

4. Male reproductive system



Objectives

By the end of this session, group members will be able to:

- List the main organs in the male reproductive system.
- Explain how sperm is produced and ejaculated.



Background notes

Under the penis there is a small bag of skin containing the testicles. There are two testicles and they produce sperm and testosterone. Testosterone is the male sex hormone.

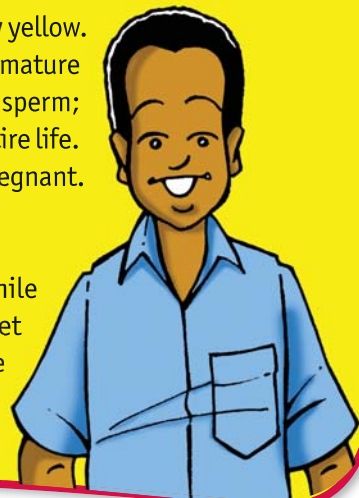
Testosterone makes pubic hair grow and boys' voices become deeper. Semen is the fluid that carries the sperm. Sperm makes babies when it joins with women's eggs. Most of the time sperm is inside the body. There is only one way sperm can get out of the body, which is through the hole at the end of the penis, called the urethra. When the penis is soft, that hole is used to urinate; when it is hard, it is used to release semen.

An erection is when the penis fills with blood and becomes hard and straight. This happens when a boy is sexually excited. Erections happen sometimes as boys dream and think about sexual things, or sometimes for no reason at all. Boys do not have any control over when this will happen. It is very common for boys to wake up with an erection in the morning. While asleep at night, a boy's penis will probably become erect and then go down about five to seven times. This is completely normal and healthy. Having erections is not a sign that a boy needs to have sex.

When the penis is erect, a boy will find that he cannot urinate easily because a muscle closes off the bladder. He will have to wait until the erection goes down before he can urinate. Ejaculation is when semen comes out of an erect penis due to sexual excitement. A man does not have to ejaculate every time he has an erection. If he waits, the erection will go down on its own.

When a boy begins puberty, the semen is usually slightly clear or slightly yellow. As the boy grows into an adult, he begins making a large amount of mature sperm, and his ejaculation will become whiter. Boys are not born with sperm; they begin to produce them during puberty. Men produce sperm their entire life. If the sperm is ejaculated into the woman's vagina, she may become pregnant. The semen can also carry diseases that could infect another person.

A wet dream is when a boy's penis becomes erect, and he ejaculates while sleeping. This causes the boy's underwear or the bed to be a little wet when he wakes up. If a boy does not know about wet dreams, he could be worried or confused. Wet dreams are completely natural and normal. A boy cannot stop himself from having wet dreams.





Main points

Sperm is produced in the testicles. Sperm leaves a boy's body through the hole at the end of the penis. Semen is the fluid that carries sperm.



Session guide

Activity: Body Mapping

1. Ask for a boy to volunteer to lie down on a large piece of newsprint or pavement. Have another volunteer draw around his body using a pen or chalk so there is an outline of a boy.
2. Ask all group members to talk about and draw the following body parts: eyes, nose, mouth, heart, lungs, and stomach.
3. Ask group members to draw the male reproductive organs (where sperm are produced, where the sperm travel through, what is used for sexual intercourse).
4. As people are drawing, do not make any comments or correct any mistakes.
5. Ask for a volunteer to present the drawing and explain the different parts.
6. After the group has talked about the drawing, show them this picture of the male body and reproductive system. Ask them if their drawing looked like this one and if there is anything they would like to change.

