

thin rubber sheath) when the penis is close to the female genital area gives some protection. The risk of sexually transmissible diseases increases with the number of sex partners. See the Further Information section for places to go if you suspect you have been exposed to any of these diseases, or for more information.

- As soon as you are capable of sexual intercourse, you are capable of making a girl or woman pregnant. Not having sex is the only guaranteed way to ensure this does not happen. Some protection can be obtained by wearing a condom. For more information on condoms and other methods of contraception, see the Further Information section at the end of this pamphlet.
- In Western Australia, it is against the law for anyone to have sex with a girl if either of them is under the age of 16.

FRIENDS AND RELATIONSHIPS

You may find that your friendships with other boys and with girls become more intense at this time. It is important to be able to talk and listen, and to care about each other and the way you both feel. Perhaps you lack confidence and feel unsure of yourself and how others feel about you.

With all the changes going on, this is quite natural. But most other boys and girls of your age will be in the same boat. It's easiest if you have a group of friends (boys and girls) who enjoy doing what you enjoy.

LOVE

Falling in love is one of the most wonderful and exciting experiences life has to offer. But learning to cope with this intense feeling can be even more difficult than learning to cope with new sexual feelings.

Love can be so exciting that it seems to take over your whole life. But, remember, most people fall in love more than once before they find a permanent partner.

Ask yourself: Is this relationship a sharing and caring one? Do you have common interests and enjoy the same activities? Are you both able to talk and listen? Do you both care about the other and the way he or she feels?

It may help to talk matters over with an adult you trust.



COMMUNICATION

Keeping communication lines open with the adults who care for you can help to avoid a lot of problems.

As you grow and change, your relationships with different members of your family will probably change too.

To complicate matters, you may find that your mood swings from one extreme to the other. One minute you'll feel aggressive and full of confidence, the next uncertain and unsure of yourself. You may feel cheerful and outgoing and then, for no apparent reason, moody and withdrawn.

This is normal. But it's hardly surprising that teenage boys and their families can find it hard to get along with each other at times. One minute everything is fine, the next there's a blow-up over how you divide your time between study and fun, the hours you keep, the friends you choose, the clothes you wear or your hairstyle.

As you become older, you need to take a greater role in making decisions and being responsible for yourself. Making this change can be difficult for parents and other adults who are used to doing these things for you. But remember too, that there are times when adolescents just don't have the understanding or experience to make sound decisions.

Views on what is acceptable behaviour can vary widely and this can make life hard for both teenagers and parents. Your family's lifestyle, cultural background and religion will affect their feelings

about what you do, where you go and how late you can stay out. Some families have hard and fast rules, others do not.

Try talking matters over with your parents. If this is really too difficult, it may help to enlist the additional presence of a school counsellor or another adult you respect. If you can talk about your problems, they will be easier to solve.

FURTHER INFORMATION

Crisis Care (24 hours - emergency welfare)

Telephone: (08) 9223 1111
1800 199 008 (country callers)

Samaritans Youthline (24 hours - someone to talk to)

Telephone: 1800 198 313 (freecall).

HealthInfo (for general health information)

Telephone: 1300 135 030

Sexual Health Helpline

Telephone: (08) 9227 6178
1800 198 205 (country callers)

Sexual assault:

13 years and over

Sexual Assault Referral Centre (24 hours)

Telephone: (08) 9340 1828
1800 199 888 (country callers)

Under 13 years:

Child Protection Unit (business hours)

Telephone: (08) 9340 8646
(after hours - see **Crisis Care**)



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PUBERTY IN BOYS

Adolescence is a time of change. It is the process of becoming adult, when your body matures and you have to learn to cope with new feelings and a different image of yourself.

Puberty is part of adolescence. It's the period when reproductive organs develop.

It all takes time. Nobody grows up overnight. Puberty can begin between the ages of 10 and 16 years, and even later for some boys. (Girls usually reach puberty before boys of the same age.) The whole process normally takes three or four years.

Some boys sail smoothly through adolescence with few problems. Others feel awkward, with arms and legs that seem suddenly too long. You may be embarrassed by a voice that squeaks unexpectedly before it settles to its new, lower pitch, and you may develop **acne** (pimples) on your face and neck — the result of extra-active glands.

There are emotional changes to cope with as well as physical ones. You may find you feel moody or depressed one minute, excited and enthusiastic the next.

Different boys find things happen in a different sequence, and at different rates. So one 14-year-old may still appear to be a boy, and another will look like a young man.

It can be frustrating when you feel your friends are leaving you behind. But remember — your development is right and normal for YOU.

Every boy has his own biological programming which is affected by many things, including family characteristics inherited from both parents.

WHEN PUBERTY BEGINS

There are important sex differences in boys and girls long before puberty, even before birth.

Some time before puberty, more changes take place. The pituitary gland at the base of the brain begins to produce chemicals called **hormones** which set off a chain reaction throughout the body. These hormones are produced in both males and females. In women, they trigger production of the female hormone, **oestrogen**.

In men, they stimulate the **testes** (testicles, balls) to produce the male hormone **testosterone**. This affects the development of your whole body. You may find you are growing taller and perhaps broader and more muscular, with hair appearing on your chin and upper lip.

At about this time, your **larynx** (Adam's apple) gets bigger and your voice begins to 'break'. Vocal chords



grow quickly during puberty — they become longer and thicker and vibrate more slowly during speech, so the sound they produce is deeper.

During puberty, your testicles become larger to allow your reproductive system to mature and become operational.

Male Reproductive System

The **testes** (testicles) manufacture and secrete testosterone. They contain special cells which begin to form **spermatozoa** (sperm).

The testicles need to be kept at slightly lower than body temperature for the sperm to develop normally, which is why they hang outside the body in a sac (bag) called the **scrotum**. It is quite normal for a boy's two testicles to be different sizes.

The **penis** contains a rich blood and nerve supply. It can change from being small and soft to hard and erect. This happens because it fills with blood under pressure when it is stimulated or when a man is excited sexually — it does not contain any bones and is not made of muscle. Penises vary in size and appearance. The penis expands considerably and, in grown men, penises are more similar in size when erect.

The foreskin is a fold of skin which protects the glans (end of the penis). It is very important to keep the area beneath it clean — it should be pushed back daily and the glans washed.

The foreskin is sometimes removed surgically in infant boys. This is known as **circumcision**. There is no medical justification for routine circumcision, but it is performed by some groups as part of their cultural and religious beliefs.

The **seminal vesicle** secretes an alkaline fluid that forms the bulk of the semen.

The **prostate gland** also secretes fluid that is part of semen.

The **epididymis, vas deferens** and **urethra** are tubes through which the semen passes.

SPERM

Sperm will continue to be formed in your testes all your life. They are so tiny they can only be seen under a microscope, but they are tadpole-shaped and can propel themselves by means of their tails.

A thick whitish fluid produced by the seminal vesicle and the prostate gland mixes with the sperm to form **semen**. At the peak of sexual excitement —

orgasm (climax, coming) — semen is pumped out of the end of the erect penis. This is called **ejaculation**. Each ejaculate contains 200 to 500 million sperm.

Semen is ejaculated through the **urethra** — the same passage through which you urinate. However, it is impossible for the two to become mixed — the flow of urine is automatically 'cut off' when the penis is erect.

Conception

Conception is the uniting of sperm and **ovum** (egg) which leads to pregnancy. During sex, if a male places his penis in the vagina or close to the female genital area, some semen will escape into the vagina, even if he does not reach orgasm. Sperm can be deposited on the outside of the opening to the vagina, swim in and cause a pregnancy. It takes only one tiny sperm to reach and unite with an ovum in one of the woman's **fallopian tubes** to start a pregnancy.

You need to know that any time from puberty and for the rest of your life, it is possible for a girl or woman to become pregnant if you have sexual intercourse with her, even if neither of you reaches orgasm. Also, men over 70, 80 or even 90 years can still be capable of fathering children.

NOCTURNAL EMISSIONS

During puberty, you can become sexually aroused quite easily. Ejaculations can happen while you are asleep. These are **nocturnal emissions** (wet dreams). They are nature's way of getting rid of a build-up of semen in your body.

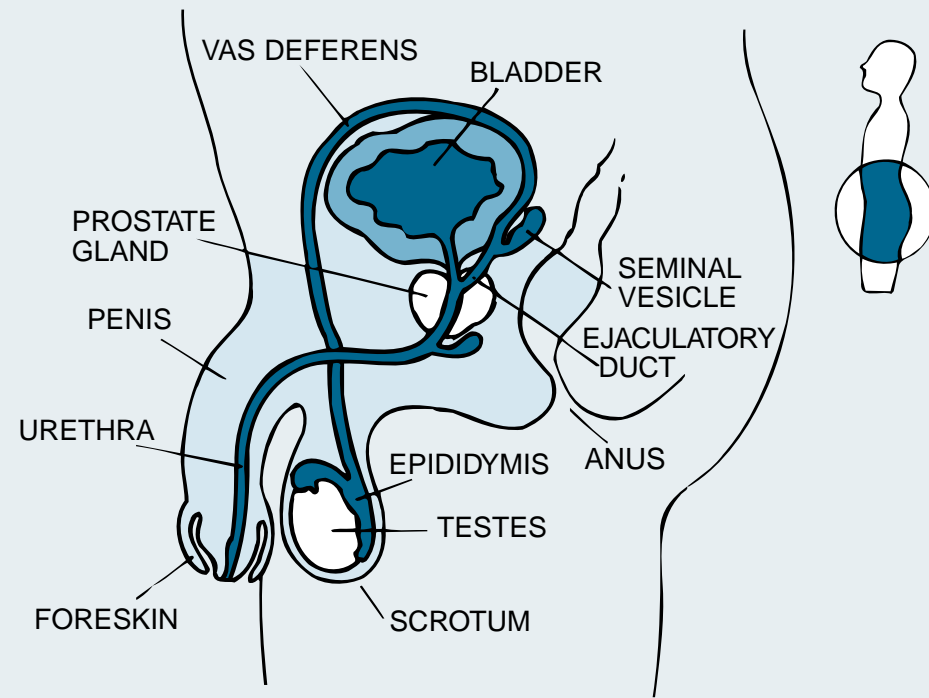
Wet dreams are normal. Your sheets or pyjamas may feel slightly sticky when you wake after a sexually exciting dream or a nightmare. Sometimes you may remember nothing at all.

UNDESCENDED TESTICLES

Testicles begin to develop in the lower part of the abdomen long before a boy is born. Shortly before birth, they move down through the **inguinal canals** (two passages) to the scrotum.

Sometimes this does not happen as it should, and one or both testes remain either in the abdomen or in the inguinal canal. This is called an undescended testicle.

MALE REPRODUCTIVE SYSTEM



It is very important to let the doctor know if a baby boy does not have two testicles — they can be felt as two tiny balls in the scrotum. (Usually the doctor will notice anyway, during a routine examination.) The matter can soon be put right, but it should be done as soon as possible.

Even testicles that have descended normally will sometimes retract into the body. This happens spontaneously for various reasons. It is quite normal and only temporary. They will move back into place of their own accord.

TESTICULAR CANCER

Testicular cancer (cancer of the testes) is one of the most common cancers affecting men between the ages of 15 and 30 years.

In the early stages, it can be detected as a hard pea-sized lump on the testicle, inside the scrotum. It is usually painless. Later symptoms include a heavy feeling or a dull ache in the lower abdomen and groin, or a sudden accumulation of fluid or blood in the scrotum.

Men who have had an undescended testicle which was not treated during childhood are at particular risk.

Prompt diagnosis and treatment can cure almost all cases of testicular cancer.

Every young man should examine his testicles once a month after a warm bath or shower when the scrotal skin is relaxed. While

standing upright each testicle is rolled gently between the thumb and fingers of both hands. The normal testicle should feel smooth and egg-shaped and rather firm. **If any lumps or differences in the two testicles are found, a doctor should be consulted.** Often a lump is not cancerous but it is best to leave this decision to a doctor.

CHANGES IN YOUR BODY

You probably feel very interested in the changes taking place in your body. This is only natural. After all, your body is going to be with you for the rest of your life.

You may compare your body with those of your friends. One may have a larger penis — another may have hair on his chest — someone else may have genitals that are small and hardly seem to have developed at all.

You may worry if your development appears slow. Is there something wrong? Will you ever catch up with your friends?

Always remember that boys develop at different times and at different rates, so that one may be almost mature at 15, while another is only just starting the puberty process.

You may find that, after you have finished developing, your penis is not as big as those of some other boys. There is no cause for worry: a small penis fulfils its purpose just as effectively as a larger one.

Also, men who have deep voices, or very hairy chests, are not more masculine than those whose voices are pitched higher, or who hardly have any hair on their chests.

Breasts

One third of boys develop breasts during puberty. This condition is called **gynaecomastia**. It is normal and nothing to worry about. Sometimes the nipples feel tender when clothing rubs against them. Wearing band-aids may help. The swelling usually lasts four to six months but can remain for up to two years.

Glands

The new hormones developing in your testes also affect your sweat glands and sebaceous (oil-producing) glands. Once you have reached puberty you need to take more care about personal hygiene.

The best answer to that sweaty smell is plenty of soap and water. Deodorants may help, but choose them with care, and remember that excessive use of anti-perspirants isn't good for your body. As a general rule, boys who play a lot of sport or who are fairly active should shower more often.

Acne

Acne is caused by extra activity of the tiny sebaceous glands just under the skin. They produce sebum, a natural oil that keeps skin supple. The hormones that are active during puberty make your sebaceous glands grow bigger and produce extra sebum. The sebum is thicker too and flows more slowly, so it tends to collect in the cores of the skin.

Sometimes, little plugs of sebum block the pores. The glands underneath go on producing oil which can't get out because of the plug. So that part of your skin becomes inflamed and tender. This is acne.

The plugs of sebum can be white or black — whiteheads or blackheads. Sebum itself is white, but a chemical reaction due to contact with the air turns it black. So blackheads have nothing to do with dirt — they are simply whiteheads that have come into contact with air.

Some young people don't have much acne at all; others are troubled by it for several years. Unfortunately, there is no single treatment to suit everybody — what helps one type

of skin may cause a flare-up in another.

Frequent washing usually helps. Not because dirt has anything to do with causing acne, but washing rids skin of excess sebum that is blocking the pores. But be gentle and use a mild soap. Harsh soaps or too much rubbing may further damage the skin.

Try using astringent (drying) face creams and lotions, rather than ones containing oil. Eat plenty of fresh fruit and vegetables and reduce your consumption of foods that seem to make your acne worse.

For most boys (and girls) the problem fades and disappears with time. If you have a very severe case, the doctor can give treatment that will help, or may refer you to a skin specialist.

SEXUAL FEELINGS

Boys can be sexually aroused and have an erection at any time, and for many reasons. You could be turned on by the sight of a girl in bathers, for instance, or by thinking about something sexually exciting. Or by something physical, such as kissing, touching, stroking — even tight clothing!

At first, these erections may be embarrassing. (Try to think about something else!) But they can also feel pleasant and exciting. Mostly they just disappear.

You may also feel embarrassed by some of the thoughts and fantasies you have. But what you think and imagine can't hurt you and it's all perfectly normal.

MASTURBATION

A boy masturbates by stroking or rubbing his penis, usually until ejaculation. People have different views on masturbation. But this way of relieving sexual tension cannot hurt you physically or mentally. It is normal to do it — and normal not to do it.

SEXUAL INVOLVEMENT

Adolescent boys are often capable of having sexual relationships before they are mature enough to handle them. Don't be in a hurry. You have nothing to fear by saying 'no'. Often people in a group do things they'd prefer not to because they don't want to be different from the rest. But you don't have to act in the same way as your friends do. It's your choice.

However, if you do consider sex, keep in mind the following:

- Serious diseases can be passed from one person to another through sexual contact. These include **gonorrhoea, syphilis, chlamydia, herpes, genital warts, and HIV** which causes **AIDS**. Saying no to sex is the only guaranteed way not to put yourself at risk. Using a **condom** (contraception in the form of a

