

What you always wanted to know about



BOYS GROWING UP ?

What are the changes a boy's body will undergo during adolescence?

The body undergoes both external and internal changes when a boy reaches adolescence. The age at which these changes make themselves apparent vary from boy to boy - the average age is at about 15 years. These changes are triggered when the endocrine glands release hormones.

The external changes a boy undergoes are:

- Height increases suddenly
- Moustache and beard starts to grow
- Voice gets deeper
- Shoulder and chest get broader
- Armpit and pubic hair start to grow
- Penis and testicles grow bigger
- Pimples and acne appear

The internal changes are:

Millions of microscopic sperm cells, which look like tadpoles, are manufactured in the testicles. Sperm cells cannot be stored forever and new ones are made continuously.

Sperms travel up the vas deference, join with other fluids in the seminal vesicle and prostate gland to form semen. As the penis is filled with blood, it becomes rigid and is erected. Semen is ejaculated through the penis when sexual climax (orgasm) is achieved.

What is a wet dream and what causes it?

A wet dream means that a boy ejaculates during his sleep. It occurs when the body has an abundant store of sperm which is released unconsciously during sleep. Sometimes a wet dream occurs when the individual is stimulated sexually in the day time and subsequently dreams about sex at night.

Boys experiencing this for the first time are often ashamed or anxious because they think that something is not normal. Wet dreams are a perfectly normal part of growing up.

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What is masturbation?

It is quite normal for a boy to feel a strong urge to ejaculate. Masturbation is a way to release sexual energy by using hands to stimulate the penis to reach an excited stage and ejaculate.

A boy may feel some tenderness when the amount of sperm builds up or when he is aroused. This can be relieved by masturbating. He does not suffer physically and mentally if he masturbates.

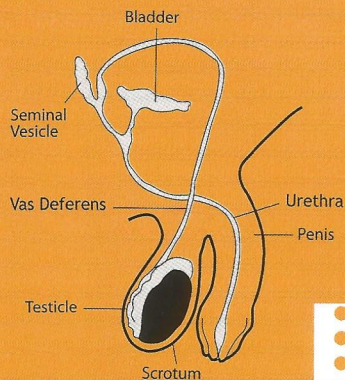
What is about moods?

The release of hormones during puberty triggers emotional and psychological development. Adolescents think and feel differently. Emotional changes during puberty should progress toward emotional maturity of adults.

All these changes that occur are perfectly a normal part of growing up. It is important to be aware of these changes and be prepared for them.

If you have worries about them, do not hesitate to write, call or come and see us.

Cross-section of the male genital organs



Produced by



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