

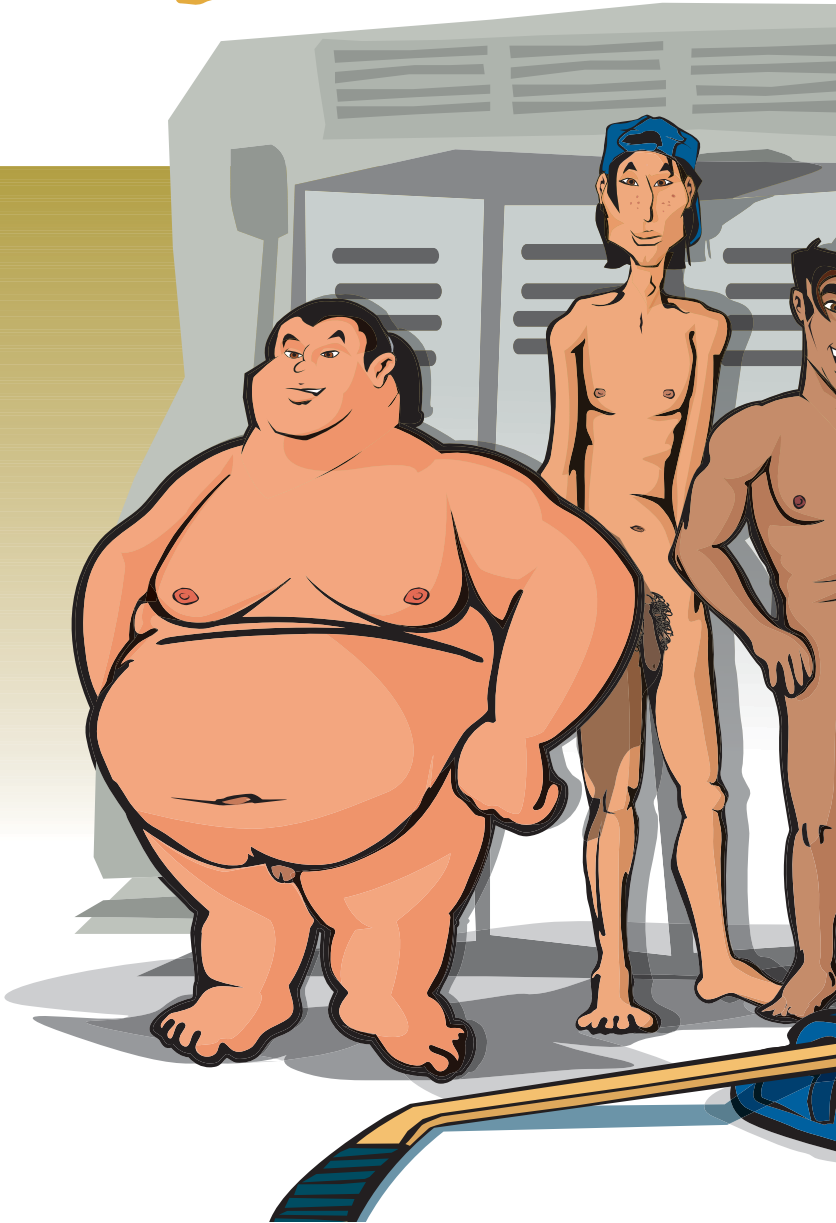
# The boys



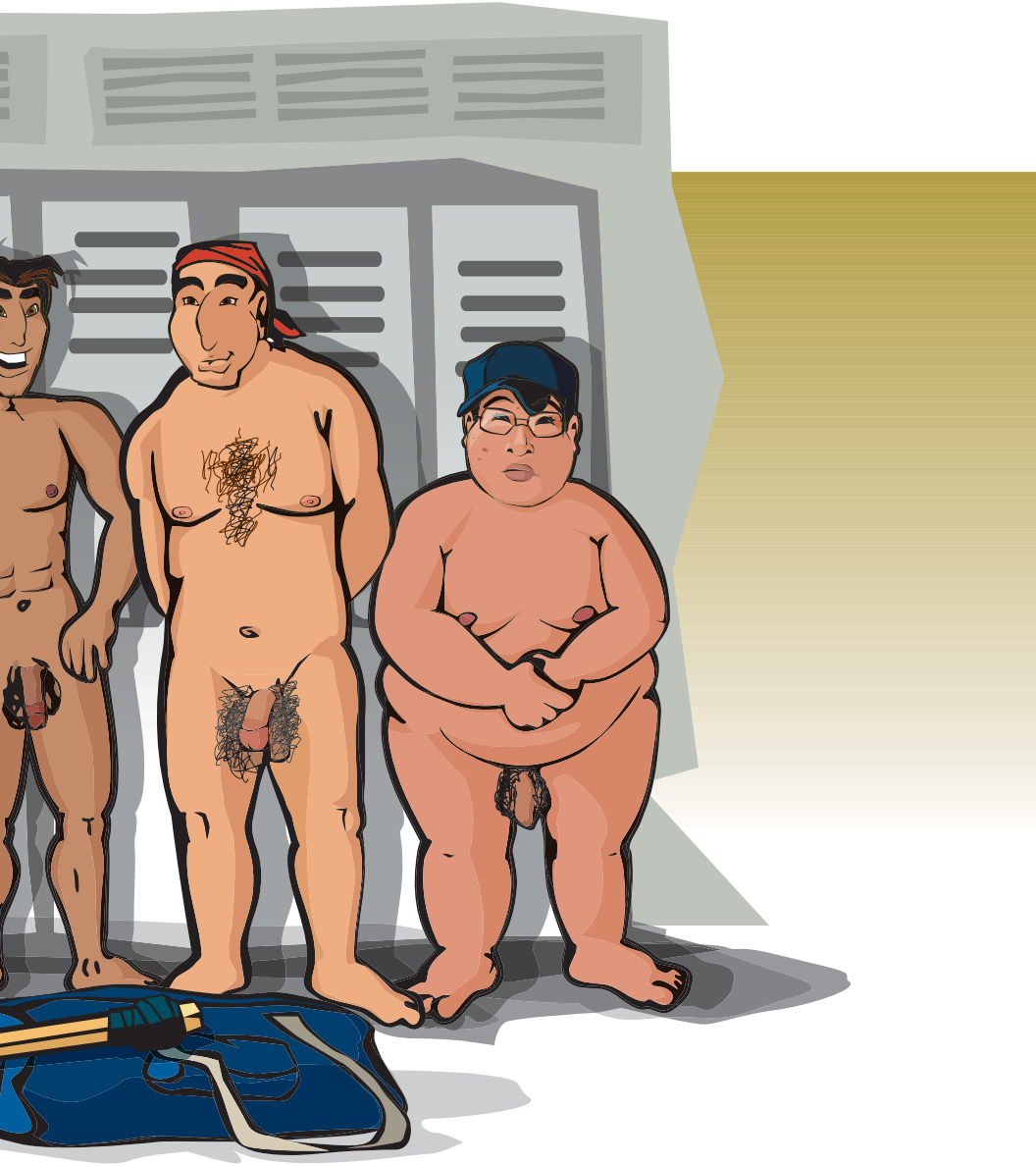
FIRST NATIONS OF QUEBEC AND LABRADOR  
HEALTH AND SOCIAL SERVICES COMMISSION

# The boys

Sexual development includes a wide range of body changes; this process is known as puberty. Puberty may begin at any time



between 10 and 18 years old, but generally begins at around 13 or 14. The exact onset of puberty isn't important. No matter when it starts, you'll still become an adult.



## Puberty

You become taller and more muscular.  
Your shoulders broaden.  
Your genital organs (penis and testicles) increase in size.

Your voice will deepen and your Adam's apple (bump in a man's throat) will pop out from your throat. Hair will appear on different areas of your body: legs, genitals, arms, face and chest. Because you are growing all over, your chest and nipples may become sore for a short period of time.

This is normal.

You might experience occasional joint pain.

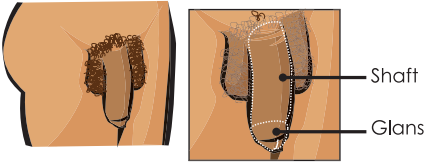
Pimples or black heads could appear on your face, neck, chest and back. These changes will continue until 20 or later. Whether puberty begins early or later and whether it occurs quickly or slowly, it will continue until you are fully developed.



Here are some of the most obvious changes. However, puberty involves emotional and psychological ones as well.



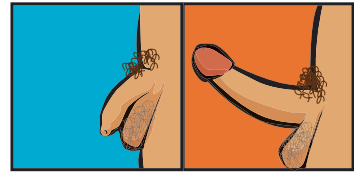
## Penis



The end of the penis is called the glans, which is far more sensitive than the rest of the penis.

When non-erect, a man's penis is soft and points downward.

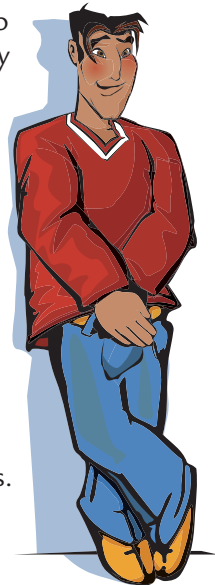
When erect, the penis hardens, becomes longer and thicker, moves away from the body and points upward.



The penis allows men to urinate, have sexual relations, reproduce and enjoy sexual gratification. When your penis is erect, you will have difficulty urinating, because a muscle closes the bladder. The form of an erect penis varies. For most boys, it is slightly curved, and may point more towards on side. Men can have erections at any age and will have them through life.

## Why do I get an erection?

Is it a bone? Is it a muscle? Does the penis fill with sperm? No. it fills with blood. An erection is somewhat like blowing up a balloon with air so it changes shape. The inside of the penis has two balloon-like cylinders that run side by side through the body of the penis. These cylinders allow blood to fill inside to create the erection. There is also a sponge-like tube inside that helps the penis swell and harden when it becomes sexually aroused. There are no muscles in the penis though, which is why it is hard to make it move.



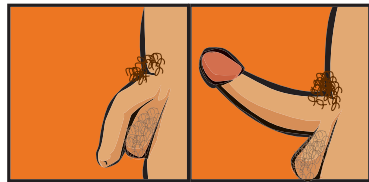
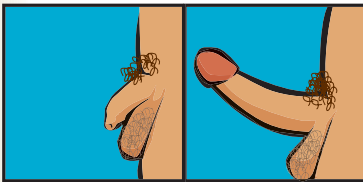
## Erections are unreliable

Erections can come and go without warning. Erections can happen without sexual stimulation too, for example first thing in the morning when waking up. They can happen quickly, and sometimes in the most embarrassing situations. Most boys have experienced an erection at an undesired time. This is common during puberty.

There will be times, too, when you would like to have an erection and you may not be able to have one. Most of the time, this problem will occur if a man has been drinking alcohol or taken other drugs. Sometimes men feel pressured to have sex and this strain can affect their ability to have an erection. The penis is controlled by the mind. If you feel nervous or anxious about sex, or about the other person, this may have an effect on your erection.

## Size

Most boys believe that their penis is smaller than other boys. Penis size does vary but not that much. When a penis is erect, most will be almost the same size. There is no connection between how big a penis is when it is non-erect and how much it grows when erect. A smaller penis when non-erect grows bigger to full erection than a larger non-erect penis. This is the equalizing effect. While we hear a lot about penis size and sexual pleasure, this is a myth. A larger penis does not give or receive more pleasure.

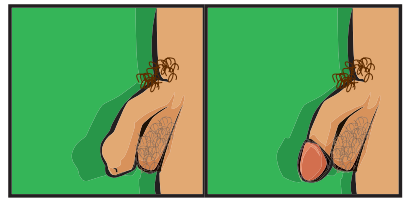


Your penis may appear smaller to you because you're looking at it from above. It will appear larger to you in a mirror.

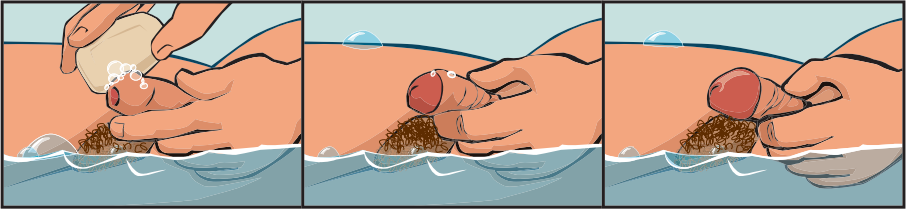
An adult penis measures about 6 to 10 cm at rest and 12 to 19 cm when erect. An erect penis is about 3 or 4 cm in circumference.



At around 12 years of age, prior to full maturity, the penis measures 3 to 5 cm at rest and less than 8 cm when erect.



Neither sports nor anything else will lengthen or shorten your penis.



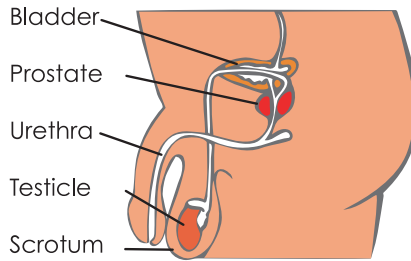
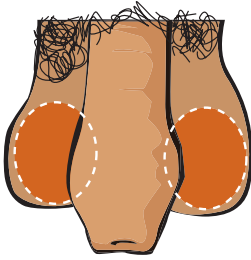
The foreskin is the skin that surrounds and covers the glans. When you have an erection, the penis enlarges and the glans emerges from the foreskin.

It is important to wash under the foreskin every day. If you do not wash properly, a creamy yellow or white substance with an unpleasant odour can develop (called smegma). You should be able to easily pull back the foreskin of your penis to clean the head. If your foreskin is too tight or you experience pain when pulling it back, see your doctor right away.

Some boys are circumcised. This means that their foreskin has been removed. Most boys will be circumcised because of religious or cultural reasons (Jewish or Muslim faith) or for hygienic reasons. While many doctors are now choosing not to perform circumcisions on infants for hygienic reasons, about half of all men in Canada have been circumcised as babies. Circumcision does not affect the ability to give or receive pleasure.



# Testicles



Men have two testicles that hang in a pouch (scrotum) immediately behind the penis.

The testicles produce sperm that look a bit like microscopic tadpoles.

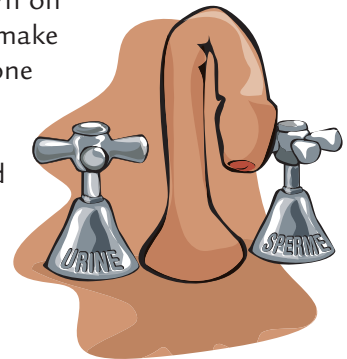
There is a long tube that connects each testicle to the penis. This tube starts in the testicle and runs upwards to carry mature sperm out through the hole at the top of the penis. Urine (pee) is also carried out through this



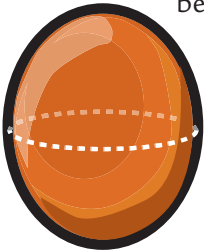
tube in the penis. While the sperm tube and the pee tube eventually merge into one tube (in the penis), the pee tube starts way up inside the abdomen at the bladder, and the sperm tube starts way down in the testicles.

The tube that runs inside the boy's penis works like a water faucet. With water faucets, however, you can usually turn on the hot and the cold water at the same time to make warm water. The boy's system can only release one fluid or the other at a time.

The boy's system is usually set for urination, and switches to the sperm system after an erection. After an erection, the bladder is covered by a muscle making it hard for boys to urinate. After the erection goes down, the muscle retracts and boys can urinate easily again.



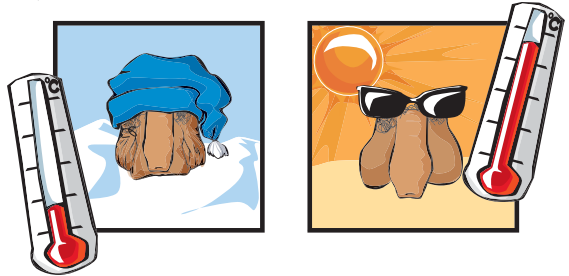
It is also important to know that after an erection happens, the tube that carries the sperm cleans itself out with a small drop of white or clear fluid. This fluid is called pre-ejaculator fluid, or pre-cum and will come through the tube after every erection to make sure it is clean for the sperm. For most boys, this fluid is not very visible. Sometimes it will be noticeable at the opening of the tip of the penis and sometimes not. Both boys and girls should know that this little drop of fluid that we sometimes see and sometimes don't, and which will be there after every erection, can be enough to get someone pregnant and to pass on sexually transmitted infections. This is why putting on a condom before sex begins is so important.



Both testicles are oval and should be about the same size and weight.

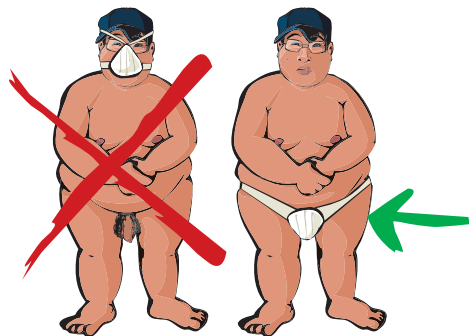
One testicle (generally the left) often hangs a bit lower than the other.

The testicles rest in a soft pouch, the scrotum. The scrotum keeps sperm at a lower temperature of about 2 to 3 degrees cooler than the rest of the body so that the sperm can be preserved.



The scrotum is generally covered in hair and darker than other skin. When it is cold, the scrotum shrivels up and becomes wrinkled. When warm, however, the testicles hang freely and the surface of the scrotum is smooth.

Protect your testicles. If you practice sports where you are at risk of getting hit in the testicles (from a kick or ball), wear a protective cup (or jockstrap).



If a bump or swelling appears suddenly on one of your testicles, see your doctor immediately.

## Sexually transmitted infections (STIs)



There is a whole range of infections that can be transmitted from one person to another through sexual contact. They include genital warts, gonorrhoea, chlamydia, genital herpes, hepatitis B (for which there is a vaccine) and HIV (the AIDS virus, for which there is no vaccine or cure)

If you experience any itching, redness, discharge or pain during urination, see your doctor right away. If you're 14 or over, your medical consultation is confidential, and your parents will not be informed.

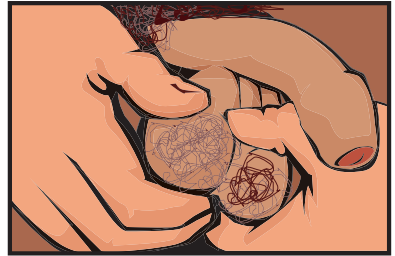
Many times though, people have been infected with an STI and may have no symptoms or pain at all! This makes it hard to know if you have been infected with one. This is why if you are sexually active without condom, it is important to get checked by your doctor or at the local hospital.

## How to examine yourself

It's easiest to do this in a hot, relaxing bath or shower. Feel your testicles one at a time. Using both hands, gently roll the testicle between your thumb and index fingers. At the top of the testicle, you will feel a small soft pouch. That is normal (this is the epididymis, where mature sperm is stored).



**Weigh each testicle in your hand; they should both weigh roughly the same.** If you experience abnormal discharge, redness, irritation, warts or burning during urination, consult your doctor. Most of the time, the lumps and swelling are not cancerous. It can happen, but it's extremely rare. Women have the same worries about their breasts. If you experience one of the following symptoms, consult a doctor.



- ▶ Dull pain in the testicle
- ▶ Sharp pain in the testicle
- ▶ Small painless lump
- ▶ One testicle becomes larger than the other
- ▶ Blood discharged from the penis

## Masturbation

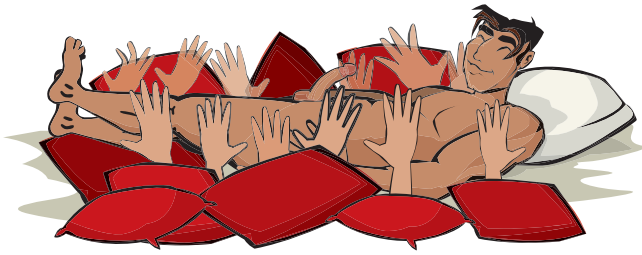
Masturbation is a hard subject to talk about. Most boys do it and very few admit it! Masturbation is a perfectly healthy and normal part of your sexuality. All boys have urges for sex, and most boys touch or stroke their penises to get an erection and to achieve an orgasm. An orgasm is a set of contractions of the muscles in the genital area to release the sperm from the testicles. An orgasm generally feels good (like a release). That's why so many boys enjoy doing this. Most boys begin to masturbate when they are very young, but can only ejaculate (release sperm) after they have started puberty.

## Is it bad for you?

No. Not at all. Some men masturbate daily and others less often. This depends on your urges. Masturbation is a healthy way for you to better understand how your body works and what you enjoy sexually. It is important, however, to do this in privacy. Your bedroom, your bathroom or the shower are the most common places.

Some boys fear that if they masturbate, they will eventually run out of sperm from their testicles. This is entirely false! The testicles are always working to produce more sperm and it is not possible to run out!

## Fantasies during masturbation? A very common occurrence!



## Should you avoid masturbating prior to an exam or game?

Masturbation won't deplete your energy. Some athletes refrain from masturbating or having sex the night before a game. But others find it helps them to release tension and become more relaxed. This depends on you!



## Wet dreams

Wet dreams can be confusing or embarrassing if you don't know what is happening. Sometimes boys can be woken up from a wet dream. Wet dreams, also known as nocturnal emissions, are when a boy ejaculates (releases sperm) in his sleep. Sometimes this has to do with a sexual dream, or a boy stroking his penis in his sleep, but most of the time it is not. A wet dream is a boy's body's way of getting rid of some old sperm to make room for new ones. Since the testicles are always making new sperm, sometimes the epididymis (storage site for mature sperm) can get full. This process of releasing sperm happens during deep



sleep, when the body is most relaxed and can take care of this function. A spontaneous ejaculation will not happen when you are awake during the day.

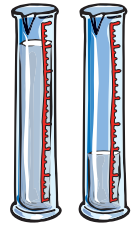
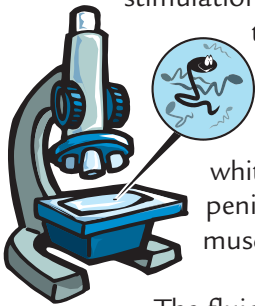
During puberty, wet dreams may happen often for boys. This will happen less as you get older. If the wetness on the sheets bothers you, you can wear pyjamas or underwear. This is easier to change than your sheets!

## Ejaculation

Most young men ejaculate for the first time between the ages of 10 and 16, usually around the age of 12 or 13. Some boys are surprised by this. An ejaculation is a set of contractions that cause the muscles of the genitals to push fluid out from the penis. This set of contractions generally feels good and is also known as an orgasm. The fluid that is propelled is known as ejaculate or semen.

How does this happen? After a boy gets an erection, if there is stimulation to the penis, the sperm get ready to leave the testicles. During an orgasm, the muscles in the testicles and the whole genital area begin to contract to send the sperm on their way.

An ejaculation is a teaspoon of clear to white fluid that comes out of the head of the penis. It gets shot out of the penis from the muscle contractions.



The fluid that comes out is made up of several things. Firstly, there are the sperm (made in the testicles). The sperm are DNA swimmers that carry genetic information to a woman's egg. They have one job; to get to the egg. You cannot see the sperm with your eyes so we sometimes forget that they are there. There are anywhere from 200 million to 500 million sperm per ejaculate! When a sperm finds a woman's egg inside the body, this is when fertilization (pregnancy) happens. It only takes 1!

FIND THE EGG  
FIND THE EGG  
FIND THE EGG  
FIND THE EGG  
FIND THE EGG



The semen also carries food for the sperm. Sperm can live up to 6 days inside a woman's body (to look for the egg) so they need to be nourished. There are glands inside your body (prostate gland and seminal vesicles) that give the sperm food to travel in. During an orgasm, the muscles in the genitals contract, mature sperm leave the testicles and mix with other fluids in your body for food.

The whole process ends in a teaspoon of fluid, filled with sperm ready to travel!

Can we run out of sperm? No. each testicle produce millions of spermatozoa a day. Masturbating does not reduce your fertility.



## GOING FURTHER

### What's the right age to have sex?

There is no right age. If you believe everything you may read or hear, you might think all young people have sex. That's not true. For both males and females in Quebec, the average age of the first sexual encounter is around 15. Many wait longer. If you have any doubts or fear, you'll regret it, Wait. Canadian laws have established 14 as the age of sexual consent, regardless of the sex of the partner.

### I think I might be two-spirited (homosexual)

You may be attracted to, or have thoughts of sex with another boy, whether you are two-spirited or not. Most people think about sexual relations with a person of the same sex at some point in life. This is normal.

Being two-spirited or gay means that you identify as having a sexual preference for other boys. Many people have strange feelings about this but it is rather common. It is estimated that about 10 percent of our population sees themselves as gay. There are many resources for

people who wish to talk about this. If you would like more information or have questions about homosexuality, call AlterHeros, the gay and lesbian hotline (contact information on the centre page).



## Protecting yourself

Male and female condoms help protect both you and your partner from both STIs and pregnancy. Female condoms are another way of preventing pregnancies, but this doesn't mean contraception is the woman's job. It's your responsibility as well. Visit your local medical centre, school nurse or CSLC for more information on contraception...

## I want to have sex, but my partner doesn't

Sex can be a big decision. It is important to be patient with your partner. No one likes to be pressured to do something! Take your time. When the moment is right for you, it will happen! There are also many things you can experiment that do not involve penetration. Have fun together, and talk about what feels good and comfortable for both of you. Good sex is about trusting the other person. This takes time to build.

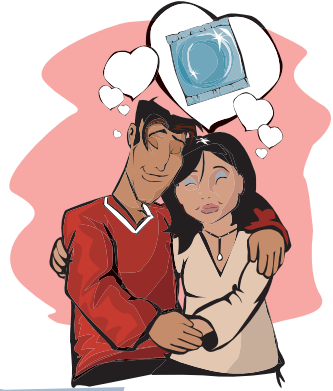


On a more serious note, if a person forces another person, by violence or by manipulation, this is referred to as sexual assault (also known as RAPE). This is a very serious offence that is severely punished by law. It is also a very scary experience for the person on the receiving end, and often people can take years to recover emotionally from an assault. We need to treat others as we would like to be treated. Make sure to communicate verbally with your partner about how they are feeling. Check in with them by asking them if they would like you to stop what you are doing or continue.



## We think we're ready

Try to make the first sexual encounter as enjoyable as possible for both you and your partner. Having unprotected sexual relations can spread sexually transmitted infections. This can also cause an unwanted pregnancy. Think about contraception before having sex with a girl.



## Condoms

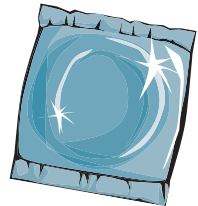
A male condom (safe, rubber, dome) is a very thin sheath of latex designed to fit snugly over an erect penis. It collects the semen (the fluid containing sperm) at the tip. It also puts a barrier between the fluids from the penis and vagina and the skins of the penis and vagina to protect against sexually transmitted infections.

Use a male or female condom if:

- ◆ You're not ready to become a father
- ◆ Your girlfriend isn't ready to become a mother
- ◆ You want to avoid catching (or transmitting) a sexually transmitted infection. You may obtain free condoms at youth centres or through the school nurse, or purchase them in pharmacies, grocery stores or vending machines.

Never put Vaseline, massage oil or any oily product on a condom. This damages and weakens the condom.

Condoms come packaged with lubrication (liquid) on them but it is always a good idea to use additional lubrication, as long as it is made with water and not oil. Lubricants are sold in stores with the condoms and should say water-based or condom-friendly on the package. Lubricants increase the safety of the condom, and also make the sex feel better! All you need is a little drop!



Carry condoms with you. You never know when you may want to use one! Most people will choose to have sex if they don't have a condom because one is not near by. Don't be one of those people! If you are sexually active, make sure your protection goes with you!

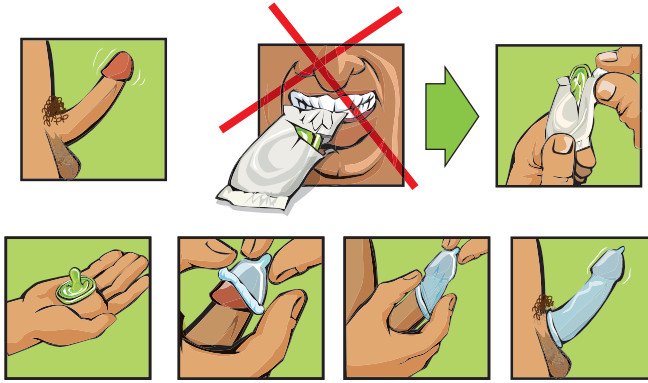
It is important not to carry your condoms in your wallet. The heat in your wallet can damage the condom. Condoms are safer carried in a knapsack or bag.



Responsible sex is everyone's responsibility. Don't expect that your partner will have a condom or ask you to use one. Not everyone is as informed as you are! Also, carrying a condom with you does not mean that you will have sex! It simply means that you are more likely to choose to protect yourself if sex happens. This can be a hard issue to discuss with someone so try to have the conversation with your partner before sex starts.

## How do I use a condom?

- ▶ Check the expiration date on the condom (on the back of the package). If the condom is past the date, do not use it!
- ▶ Feel for some air in the package. There should be an air pillow in the middle of the square package. If the package is flat and wrinkled, the condom is probably dry and no good. Use a fresher one.
- ▶ Your penis must be erect to put the condom on.
- ▶ Be careful when removing the condom from the package. Remember that this is a thin piece of latex. Any fingernails, teeth or jewellery can damage or tear the condom.
- ▶ The condom will be covered in a liquid. This is lubricant and will help to protect the condom and make the sex feel better. Do not wipe the lubricant away.
- ▶ Hold the end of the condom, and put it over the head of your penis.
- ▶ Next, you need to pinch the tip of the condom to remove any excess air. The tip of the condom is called the reservoir tip, and this is where the semen will collect after an ejaculation. This is why it is important to remove the air so the semen will have room! If you forget to pinch the tip and take the air out, this could increase the likelihood of the condom breaking during sex.
- ▶ After you pinch the tip, roll the condom down to the base of your penis.



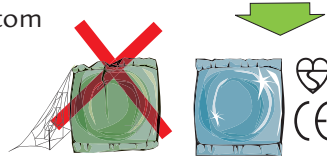
▶ There is a ring at the bottom of the condom that is meant to fit snugly at the base of your penis. This ring will hold the condom in place during sex.

▶ Check the condom during sex (feel for the ring at the base) and make sure it is still in place.

▶ After ejaculation, your penis (and the condom) needs to be removed right away. After an ejaculation, your erection will often go down. Since the condom is designed to stay on an erect penis, you need to pull the penis out before this happens so that it does not slip off inside the other person.

▶ To remove the condom, slide it up from the bottom to the top. Be careful not to spill any contents (semen) that may be in the tip.

▶ To throw it out, wrap it in some paper (Kleenex) and throw it in the garbage. Do not flush it down the toilet.



### Tips for using condoms:

▶ Never use two condoms at the same time. Putting one condom over another increases the chance of breaking both. Use one at a time and use it correctly for maximum protection.

▶ Always change your condom after ejaculation. The condom should be removed and a new one put on before you continue to have sex.

▶ Never re-use a condom. Whether you have used it already for sex or not, if it has been unrolled, it cannot be placed on the penis properly. Start with a fresh one.

▶ Never use any oil products with a condom. Any added lubrication needs to be made with water, and not oil.

- ▶ Do not use large condoms if you do not need one. Many boys want to try larger sized condoms (sold as XXL or LARGE), but most do not need to. The larger condoms have a wider ring at the base. If the ring (what holds the condom in place) is larger than you need, the condom is more likely to slip off during sex. The majority of men do not need to use a large condom.
- ▶ Do not use lambskin or sheep condoms. These are natural products that have pores (tiny holes). While they will protect you from pregnancy, they will not stop the spread of infections (because bacteria and viruses are smaller and can travel through the holes). Some people have an allergy to latex (rubber). If you experience a reaction to latex, try using a condom made from non-latex material, also called polyurethane. Polyurethane condoms (sold in pharmacies) are made from a type of plastic. They are just like other condoms and will protect you from both pregnancy and sexually transmitted infections.

## EMERGENCY!

If the condom rips, slips off, or if you neglected to use one, emergency contraception is available for women, free of charge, through a CLSC, pharmacy, school nurse or medical centre. Presently, the most popular morning-after pill is Plan B. To ensure maximum effectiveness, it must be taken as soon as possible after having sex (within 72 hours maximum). If you believe there is a risk of HIV transmission, quickly contact (within 48 hours) emergency services or a physician, and a preventive treatment will be suggested to you.

## Useful numbers:

**Kinds Help Phone:** [www.kidshelp.sympatico.ca/en/](http://www.kidshelp.sympatico.ca/en/)  
1-800-668-6868

**AlterHeros:** [www.alterheros.com/english/youth/](http://www.alterheros.com/english/youth/)  
Demystifying our differences

**Sexualityandu.ca:** [www.sexualityandu.ca/eng](http://www.sexualityandu.ca/eng)

**First Nations of Quebec and Labrador Health and Social services  
commission (FNQLHSSC):** [www.cssspnql.com](http://www.cssspnql.com)

*In these organizations, your call will remain confidential.*

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