חן
רב ואב"ד ישיבת מנחת יצחק
בבני נאורענס הילס, נ.י.

יום ד' לסדר "זה הדבר אשר צוה ה'" תשפ"א

בבית לפני קונטרס הנקרא "זה הקטן גדול יהיה".
ובאופן מפתיע ופי אולם חובבי במלאכתו האלפתי למחויב,
קמצו הנה כי שאלה זימאפיאמאן שליט"א בענין קדושה, וכוונתו,
הנפשי, עבדתי (מאז) על כגו הספר, והואת אלפי אלפיאנו
כפי חז"ל דובינו סני צי רבי מאונכ אבוא, להגי צ' אבדא
אל קדושה נקמת ב"א יום, ולא כן ב"א יום, ואולי גם ב"א
שאלו ארצו לביאליק השנים העשו אלי הנכה בחיים
בענין קדושה נקמת, והם אה"ש אבאליק חסדי צנן ומתפרקים.
באופן קשה, והנפשי אפי"ם אהציקם ואוונם.
ואולי על כן הוה לי שאלה ה"ל יוסל אהציקם אנהא מאתא
במאז הנפשי והגי קונטרס צי על פי השנפשי הנפשי והנפשי
ישל אבדא יצתה אפי"ם צ' אבדא אהציקם אנהא וכוונתו
אחיאלי, ומתפרקו הנפשי, מתוך אחיני.

בענין הנ"ל




יום ד' לסדר "זה הדבר אשר צוה ה'" תשפ"א

הובא לפני קונטרס הנקרא "זה הקטן גדול יהיה". וראיתי מעשה ידי איש מקיר במלאכתו מלאכת שמים. כבוד הרב ר' שלמה ציממערמאנן שליט"א בעניני קדושה, וכוונת הנפש, עברתי כמעט על רוב הספר, והאמת אגיד שלדאבוננו לפי מצב דורינו ספר זה כבר מאוחר לבוא. שהרי עובדא קיימת היא שבחורי ישראל הם נאבקים ולוחמים בנושא זה של קדושת הברית בכל יום, ולא רק בכל יום, ואולי גם ברוב שעות היום.

ואוכל להעיד שבמשך השנים הגיעו אלי הרבה בחורים משיבות מפורסמים, ודמעתם על לחיים מחמת שנכשלים הם הרבה בעניני קדושת הברית, והם ממש מרגישים חסרי ערך ומתפרקים, וגם איברו את הערכת העצמית שלהם, ומאשימים את עצמם באופן קשה, והוצרתי לפייסם ולחזקם ולעודדם. ואשר על כן היות שר' שלמה הנ"ל הוא מפורסם להיות מומחה בכוחות הנפש וחבר קונטרס זה על פי השקפת התורה וגדולי ישראל בודאי יזכה לסייעתא דשמיא להחזיר עטרת הקדושה למקומה, ותתרבה הקדושה בתוך מחנינו.

בברכת התורה,
נח אייזיק אהרלבוים

אליהו ברודנא

Rabbi Eliyohu Brudny
1752 E. 18th Street
Brooklyn, NY 11229

בס"ד

י"ד סיון תשפ"א

I had the opportunity to carefully review the work of Dr. Shloimie E. Zimmerman, Psy.D., titled 'זה הקטן גדול יהיה' on the critical topic of physical development and maturation for boys.

I know Dr. Zimmerman personally and have worked with him on many cases. Dr. Zimmerman is a highly qualified clinical psychologist who has fully dedicated himself to the needs of the Klal. Dr. Zimmerman is a ירא שמים, and has rescued many from the depths of despair, providing them with an opportunity to lead happy and productive lives.

Through his work, he has encountered countless ישיבה בחורים and is an expert on the challenges that our children face. This work is of vital importance, given the great challenges the teenagers of today are facing. Being armed with accurate knowledge and understanding, with appropriate השקפה, will allow our children to contend with these issues appropriately.

This text has been created with the input of ראשי ישיבות to ensure that every word contained within this work is in line with appropriate השקפה and adheres to the highest standards of צניעות possible. The current text is a product of much feedback and many careful revisions. The ability to help our children with this most formidable challenge is one of the sacred mandates of חינוך הבנים.

This book was created with the utmost sensitivity and consideration of קדושת ילדי ישראל at the behest of גדולי ישראל. This work has the הסכמות of the ראשי ישיבות, זקני ראשי ישיבות, Reb Shmuel Kamenetsky, שליט"א and Reb Aharon Feldman, שליט"א. In light of this, Dr. Zimmerman's work should be received widely and warmly, and should be utilized as an important tool in the חינוך of our children. It is my ברכה that those who implement this invaluable tool, should see וטהרה בקדושה ובמצוות, החותם בחיבת הקודש וביקרא דאורייתא,

א'בו קרנדל

Eliyohu Brudny



בסידי

YESHIVA DARCHEI TORAH

ישיבה דרכי תורה

YAAKOV & ILANA MELROIN CAMPUS, IN MEMORY OF REB YOSEF MELROIN, ז"ל

Rabbi Yaakov Bender
Rosh HaYeshiva

Tishrei 5782

Our generation is blessed with wonderful parents and mechanchim who are sincerely dedicated, b'lev v'nefesh, to providing the best chinuch to their children and talmidim. Being mechanech a boy so that he can properly deal with the changes and challenges that he encounters as he matures, and to help him enhance his kedusha and simchas hachaim, is a formidable task. Many parents and mechanchim feel inadequately prepared to properly be mechanech their sons and talmidim regarding these matters.

Therefore, I experienced great optimism and simcha when I reviewed the book titled 'זוה הקטן גדול ידידי'. The book was developed with the intensive input of Roshei Yeshivos and provides the klal with what it needs- a clear Torah-based and tzanuah roadmap for parents and mechanchim to properly be mechanech their sons and talmidim in this crucial area of chinuch habanim.

The author, Dr. Shloimie Zimmerman, Psy.D., is a renowned frum psychologist with tremendous expertise who has helped countless parents, mechanchim, and bachurim navigate these areas. The incredible Guard Your Eyes organization, which helped Dr. Zimmerman develop the book, is celebrated for helping thousands of yidden deal with struggles in inyanei kedusha.

The hashkafa and information contained in the book is excellent. I believe that the book is a great chinuch tool for our parents and mechanchim and will help them to impart the beauty, noam, and simcha of the derech HaTorah to our bachurim who are eagerly awaiting our hadracha in these areas. Therefore, it is my pleasure and kavod to join the choshuve Roshei Yeshivos and Rabbonim who have already given their input and haskamos and give my full haskama to this book. I strongly encourage all parents and mechanchim to avail themselves of and utilize this exceptional resource, which will be of great benefit to their children and talmidim.

It is my bracha to the parents and mechanchim who utilize this book that they be zoche to see their children and talmidim experience Torah living with confidence, serenity, and joy!

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יום ג' ל"ס * ולא יטמא כל אשר בבית' תשפ"א לפ"ק
החיים והשלו' או כליה' ה' שלמה ציממערמאנן, ולבלי האיוון העולם
ב'הי'ן מ'בי'ן, עוסקים בהצלת נפשות ממש, הצניחה והלחם לאלפי אינ'ן ב'ן' אנוני קדושה
אחשבה'ט כראוי וביאור

צ'מ'ת' זו' ה' א'צ'ול'ת'ן, א'צ'לה' ת'מה' ו'מ'ד'ק'ד'ק'ת' מ'א'ד, ק'ונ'ט'ר'ס' ה'מ'כ'ונ'ה' מ'א'ד
י'ב' ה'ק'ו'ן ג'ב'ו' י'ס'ר'י'. ה'ד'ו'נ'ט'ן ה'ז'ו'ב' ה'י'נ'ט'ן, ו'א'י'ד'ו'נ'ט'ו'ן, ז'ל'ת' ב'ז'א'ת' ב'ז'ו'ן ל'מ'כ'ו'ת'ו'ן
א'נ'ן ו'י'ס'ר'א' ו'ל'ת'ן ב'ז'ו'ן ה'ס'פ'ר'ים מ'ל'ר' ה'י'ת' ה'ק'ו'ן. ה'י'ס'ר'ים, ב'ד'ר'ים א'לו' י'ס'ר' ל'ת'ן
ה'ס'פ'ר'ת', ז'ל'ת' ה'ז' נ'א'ת' ו'מה' נ'פ'ת'. א'ל'ו'ק'ים מ'ל'ר' א'ת' ז'ו'ן ה'י'ס'ר', א'ל'ר' ה'ק'ו'ל'ק' ק'דו'ש
מ'מ'ש, ב'א'ו' ס'ר'פ'ס' ו'ת'ל'ו'ן ג'ב'ו'י' ה'ס'פ'ר'ת' ב'ז'ו'נ'ט'ו'ן ה'י'ת' ה'ק'ו'ן, ב'ז'ו'ן ה'י'ס'ר'ת', י'ב' ב'ז'ו'ן
ל'ק'ו'נ'ט'ר'ס' מ'ש, כ'פ'י' א'ח'ש'ב'ה' ז'ל'ת' ה'ק'דו'ש'ת' ל'ק'ו'ל'ה'.

צ'ד'ו'נ'ט'ר'ס' מ'ש'ל'ם' ה'ק'ו'ן ה'א'ס'פ'ק'ר'י'א' ל'ן ת'ורה, ו'ר'ק' זו' י'ב' מ'נ'ה'י'ג'ו'ת' ל'ת'ת'ו'ן
ה'ק'דו'ש'ת', כ'י'ל'ו'ם' א'ל' א'ס'פ'ק'ל'ר'י'א' ו'ש'ל'ת' ו'ש'ל'ת' מ'ס'ו'ר'ת' כ'ד'ת' ו'כ'ד'ו'ן, ו'כ'פ'י' ל'ת' ה'ק'ו'ל'ק'ו'ן מ'ס'ת'ו'ן
ל'ן. מ'ל'ת' ה'ס'פ'ר'ים נ'פ'ת', ש'נ'פ'ת' א'ת' ה'ס'פ'ר'ים כ'פ'י' י'ס'ר' נ'פ'ת' ה'ק'ו'ן ה'צ'ו'ש'ת' ל'ן ה'א'ת'ה'
ה'ק'דו'ש'ת' ו'מ'ל'א'ה'ת'. נ'פ'ת' ג'ם' כ'ן. ל'ן מ'פ'ת' א'ק'ו'ל'ה' מ'ל' זו' י'ב' מ'מ'ח'ו'ס' ב'כ'ל' מ'ל'ת' ה'נ'פ'ש'
כ'פ'י' א'ו'מ'ד' זו' א'כ'פ'י' ה'י'ס'ר'ת' ו'ה'ק'ו'ל'ה', ה'ש' כ'פ'י' מ'ש'ק'ו'ל' ה'ס'פ'ר'ים ז'ל' ל'ת' מ'ל'ת'ו'ן.
מ'ש'כ'י'ם ו'א'ת' ה'ק'ו'ל'ק'ים. ב'ז'ו'ן ה'ק'ו'נ'ט'ר'ס' מ'ש, ה'ק'ו'ן זו' ה'י'ס'ר'ת' ו'מ'ל'ת' א'ק'ו'ל'ה' ז'ל'
ה'ס'פ'ר'ים—כ'פ'י'ם' ל'ש'ן ז'ל'ת' ה'י'ס'ר'ת' ל'ן ב'ז'ו'ן ז'ל'ת' ל'ן ה'י'ס'ר'ת' ו'מ'ל'ת' א'ק'ו'ל'ה'—
א'ל' זו' ל'ש'ר'פ'ט'ן ז'ע'מ'ו'ר' א'ת' ה'ס'פ'ר'ים. ו'ז' כ'פ'י' מ'ש, מ'ת'ר'ק'ו'ן ל'ן ה'י'ס'ר'ת' ו'מ'ל'ת' א'ק'ו'ל'ה' ז'ל'
מ'ש'כ'י'ם ה'ק'דו'ש'ת' ה'ק'ו'ן מ'ל'ת'ו'ן. ב'ז'ו'ן ה'ק'ו'ל'ק'ים מ'ש'ל'ת' זו' י'ב' ק'ו'נ'ט'ר'ס' מ'ש, ז'ל'ת'
ל'ן ז'ל'ת'ת'. ל'ת'ו'ת' ל'ש'ן ו'מ'ל'ת'ת'.

ב'ז'ו'ן ה'כ'ו'ל'ה'ת'
ל'ר' ע'ק'ו'ל'ה'

יום ג' ל"ס * ולא יטמא כל אשר בבית' תשפ"א לפ"ק

החיים והשלו' אל כבוד ר' שלמה ציממערמאנן ולכבוד הארגון החשוב GUARD YOUR EYES שהגניב מכירים, עוסקים בהצלת נפשות ממש, בעודה ותמיכה לאלפי אחינו בני ישראל בענייני קדושה, אחדשה'ט כראוי וכיאות,

עברתי על כל עבודתכם, עבודה תמה ומדוקדקת מאד, קונטרס המכונה בשם 'זה הקטן גדול יהיה'. העניינים מאד עדינים, ולדאבונו, לעת כזאת הגענו שמוכרחין אנו לישא וליתן באלו הדברים בשער בת רבים. ביסודם, דברים אלו יפה להם הצניעות, אבל מה נאמר ומה נדבר. אלוקים מצא את עוון הדוד, אשר במקום קדושה ממש, באו פריצים וחיללו גברי הצניעות בעולמנו המהופך, ובדלית ברירה, יש צורך לקונטרס זה בכדי להחזיר עטרת הקדושה למקומה.

עדינות הדברים מוצגים דרך האספקלריא של תורה, ורק על ידי מנהיגות תורתנו הקדושה, יכולים להגיע אל מסקנות ישרות, מסורות כדת וכדין, כפי מה שקבלנו מרבותינו ז"ל. מתוך הדברים ניכר שגפית את הדברים נפה אחר נפה, דרך העדישות של התורה הקדושה ומלמדיה. ניכר גם כן, שגעשית עבודה זו על ידי מומחים בכוחות הנפש, בכדי לעמוד על אופני המסירה והקבלה, הכל בכדי שיתקבלו הדברים על לב שומעם.

אשריכם ואשרי חלקכם. דרך הקונטרס הזה, יקל על ההורים ומורים לקרב את הדברים—דברים שהם עומדים ברובו של בנין עולמם של בחורי ישראל הקדושים—אל אלו שצריכים לשמוע את הדברים, ועל ידי זה, יתרחקו מן הכיעור ומן הדומה לו, ותתרבה הקדושה בתוך מחנינו. הבנינים החוקים שייכנו על ידי קונטרס זה, יעמדו לכם לזכות לדורות ישרים מבורכים.

בכבוד ובהערצה,
של' קמנצקי

Rabbi Simcha Bunim Cohen

K'hal Ateres Yeshaya
Lakewood, New Jersey

שמחה בונם קאהן

קהל עטרת ישעי'
לעקוואד, ניו דזערסי

יום ד' לפרשת לך לך תשפ"ב

הנה בא לפני ידיד נפשי הרב הגדול המזכה את הרבים באופן נעלה רב שמואל דוב
מנדלמן שליט"א ובידו קונטרס "זה הקטן גדול יהי" הנכתב ע"י ידידו הח' ר' שלמה
ציממערמאן שיחי' אשר הוא עוסק זה שנים רבות במלאכת רפואת נפשות של אחינו
בני" במסירות גדולה ובכשרון נעלה ומכיר היטב את כוחות נפשות בחורי זמנינו ומלחמת
היצר הקשה אשר בו הם נאבקים, ומתוך מלאכתו זו נשאו לבו לכתוב קונטרס שלם
המיוסד על דברי חז"ל ורבותינו הקדושים שמסביר באופן נפלא היאך לגדל הבנים שהם
בניו של הקב"ה בקדושה וטהרה בדרך התורה אשר ממנה לא יזוזו כל ימיהם. ואני מברכו
יחד עם ידידי הרב שמואל דוב שליט"א שיתברכו מן השמים להמשיך בעבודתם הקדושה
לזכות את הרבים למען כבוד השם יתברך ושיתקדש שם שמים ע"י הפצת קונטרס הנ"ל
בפרט וע"י שאר מעשיהם הטובים והחשובים בכלל.

הכותב והחותם

באהבה עזה ובכבוד רב לידיד נפשי רב שמואל דוב שליט"א ולכל המסייעים להרמת קרן
התורה וקיומה.

שמחה בונם קאהן

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April 14, 2021

Dr. Shloimie Zimmerman has rendered the *frum* community a service of major magnitude. He has written a remarkable book—a clear, comprehensive, and sensitive guide for *frum* parents helping their sons navigate the physical, emotional, and spiritual challenges of puberty.

Dr. Zimmerman is a superb therapist with a highly developed sense of dedication to the needs of the community. It is tremendously challenging to write a guide on such a sensitive topic—to be clear and explicit enough to be useful while maintaining the proper *tznius* mandated when discussing *קדושה* issues. Writing such a guide in a manner that will be acceptable to most segments of the community must have been a herculean task.

Only someone as dedicated to the needs of the community as Dr. Zimmerman is, could persevere in the face of countless challenges to bring this crucial project to fruition.

This guide is not primarily a primer of techniques. Although it does provide helpful suggestions on discussing *קדושה* issues with your sons, its major contribution—in my eyes—is to set the proper *hashkafic* and psychological framework where the discussion about puberty can have the most positive impact. There is a section of the book dedicated (in the words of the author) to “address[ing] many important *hashkafic* and psychological phenomena that are best woven into daily living rather than conveying them in a formal ‘talk’.”

I have no doubt that this guide will serve as a major resource in the world of *chinuch* for years to come.

Benzion Sorotzkin, PsyD

David Pelcovitz, Ph.D.

Psychologist

29 North Drive

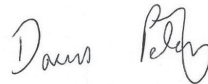
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As the outside world has become a pervasive influence in our home, we no longer have the option to wait until our sons are older before discussing their emerging sexuality with them. Dr. Shloimie Zimmerman's puberty curriculum for preadolescent and adolescent boys is a masterpiece that clearly integrates the psychological and Jewish sources on how to guide parents and their sons in a healthy approach to sexuality. Based on the latest psychological research on helping parents instill healthy values regarding intimacy and sexuality in their children, Dr. Zimmerman provides very specific guidance regarding how to overcome feelings of awkwardness while transmitting the facts of puberty and intimacy to our sons. Firmly planted in *Torah* values and a deep understanding of child development and the most developmentally informed approach to take at different ages, Dr. Zimmerman has given us a compassionate and practical roadmap guiding these essential discussions. I strongly endorse this curriculum.

Sincerely,



David Pelcovitz, Ph.D.

Licensed Psychologist

Straus Chair in Psychology and Education,
Yeshiva University, New York, New York

BCh[®]H



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It is my absolute pleasure and honor to have received a “sneak peek” at Dr. Zimmerman’s guide for parents in speaking to their sons regarding puberty. Dr. Zimmerman has dedicated his life’s work to helping others, and this guide is the next logical step in his heartfelt desire to positively impact our community. Many people before have tried to pull off this project; and, it is a true testament to Dr. Zimmerman’s dedication, perseverance, and leadership that he has been able to actualize the dreams of many. Additionally, not only is this an extremely important work, it is a work of art. Dr. Zimmerman has woven together a tapestry of education, *halacha*, *hashkafa*, developmental psychology, communication skills, parenting skills, scientific knowledge, all in a guise that is straightforward and easy to read. This is a huge feat. The community owes a tremendous debt of gratitude to him.

Several “truths” are well known in our community, and are especially known by Mental Health providers: mothers speak to their daughters about puberty, fathers often do not (sometimes mothers take up that slack as well...). Fathers often do not speak to their sons because they simply do not know what to say (or not say) or how to talk about puberty. Another truth is that many teenage boys get caught up in unhealthy sexuality simply because of a lack of education. The information vacuum (**especially** the sexual information vacuum) in a teenage boy’s mind WILL be filled by something, the only question is who or what will be providing this information. One final truth: quite unfortunately, the highest demographic of intra-familial abuse is a teenage boy acting inappropriately with a younger sister. This guide will address these issues and more; and this guide will undoubtedly help change the landscape of communication regarding puberty in our community. One final note: you might not agree with every point in the guide—either from a *hashkafa* point of view, from a communication/relationship standpoint, or based on your own life experiences. This guide is just that—a guide for the perplexed, use it as a catalyst for conversation, as an act of love and protection for your children.

Gavriel Fagin

Gavriel Fagin, Ph.D.

Director, Tikunim Counseling Services, PLLC



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From the Desk of Dr. Akiva Perlman

Dr. Zimmerman empowers all of us to step into the roles that have been assigned to us. We are all familiar with the need to speak with our children about their physical development, sexual maturation, and all issues related to kedusha, however most of us avoid this call to action and leave our children to discover this holy and sensitive parts of themselves all alone. So long as this topic remains taboo in our own minds, we will not empower our children to protect themselves and relate to their holy bodies with respect and reverence. Dr. Zimmerman clearly and methodically guides us on how to have these sensitive, yet critical, conversations with our children. I would encourage all conscientious parents to read and reread this guide and take its bold call to action, not only for our children's sake, but for the benefit of our community at large.

Akiva Perlman, PhD, LCSW



It is the truest honor to be writing an approbation for the published work of Dr. Shloimie E. Zimmerman, Psy.D. titled זה הקטן. I am uniquely positioned to attest to the greatness of Dr. Zimmerman and his work, given that I am privileged to work side by side with him on a daily basis. Dr. Zimmerman has transformed the lives of countless individuals with his brilliant clinical skill and his great intellect. His intellect and skill are matched only by his deepest concern for his patients and his dedication to helping them.

The topic of adolescent development is multifaceted, and its complexity is only compounded by the meticulous care required to present the information in a way that is true to our Mesorah and Hashkafa. Given the nature of the complexity and the necessary sensitivity surrounding the topic, it has been largely avoided to date. However, this avoidance has had catastrophic fallout. Teens that do not have an understanding of their own development and maturation are left with a great deal of confusion and often accompanying shame. The implications of this cannot be understated. The long-term ramifications on the lives of these boys is profound.

Given his wealth of experience and expertise, Dr. Zimmerman embarked on crafting a work that could appropriately address this significant issue at the behest of the Gedolei Yisroel, Shlita. With constant encouragement and input from the Gedolim, Dr. Zimmerman painstakingly wrote the work that you have in front of you today. While staying true to the Mesorah and ever so deftly dealing with the most delicate of topics, Dr. Zimmerman provides a text that educates and empowers parents and allows them to address their developing teen appropriately. This work has the potential to change the trajectory of many lives.

It is my fervent hope that this work is embraced by the community and is used by parents and educators alike to be able to guide these boys who are becoming men in the proper and Torah way.

Shmuel D. Mandelman, Ph.D.
Clinical Neuropsychologist/Educational Psychologist
Founder/Clinical Director

Finally! A book that integrates the Torah's wisdom and cutting-edge psychological research to provide a comprehensive approach to educating and supporting our sons and students regarding health and safety, puberty, marital intimacy, and today's challenges to kedushah.

“Created with the utmost sensitivity and consideration of *kedushas yaldei Yisrael* at the behest of Gedolei Yisrael. This work has the *haskamos* of Rav Shmuel Kamenetsky, *shlita*, and Rav Aharon Feldman, *shlita*...[It] should be utilized as an important tool in the *chinuch* of our children.”

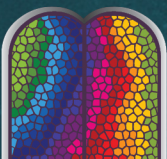
RAV ELYA BRUDNY, *SHLITA*

“A great *chinuch* tool for our parents and *mechanchim* that will help them impart the beauty, *no'am*, and *simchah* of the *derech haTorah* to our *bachurim*, who are eagerly awaiting our *hadrachah* in these areas...[An] exceptional resource, which will be of great benefit to our children and *talmidim*.”

RAV YAAKOV BENDER, *SHLITA*

“A crucial component...[By] educating our children and being there as ongoing supports, we can save our young men and their families.”

RABBI DR. ABRAHAM J. TWERSKI, *ZT"l*



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