



“Questions, I’ve got some questions”

Questions, JACK JOHNSON

Frequently asked questions

Why are the testicles located outside the body?

God designed it that way because healthy sperm can only be produced at a temperature cooler than the normal body temperature. If the scrotum (the pouch that holds the testes) was inside the body, the sperm cells would die. You may notice when you become cold your penis and scrotum draw closer to your body to keep warm. When you are hot, they will hang loose, away from your body, to keep cool.

What is circumcision?

Circumcision is an optional, medical procedure in which a small flap of skin called *foreskin*, which covers the tip of the penis at birth, is removed. If one is not circumcised extra care for cleanliness is advised.

What is “jock itch”?

Jock itch is a form of ringworm, which isn’t a worm at all! It is an infection of the outer layers of skin caused by a fungus. Symptoms include a scaly, itchy rash with a dark center and very distinct edges in the groin area. Jock itch can be treated at home with anti-fungal creams and powders.

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Contents

Introduction	3
You are unique and precious	4
Puberty	5
Physical changes	6
Why is this happening	7
All systems go	8
Virtues: Good habits	9
Hygiene health - Skin and hair	10
Hygiene health - Body	11
God's plan	12
How does it work?	13
The male reproductive system	14 - 15
Frequently asked questions	16



"Let it be said of us that we lived to be a blessing for life."

The Blessing, JOHN WALLER and TROY DENNING

The Male Reproductive System

A muscular action that forces semen through the urethra and out of the penis is called an ejaculation. It is the way God planned the life-generating sperm cells to join with the female egg cell during the marital embrace.



Only one sperm cell is needed to fertilize a female egg cell to create new life however, the average ejaculation generally contains more than 40 million sperm!

Masculinity and the ability to become a father is not based on penis size. Just like every other body part, size varies from person to person.

You are a creation of God. Your body is a Temple of the Holy Spirit, treat it with respect, reverence, and care.

Did you know that an erection is not necessarily followed by ejaculation?

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“We’re maturing ... These are the things that change boys to men”

Boys to Men, NEW EDITION

The Male Reproductive System

When blood flows into the penis and causes it to become harder and stand away from the body, this is called an erection. An erection can occur when you have happy or exciting thoughts or see someone attractive. But it also can occur for no reason at all - sometimes at the wrong time and wrong place!

Awkward!

It can occur on the way home from school, in the swimming pool, or at the kitchen table! It can be quite embarrassing, but remember that all boys and men either HAVE or WILL experience this same awkward situation at some point in their lives.

Try to relax and think about something like a sporting event or an upcoming test and the erection will go away. You know the saying “practice makes perfect”? As you get older, you will be able to control this situation with thought or concentration. It’s usually mind over matter when it comes to erections. Find what techniques work best for you while hormones are ruling your body.

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Introduction

When your parents learned that they became cooperators with the creative power of God and conceived YOU - a new, wonderful being - they were no doubt anxious and eager to learn all they could about that segment in their journey through life. They probably consulted books to learn what to expect in pregnancy and childbirth, what changes to anticipate as their little one grew, ideas about child discipline, etc...

You will soon enter into the time in your life called PUBERTY - a time of change when your little boy body will - over time - develop into an adult man body. You too may be anxious about what to expect in puberty. Just as your parents looked to books for answers, you are provided this guide to help you to learn what to expect during this part of YOUR journey. You will learn:

- ⇒ the changes to anticipate with explanations to help you understand why they occur
- ⇒ the changes are good, necessary, and part of God’s plan
- ⇒ an appreciation of the dignity of each human person and his or her body
- ⇒ ideas about self-discipline and virtues



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“Life is a road and I want to keep going”

At the Beginning, ANASTASIA

YOU ARE UNIQUE AND PRECIOUS!

AN ORIGINAL DESIGN BY GOD OUR CREATOR!

Genesis 1:26-27 reveals the awesome gift of being made in the Image and Likeness of God:

- 26 Then God said: "Let us make man in our image, after our likeness. Let them have dominion over the fish of the sea, the birds of the air, and the cattle, and over all the wild animals and all the creatures that crawl on the ground."
- 27 God created man in his image; in the divine image he created him; male and female he created them.

You were made in the Image and Likeness of God.
 You should cherish this gift and your uniqueness.

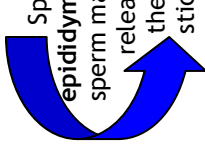
- Respect yourself
- Demand respect from others
- Base your own value system on the religious teachings of your faith
- Develop God-given talents to serve HIM!
- Appreciate God's gift of your life's vocation



“And even in this modern age it works”

It Works, ALABAMA

How Does it Work?



Sperm cells produced in the testes are temporarily stored in the **epididymis, a tube that runs along the back of each testicle**. Here the sperm mature to be capable of generating life. The mature sperm are released from the epididymis and move through sperm ducts toward the penis. A protective fluid mixes with the sperm. This whitish and sticky fluid is called semen.

Semen leaves the penis through the **urethra, the tube that runs through the middle of your penis**. Urine also leaves the body through the urethra, but never at the same time as semen.

Sometimes, semen might be discharged from the penis while you are asleep. This is called a nocturnal emission or is more commonly known as a “wet dream” and is completely normal. You may wake up from a wet dream or you may sleep right through it.

Usually wet dreams occur during dreams with sexual images. You may feel embarrassed or even guilty about having a wet dream, but you shouldn't. They cannot be controlled or stopped - after all, you are asleep! Testosterone is giving your body a practice run for later in life when you are married.

Did you know that a drop of semen this size would contain more than 1,000 sperm?



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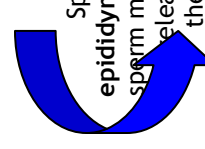
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Sperm cells produced in the testes are temporarily stored in the **epididymis, a tube you can feel at the back of each testicle**. Here the sperm mature to be capable of generating life. The mature sperm are released from the epididymis and move through sperm ducts toward the penis. A protective fluid mixes with the sperm. This whitish and sticky fluid is called semen.

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"To everything - turn, turn, turn. There is a season - turn, turn, turn. And a time for every purpose under heaven."

Turn, Turn, Turn, THE BYRDS

God's Plan

As mentioned earlier, puberty is the time God designed your body to mature for the purpose of reproduction. Both man and woman - husband and wife - have important roles to play in God's great gift of human reproduction.

The primary purpose of the male reproductive system is to produce, store, and release sperm cells to help to create new life.

Although testosterone is present in boys even before birth and throughout your youth, its increased level during puberty causes your reproductive organs to grow and the testicles to begin to produce sperm - the male reproductive cells.

Increased testosterone is also responsible for sexual urges and feelings of attraction towards girls you may now begin to experience. Girls you once barely noticed may now become the center of your attention.

Romantic feelings and attraction to girls are normal and part of God's plan. However, now is the time to develop virtues and master self-discipline so your actions and behavior are appropriate for a young Catholic man.

Respect for the human body as a Temple of the Holy Spirit is essential!

12



Did you know that your reproductive organs are called genital organs because they help generate life?



"We've only just begun to live... So much of life ahead..."

We've Only Just Begun, CARPENTERS

Puberty

Human beings are not born mature. Between the ages of ten and seventeen or so, physical change speeds up. The shape and behavior of your body will change. **PUBERTY - this time of physical, mental, and emotional change and maturing** - is an exciting time. So get ready for life ahead!!

Changes are good, necessary and part of God's plan to transform your body into a mature adult body and prepare for fatherhood.

The changes and development of puberty occur at different times and in different ways. Some young people will grow very quickly, others more slowly, but everyone will gradually mature. That's the way it's supposed to be.

Growing up is good and wonderful but sometimes also **CONFUSING**. So don't hesitate to talk to your dad, older brother, or someone else you trust about what you are going through. It may be embarrassing at first, but they've gone through it and will help you to feel at ease with this transition.



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As you mature, you will experience...

Physical changes

- * Growth spurts - rapid increase in size and weight - (with increased appetite too!)
- * Muscles develop - shoulders and chest get broader
- * Larynx (voice box), also known as your Adam's apple, gets larger and voice deepens and may “crack” as you talk
- * Growth of underarm, pubic, facial hair and possibly chest hair
- * Perspiration increases with possible accompanying body odor
- * Hair may become more oily
- * Acne may appear
- * All permanent teeth come into place
- * External genitals enlarge and production of sperm (the reproductive cells needed for you to become a father) begins

GOOD NUTRITION AND HYGIENE ARE IMPORTANT TO STAY HEALTHY!

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Hygiene Health - Body

You may notice increased sweating with accompanying body odor.

Sweating is a vital function as it helps to cool the body when it becomes overheated.

All humans sweat - even little kids, but their sweat doesn't stink. Sweat glands are triggered during puberty that produce perspiration that can smell bad when it comes in contact with bacteria on your skin. How do you deal with this?

To keep clean and combat body odor:

- ⇒ Shower or bathe **OFTEN!** (Pssst, don't wait to be told that you need a shower! Just do it daily or every other day.)
- ⇒ Remember to wash your armpits.
- ⇒ Use a deodorant or antiperspirant.
- ⇒ Change into clean clothes after showering (B.O. stays on clothes.)

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"I know you can shave, shave off the shadow that's been growin on you" (sic) *Shave, ENON*

Hygiene Health - Skin and Hair

During puberty your oil glands become more active.

You may notice that both your skin and hair become more oily.

You may develop acne. This is caused when bacteria grow in skin pores that are clogged with oil and dead skin cells.

Typically, a daily routine of skin cleansing can keep acne in check.

- ⇒ Wash your face twice a day with a cleanser.
- ⇒ Wash the oils on your skin & hair:
- ⇒ Wash your hair daily or every other day.
- ⇒ Wash your pillowcase often.
- ⇒ Don't squeeze or pop pimples.



SHAVING - Heavy facial hair that requires daily shaving generally doesn't develop until later in your teen years, but you may want to shave the fine hair, or "peach fuzz" that begins to grow at the onset of puberty. Talk to your dad about when the time is right for you.

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"Don't worry, Be happy"

Don't Worry, Be Happy, BOBBY MCFERRIN

Why is this happening?

HORMONES! Yuppers, hormones: *the special chemicals that regulate the growth and activity of tissues and organs.* More specifically, it is the hormone **testosterone** (*the male hormone produced in the testicles*) that is responsible for many of the changes you'll see and feel during puberty.

Testicles, or testes, are the egg-shaped male reproductive glands which produce sperm and the male hormone testosterone which regulates male sexual development. They hang outside your body in a sac (scrotum) just beneath your penis.

Did you know that it is normal for a boy to have one testicle larger or higher than the other?

When will it happen?

Puberty for boys usually starts between the ages 10 and 17 and lasts a few years.

But every boy is different and will develop when it's best for his body.

God knows exactly when that time is for you, but **YOU** won't know until it starts!

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"All systems go, Shield your soul"

All Systems Go, KRYPTERIA

All Systems Go!

From the beginning of your life, all of the body systems were fully functioning, except one: the reproductive system. God designed your reproductive system to mature during your preteen or teen years. He created the changes of puberty so that one day you can bring a new human life into the world when you are married. Although having children is God's plan for marriage, the changes of puberty will happen whether or not you ever get married and have children!

To help
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God
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a body, a
soul, and
His grace.

**Proverbs
23:19**
**Hear, my
son, and be
wise, and
guide your
heart in the
right way.**

While you grow physically, you will also grow emotionally, morally, and spiritually. The physical part happens on its own, but you need to rely on the grace of God and inform your conscience to develop the non-physical realm of your being.

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"And step by step You'll lead me and I will follow You all of my days"

Step by Step/Forever We Will Sing, MICHAEL W. SMITH

Virtues: Good Habits

As a maturing Catholic boy, it is important to remember God's plan for you. As you grow older, you will need to discern the vocation to which God is calling you: single, marriage, priesthood, or religious life.

Follow God's lead and He will direct you on your path.

"...the path of the just is like shining light, that grows in brilliance till perfect day." *Proverbs 4:18*

Every vocation requires developing virtues, or good habits, which are formed by PRACTICE! Especially important is the moral virtue of chastity. **Practice:**

Chastity has to do with self-control, restraint, and purity with regard to sexual conduct. A chaste person treats his own body - and the bodies of others - with respect in areas related to sexual behavior. Chaste behavior leads to true freedom; unchaste behavior eventually can make a person a slave. (*Catechism of the Catholic Church, §2337-2345*)

- ◆ Custody of the eyes: Control what you see by turning your eyes away from immoral or indecent pictures, TV, video games; immodestly dressed girls; and anything that can lead to sinful or lustful thoughts.
- ◆ Seeing young women as images of God (who deserve respect) rather than as sex objects for your visual pleasure.

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