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## Sexual Abuse/Gender Based Violence

*Are your peers pressuring you to show your male sexuality in behavior and attitude?*

In some cultures, male dominance and sexual aggression towards females is a common practice, however, these actions may have negative consequences and be damaging for the girl, causing her deep anxiety and suffering. If you feel you are being pressured to act in an abusive and aggressive manner towards a female, please talk to someone you can trust to discuss your concerns.

*Do you feel pressured to have sex with a girl?*

Sexual desire is a normal feeling and can be mistaken for love. If you are in a relationship where you are considering having sex, please discuss your intentions with an adult you can trust before acting on these sexual feelings.



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## HIV/Aids

When we talk about sex and sexual intimacy, it is important to discuss HIV/Aids. HIV/Aids is a dangerous infection in your body that cannot be cured. The infection spreads from one infected person to another through the transmission of bodily fluids during sexual intimacy. HIV/Aids is incurable, but can be prevented if protection (such as the proper use of condoms) is used during sex. If you are thinking about having sex with another person, please talk to an adult or your doctor how to use condoms properly during sexual activity.

Growing up and going through puberty is an important part of your life. We hope that as you grow and develop into a man you will make good and safe choices. Remember to think first before you act. Your future is just ahead; let it be a good one.

### *For our readers*

*This educational pamphlet contains information that may be of a sensitive nature. We sincerely hope that our readers will find this information useful, as its sole purpose is to educate youth about puberty and male sexual development. This information should not be relied upon as a substitute for formal advice from your physician or other health care provider.*



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## Because I'm A Boy



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*A publication about puberty  
and male sexual development*

By Susan Stasi

## What is puberty?

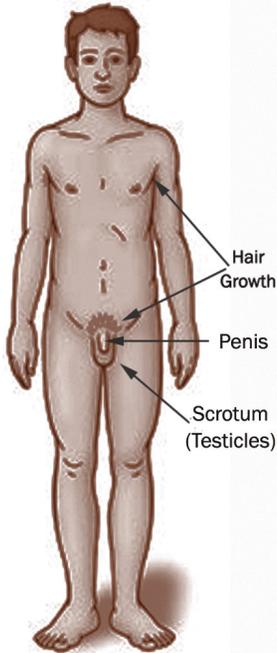
Puberty is the period of time when a boy or girl's body begins to change. This process doesn't happen overnight, rather puberty takes several years. This pamphlet explains how a boy's body changes as he becomes an adult.

### *My body is changing.*

Body growth and physical changes are the first signs of puberty. A boy generally starts puberty around 11 or 12 years old, but can be sooner or some as late as age 16-17.

### *Male Organs*

A male's reproductive glands are located in his external organs, or testicles. As the boy's body matures, the testicles begin to grow, nearly doubling in size. During this growth process, the skin of the scrotum darkens and begins to hang down from the body. Many times, one testicle may hang lower than the other, which is completely normal.



### *Body Hair*

While the body goes through the growth process, body hair begins to appear in the pubic area and underarms, then progresses to the thighs, legs, and chest. About 2 years after puberty begins, hair will begin to grow on a boy's face.

## Why does my penis look different than other boys?

Just as people come in many shapes and sizes, so do a male's body parts. Some boys may have adult size genitals as early as age 13 or as late as 18. Many boys become preoccupied with the size of their penis, worrying that they may not be able to perform sexually. Be assured that sexual performance is not dependent on the size of the penis.



### *Why are there bumps on my penis?*

About one in three adolescent boys have pinkish colored bumps on their penis. These are harmless and become unnoticeable as the boy matures.

### *It looks like my breasts are developing.*

During the early years of puberty, many boys become alarmed when their breasts begin to swell and become tender. This is normal and after a few months the swelling will disappear.

## Fertility and procreation-the ability to make a baby

About one year after the testicles begin to enlarge, the boy will experience his first ejaculation. An ejaculation is when a boy's matured testicles produce sperm, combines with bodily fluids to form semen, and is then let out of the penis. If an ejaculation occurs during intercourse, the semen carries the sperm into the female and fertilizes the egg, which begins the process of reproduction, or the creation of life.

### *My voice is changing.*

As a boy begins to grow physically, the voice box also enlarges. For a brief period of time, a boy's voice may "crack" occasionally as it deepens. Once fully developed, the cracking will stop.

### *Why am I having wet dreams?*

Boys may wake up in the morning to find sticky, damp areas in their bed. These "wet dreams," are caused by an ejaculation that occurs during sleep. These occurrences are perfectly normal and are just a part of growing up.

### *Involuntary Erections*

During puberty, it is common for boys to get an erection without having touched their penis or having sexual thoughts. These moments can be quite embarrassing, however, this is a common occurrence in pubescent boys and will eventually disappear as the boy matures.