

Puberty Education – Male

Community Health Center of Southeast Kansas School Health Program | 2022/2023

School Health Department
schoolhealth@chcsek.org / 620.240-5061



What Are We Talking About Today?



- What is puberty
- What are the changes I can see?
- What are the reproductive organs and how do they work?
- How do I take care of my changing body?

Class Guidelines



- Be Respectful
- Zero Tolerance for Bullying
- Use Correct Medical Terminology
- Don't be Afraid to Ask Questions
 - Chances are someone else has the same one!

What Is Puberty?



Developmental time when our body changes and prepares to be an adult and be reproductively mature, approximately between ages 9 and 15.



What Changes Will I See?



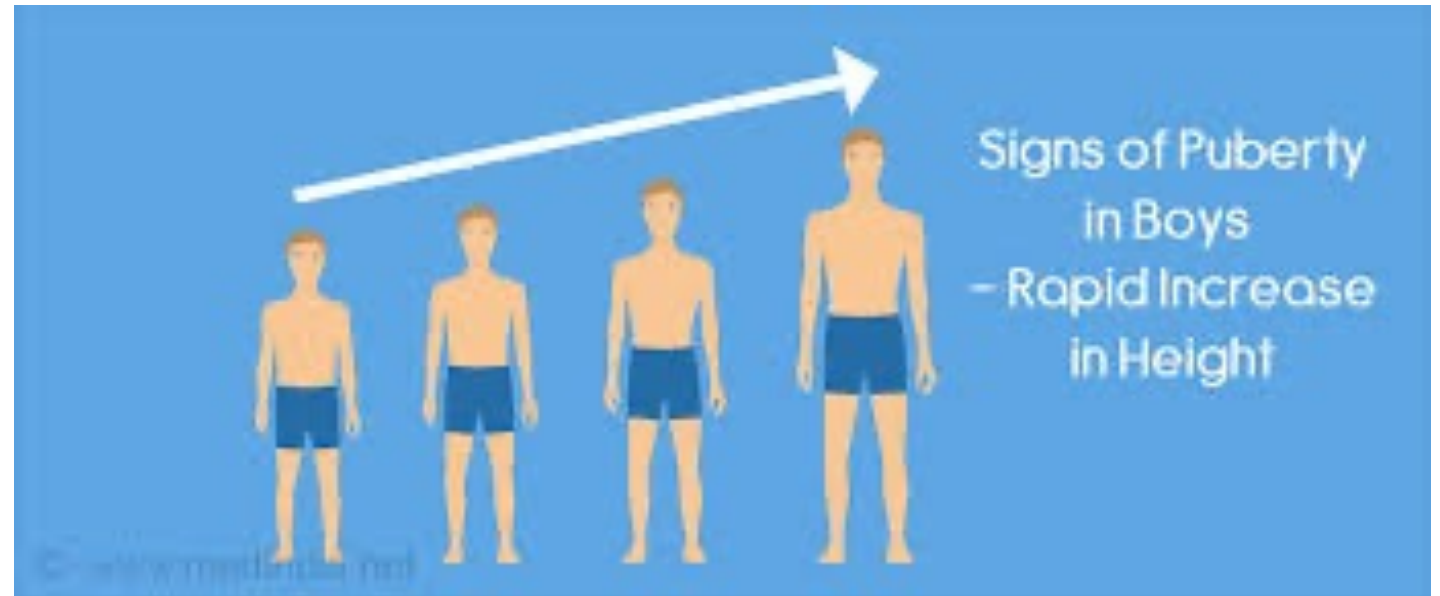
- Get taller and heavier
- Get more muscles
- Oily skin, hair and face
- Can get acne
- Body sweats more
- Hair grows on the face, under armpits, around the genitals
- Voice gets deeper
- May get more hair on arms, legs and chest
- Penis and testicles grow, scrotum changes



Growth – Musculoskeletal



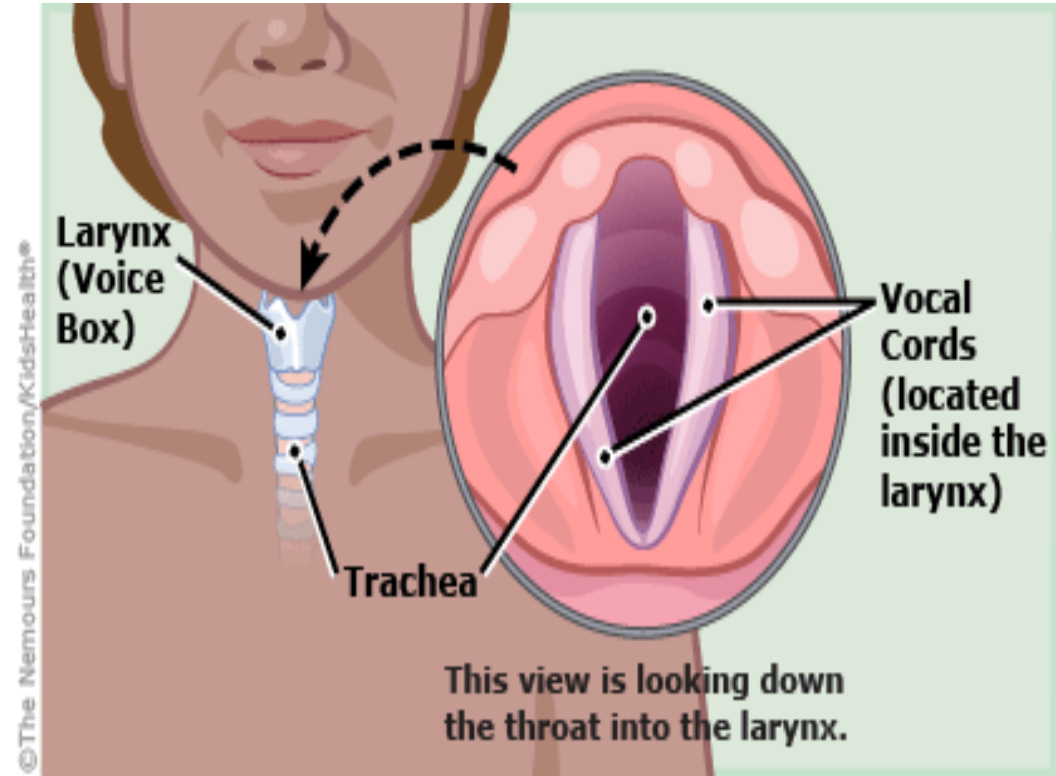
- This typically occurs over time and in some spurts, this can lead to some clumsiness and awkwardness
- Increase in height sometimes weight
- Muscle Growth
- Males develop muscle and growth changes a year or two later than girls



Voice Changes



- Boys and Girls will both experience change due to thickening vocal cords.
- More dramatic in boys and while embarrassing at times this is normal and nothing to worry about.



Self Care During Puberty



- Use deodorant or anti-perspirant on the underarms
- Wash face daily to help prevent acne
- Brush teeth twice a day
- Use shampoo on your hair to prevent oiliness
- Shower daily
- Eat a well balanced diet
- Get plenty of exercise
- Get enough sleep

Tips for Controlling Body Odor

The infographic features six illustrations arranged in a 2x3 grid, each with a caption below it:

- Bathe daily:** An illustration of a person taking a bubble bath in a bathtub.
- Shower after sweating:** An illustration of a male soccer player in a blue jersey with the number 8, holding a soccer ball.
- Wash all parts of your body:** An illustration of a person showering with soap suds on their head and body.
- Wear clean underwear, socks and clothes daily:** An illustration of a pair of blue and white polka-dot shorts and a pair of white socks with blue stripes.
- Sport loose-fitting cotton clothing:** An illustration of a person wearing a red long-sleeved shirt and blue pants, with their arms raised.
- Watch for dietary causes of body odor, like garlic:** An illustration of a white onion with steam rising from it.

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Male Anatomy



Scrotum: sac of fluid around testicles, epididymis and Vas Deferens

Testicle: produces sperm and testosterone

Epididymis: stores all sperm

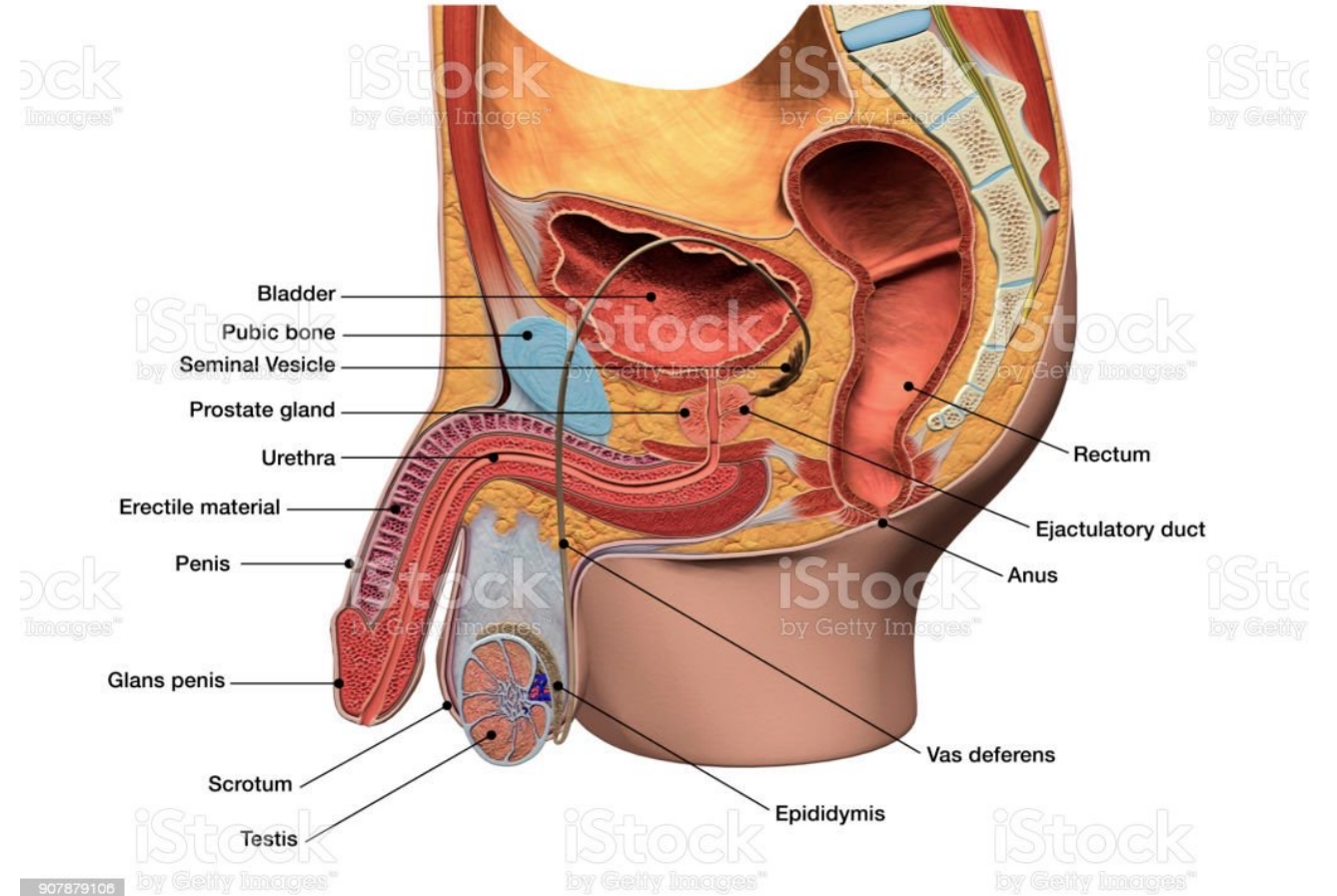
Vas Deferens: Transports sperm from epididymis to the ejaculatory duct

Seminal Vesicle: holds components of semen

Prostate: holds another 20% of the semen volume and activates sperm

Penis: allows for excretion of urine and semen

Glans Penis: tip of penis contains urethral opening, if not circumcised it is important to pull back the extra skin and clean to prevent infection



Sperm



- Contains genetic information for procreation
- Is transported in Semen
- This is the white ejaculate fluid that comes from the penis.



Natural Body Responses



- Erections: Increased blood flow to the penis causing it to become hard.
- Emotional Changes: More intense emotions that occur during hormonal changes.
- Important to talk with someone you trust, adult, teacher, or healthcare provider to get the right information.

Be Respectful



- Remember to *ALWAYS* show respect to both boys and girls during this changing time!
- Change is hard
- Everyone is embarrassed
- Be kind
- *NEVER* tease about body changes, hygiene or emotions.

