

## Understanding a Boy's Body

The reproductive parts of the male body are used to have sex and make babies. This picture shows the *penis* and the *scrotum*. These are outside the body in the *pubic* area. There are also reproductive parts inside the body.

During puberty, the penis and scrotum develop. Body hair grows in the pubic area. These changes are normal. Other important changes take place inside the body. How soon or how fast the changes happen is different for each boy.

The **penis** is the male sexual organ that allows for urine (or pee) to leave the body. It is also the passageway for *sperm* to leave the body.

The inside of the penis is made up of soft tissue. When a male is sexually excited, the tissue inside the penis fills with blood to make the penis firm. This is called an *erection*. When *ejaculation* occurs, *semen* containing sperm is released through the penis. It's normal for males to experience erections and ejaculation during sleep. These are often called *wet dreams*.

The **scrotum** is a sac of skin that hangs behind the penis. Inside the scrotum are two *testicles* that make sperm cells and the male hormone *testosterone*. The scrotum holds and protects the testicles.

### **Circumcision**

When a baby boy is born, the tip of the penis is surrounded by a piece of skin called the *foreskin*. Some families decide to have the foreskin removed at birth for different reasons. These reasons include religious practices or family ideas and traditions. Some boys have been circumcised, others have not. Both ways are normal.

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## Things to Know and Think About

- Sexual changes in a boy's body are a part of puberty and growing up.
- Changes in the reproductive organs prepare the male body to reproduce, or make a baby.
- Each boy's body grows and develops at its own pace.
- Uncircumcised and circumcised penises are both normal.
- Bathing regularly helps keep a boy's body clean and healthy. If he is uncircumcised, a boy should pull back the foreskin to clean the tip of the penis when bathing.
- Knowing about your body and how it works is an important part of respecting and protecting yourself.

## Things to Do Daily

- Take a bath or shower using a soap that fights germs, bacteria and odor.
- Eat healthy. A variety of good foods is important for a growing and changing body.
- Be active every day. You'll look and feel better.
- Get plenty of rest and sleep. You'll feel less stressed.

## Things to Remember

- Ask for help or information about your body when you need it.
- Notice any changes or lumps in your scrotum. Report them to a caring adult.
- Talk about your feelings or concerns with a caring adult.
- Respect other people's feelings and bodies.
- Make choices that respect and protect your body and your future.