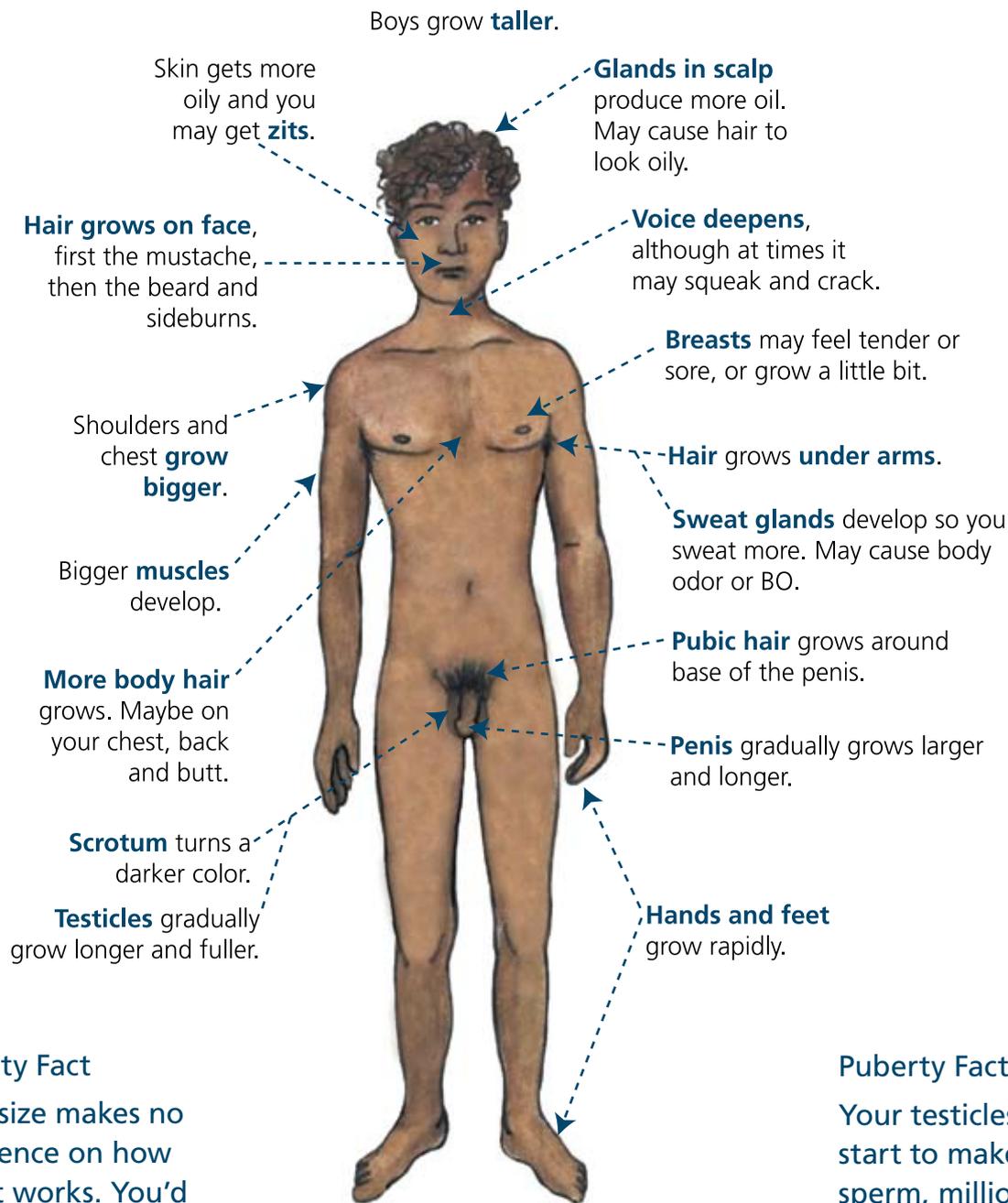


# boys: outside body changes

Between the ages of 10 and 16, most guys will go through these changes:



### Puberty Fact

Penis size makes no difference on how well it works. You'd be surprised just how similar all penises are.

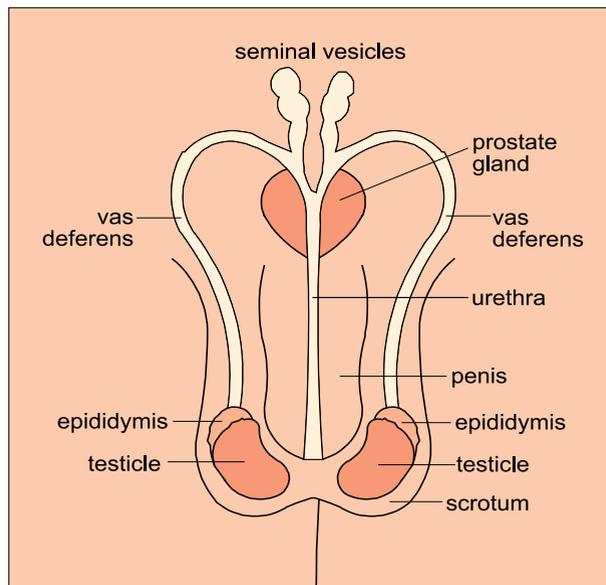
### Puberty Fact

Your testicles start to make sperm, millions of them!

# boys: inside body changes

Here's what happens inside your body with puberty:

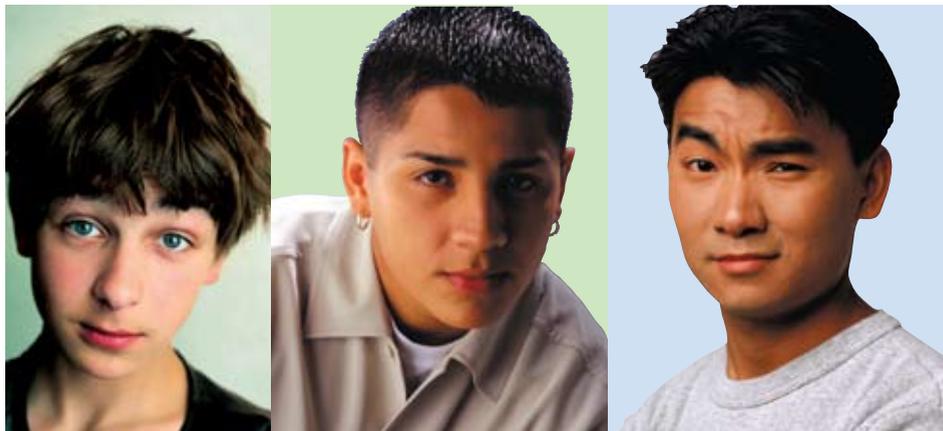
- The testicles begin making testosterone, the male sex hormone.
- Testosterone causes all of the outside body changes, and it also tells the testicles to begin making sperm, which is something the testicles have never done before.
- Sperm is a male sex cell just like the egg is the female sex cell. Unlike the female who is born with a set number of eggs for her entire life, a male (once he hits puberty) makes one million to 300 million sperm a day!
- Sperm “grows up” in the epididymis, a small tube-like structure attached to the testicle.
- A sperm's travel route begins at the vas deferens. As it travels by the seminal vesicles, the sperm mixes with fluid from the seminal vesicles and the prostate gland. The new fluid mixture is now called semen.
- The semen travels through the urethra and spurts out through the tip of the penis. This spurting out of semen—called ejaculation—causes a feeling of excitement called an orgasm.
- If semen enters a girl's vagina, it can fertilize an egg and the girl will become pregnant.
- For a male to ejaculate he needs to have an erection. Although it is possible to ejaculate without an erection, it is rare.



## Puberty Fact

If semen enters a girl's vagina, it can fertilize an egg and the girl will become pregnant.

# what boys want to know...



**Q:** Why do some guys have extra loose skin that hangs over the tip of their penis? My penis doesn't look like that.

**A:** Guys with the loose skin around the top of the penis (the foreskin) have not been circumcised. Circumcision is an operation usually done at birth that removes the foreskin from the top of the penis. Some parents have their male babies circumcised for religious reasons. For others, it's done to help make the penis easier to keep clean. Whether circumcised or not, washing your penis regularly and carefully is important. Remember, except for the foreskin, there is no difference in the way the penis looks, feels and works.

**Q:** Sometimes my chest feels tender and I think it's growing. I'm not going to grow breasts like a girl, am I?

**A:** Don't worry! Sometimes the area around a boy's nipples may feel sore and may even swell. This is caused by hormone changes in your body. This is normal and the swelling and soreness eventually go away.

**Q:** The other day I was talking to some kids at school and I got an erection—just like that. It was really embarrassing! Is there anything I can do to stop it?

**A:** Don't panic! An erection can come from touching your penis or from sexy thoughts. Sometimes it happens when you're excited or nervous. Sometimes it

happens for no reason at all. There's not much you can do about it. However, here are some ideas to deal with unplanned erections:

- Wear loose-fitting pants and long shirts
- Put your hands in your pockets and try to hide it
- Sit down when you get an erection
- Shift your notebook or backpack to hold in front of your erection
- Try to focus on something else until it goes away

Just remember: it might feel like it's sticking out like a flagpole, but to others it isn't that noticeable.

**Q:** How come when I'm talking, sometimes my voice suddenly sounds like a girl's voice... and sometimes it just sounds like a squeak. It's so embarrassing!

**A:** Even though you feel embarrassed, it's normal and it won't last forever! During puberty, when a boy's voice begins to change, one second it can sound high, one second low,

and the next high again with a wobbly, squeaking sound. The good news is that eventually your voice begins to sound deeper and lower, because your larynx and vocal cords have grown. You may even notice as your larynx grows bigger, it may push the Adam's apple forward, causing it to show more.

## puberty fast facts for boys

**Q:** What exactly happens in my body to make my penis hard?

**A:** When a penis becomes hard and long, and sticks out from the body at an angle, you're having an erection. Common slang terms are boner and hard-on. Basically, blood fills the penis and makes it longer, harder, wider and darker than a non-erect penis. This "filling up" is called an erection.

**Q:** Will urine come out of my body when I ejaculate?

**A:** Both semen and urine (pee) come out of the same opening at the tip of the penis. However, when the penis is erect (an erection), a tiny valve closes the opening for urine so that only semen leaves your body.

**Q:** How come when I'm cold, sometimes it feels like my scrotum is tightening up?

**A:** The scrotum protects the testicles by keeping them at the right temperature—not too hot and not too cold. When your body is cold, the scrotum "pulls up" the testicles to keep them closer to your body to stay warm. If you're really

hot, you'll notice that the scrotum hangs down loosely, more away from the body, keeping the testicles at just the right temperature to make sperm.

**Q:** What is a wet dream?

**A:** It is normal for guys around your age to ejaculate semen at night while sleeping. This is known as a "wet dream" or nocturnal emission. If you get sexually excited (either from a dream, from rubbing against your underwear or sheets) or have a full bladder, you may have an erection.

When you wake up, you may notice your pajamas or sheets may be wet and sticky. Wet dreams are usual and normal events for sexually maturing guys. In fact, a boy's first ejaculation often happens during sleep. Usually boys have fewer wet dreams once puberty is over.

