

**HUMAN
RELATIONS
MEDIA**

The Puberty Workshop and Curriculum

BOYS AND PUBERTY

PROGRAM SUMMARY

Damian opens the boys' portion of The Puberty Workshop and Curriculum by reviewing common changes that most boys experience during puberty. Dr. Peter Richel notes that boys usually start puberty between the ages of 10-14. One of the first changes that boys may notice is growth of the penis and testicles. Dr. Richel reviews the male reproductive system, explaining that its two main jobs are to produce sperm and deliver sperm into the female's body.

Viewers learn that the penis, the male sex organ, is filled with spongy tissue and blood vessels. An erection happens when blood flows to the penis and enlarges it. The testicles, or testes, are two glands that produce and store sex hormones and sperm cells. They are held by the scrotum, a skin pouch that hangs outside the body. The epididymis is a coiled tube above the testicles used to store sperm. Sperm move through the epididymis to another tube called the vas deferens. The male reproductive system also includes accessory glands such as the Cowper's gland, prostate gland and seminal vesicles that secrete a nourishing fluid that mixes with sperm to form semen. Semen is carried through the urethra and exits at the tip of the penis.

Dr. Richel explains that boys are born with a fold of skin, called the foreskin, which covers the glans of the penis. Circumcision is the surgical removal of the foreskin for religious or cultural reasons. There is no functional difference between boys who are circumcised and boys who are not, although they look a bit different.

Next, viewers learn that it is common for boys to develop slightly enlarged breast tissue during puberty. This is because boys are producing the female hormone estrogen along with the male hormone testosterone and their bodies are sensitive to both hormones. Boys are also reassured that it's normal to have erections for no reason. Dr. Richel then explains that a nocturnal emission, or wet dream, happens when a boy ejaculates while sleeping. An ejaculation happens when muscles flex, pushing semen from an erect penis. A nocturnal emission is normal.

Damian explains that the testicles begin to make sperm cells for the first time during puberty-many millions per day. They are stored in the testicles and the epididymis. Sperm cells take three to six months to mature, but only live up to 72 hours. Each sperm cell contains half the DNA necessary to create another human. Sperm cells are very sensitive to temperature and are stored in the scrotum, outside the body, where optimal temperature can be maintained.

Finally, viewers learn that growth spurts can occur between the ages of 10-14 or older, meaning that boys grow at different rates. A boy's voice also deepens as his larynx grows and the vocal cords thicken and lengthen.