



# Physical Changes ...Boys Part II

Usually develop about the age of 12 to 15 years old

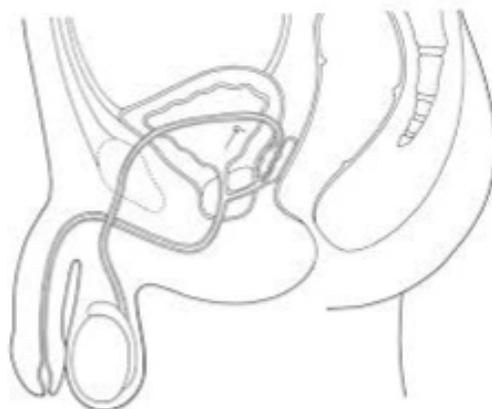


## Boys Reproductive System

Your reproductive system is made up of several special organs. Most of this is on the outside of your body. It includes:

- Penis - a soft spongy tissue in between your legs.
- Scrotum - an air-cooled sack which holds the testicles that is at the base of the penis.
- Testicles - the organs where sperm, one of the ingredients of new life, are produced.
- Sperm - the male contribution to new life. They are so small they can only be seen through a microscope. Millions of sperm are produced each day. In order to produce sperm cells, the testicles must have a temperature that is a little lower than the temperature inside the body. Also, the temperature must be constant or else the sperm cells already produced will die. God designed the scrotum to automatically contract or relax, depending on your body temperature to keep the sperm alive. The miracle of God's design of the scrotum and testicles is truly amazing!
- Semen - the prostate gland (located at the base of the bladder) produces a whitish fluid in which sperm swim. The sperm cells and this fluid together are called semen.

During puberty, the penis and testes will get larger.



**Involuntary Erections** - During puberty, boys get erections (the penis becomes stiff

and hard) spontaneously, without touching their penis and without having sexual thoughts. These unexpected erections can be quite embarrassing, especially if they occur in public - for example, at school. These unexpected erections are normal and are a sign that your body is maturing. They happen to all boys during puberty and with the passage of time they will become less frequent. Try to keep in mind that most people will not even notice your erection unless you draw attention to it.



Your body will also begin to produce sperm during puberty. This means that during an erection, you may also experience ejaculation. This occurs when semen (made up of sperm and other fluids) is released through the penis.



**Wet Dreams** - Boys may awaken in the morning with damp pajamas and sheets. These "wet dreams," or nocturnal emissions, are caused by an ejaculation, not urination that occurs during sleep. You will be able to tell the difference. It is something that cannot be prevented. Wet dreams are just part of growing up.



**Pimples** - Pimples usually start around the beginning of puberty and can stick around during adolescence (the teen years). Pimples or zits are blocked skin pores. Pimples aren't limited to your face, but can also develop on your upper back, or your upper chest. Teenagers seem to be more prone to blemishes than other people because their bodies are still trying to regulate their hormones, glands and metabolism (the body's use of food.) Boys tend to have more pimples than girls,

but girls are more bothered by them than the boys.

Some tips to help:

- **Keep your skin clean.** Good hygiene can help as can keeping your hands away from your face.
- Limit your intake of greasy or fatty food. A good balanced diet along with plenty of **water** to drink will help.
- **Sleep.** Getting enough sleep is not only good for your whole attitude, but can help your face as well. During puberty you need at least an hour of extra sleep per night.
- If a lot of pimples develop, try **changing your pillow case** every two days, flipping the pillow the night in-between. The bacteria from your face rubs on your pillow and goes right back onto your face. Changing your pillow case will help eliminate that part of the problem.