Sexual development can happen at any time between 10 and 18, but usually begins around 13 or 14. In the long run, it makes no difference when you start. It doesn’t affect what you will be like as an adult.

**BODY CHANGES**

- **You get taller and more muscular**
- **Your shoulders widen**
- **Your genitals (penis and testicles) get bigger**
- **Your voice deepens**
- **Hair grows on different parts of your body**
  - Legs
  - Genitals
  - Arms
  - Face
  - Chest
- **Your nipples and breast area can become sensitive for a short time**
- **Spots and blackheads may grow on face, neck, chest and back**
- **Joints may be painful**

**BODY CHANGES**

Usually carry on into your late teens or early twenties. Whether you’re an early or late developer, or whether you mature slowly or quickly, body changes continue until you are fully developed.

The **penis** has two main parts, a head (or glans) and a shaft. The head of the penis – particularly its rim – is much more sensitive than the shaft.

Normally a man’s penis is soft and hangs down. But when he gets sexually excited (and often even when he doesn’t), he gets an **erection**:

- The penis goes stiff
- It grows longer and wider
- It sticks outwards and upwards from the body

A penis is used for two jobs, peeing and sex. When your penis is erect you can’t pee easily because a muscle closes the bladder off. The shape of an erect penis varies. It usually curves upwards slightly, and may point to one side. **Erections** (hard-ons, boners, stiffies) occur in males of all ages, including babies and old men.

Erections are **unreliable**

Erections can come and go without warning.
They can happen at a moment’s notice,
sometimes in embarrassing circumstances.
And they can vanish just as easily.
Alcohol can cause an erection to droop.
So can fear of being laughed at,
of coming too soon, or of causing pregnancy.

Is it bone? Is it muscle? Does the penis fill with semen? No. It fills with blood. There are no muscles in the penis, that’s why you can’t move it very much. The penis is a kind of sponge that fills with blood when a man is sexually excited.
SIZE

Many young men think that their penis is smaller than anyone else's. This is unlikely. Adult penis sizes do vary, but not by as much as they might think.

The soft penis usually shrinks when it is cold or when the man is anxious.

As a rough rule, the larger a penis is when soft, the less it grows when hard. If it is small when soft, it will probably grow more when hard.

**YOUR OWN PENIS WILL LOOK SMALLER TO YOU THAN TO OTHERS BECAUSE YOU ARE LOOKING DOWN AT IT.**

The **FORESKIN** is a sleeve of skin that surrounds the head of the penis. When you get an erection, the foreskin stretches. The head of the penis is then completely exposed.

**IF YOU DON'T WASH UNDER THE FORESKIN, A YELLOWISH-WHITE CREAMY SUBSTANCE CALLED SMEGMA BUILDS UP. THIS IS NORMAL. BUT IF YOU DON'T WANT TO SMELL LIKE A MOLDY CHEESE, WASH IT EVERY DAY.**

**YOU SHOULD BE ABLE TO PULL THE FORESKIN BACK TO EXPOSE THE HEAD OF YOUR PENIS. A TIGHT FORESKIN CAN MAKE ERECTIONS PAINFUL.**

If you have a tight foreskin, you could try to ease it back. (Gently and gradually. Do it in the bath, and use soap.) This may gradually stretch the foreskin until it can pass back over the rim of the head.

If there seems to be a problem, talk to your doctor. In some cases, the foreskin can be so tight your doctor will advise you to have a small operation on your foreskin.

Complete removal of the foreskin is called **CIRCUMCISION**.

**Exercise (or anything else) won't make a penis any larger or smaller.**

**ADULT PENIS SIZE IS USUALLY ABOUT 6CM TO 10CM (2 1/2 TO 4 INCHES) LONG WHEN SOFT, AND ABOUT 12CM TO 19CM (4 1/2 TO 7 INCHES) LONG WHEN HARD. THE THICKNESS OF A MAN'S ERECT PENIS IS USUALLY ABOUT 3 TO 4CM (1 1/2 INCHES) ACROSS.**

**MOST 12-YEAR-OLDS, BEFORE SEXUAL DEVELOPMENT, HAVE A PENIS THAT IS 3CM TO 5CM LONG (1 1/2 TO 2 INCHES) WHEN SOFT, AND USUALLY LESS THAN 8CM (3 1/2 INCHES) LONG WHEN HARD.**

About half of all men in the world today are circumcised, usually for religious reasons. For example, all Jewish and Moslem boys are circumcised in childhood. It makes no difference to a man's ability to give or receive sexual pleasure.
Men have two **BALLS** (testicles, testes, bollocks, nuts, nads) hanging in a bag (scrotum) outside the body, just behind the penis.

The balls produce tadpole-shaped sperm that join with a woman’s egg to make a baby.

The balls are connected to the penis by a long thin tube. Both semen and pee from the bladder pass down a tube through the penis. This tube is called the urethra.

The semen is then stored at the base of the penis until the next ejaculation.

Each testicle is shaped like a rugby ball standing on end.

Balls should be about the same weight and size.

**SCROTUM.** The scrotum hangs outside the body because sperm need to be kept cooler than your internal body temperature of 37°C. Sperm are damaged or killed by heat.

The scrotum is usually darker in colour than the rest of the skin, and is hairy. When it’s cold, the scrotum puckers up and becomes very wrinkled.

But when it is warm, the balls hang loose, and the surface of the scrotum is smooth.

**TAKE GOOD CARE OF YOUR BALLS**

Spots, bumps and moles are common on the scrotum and penis, and don’t usually mean anything.

If you play a sport where a blow, boot, or ball could damage your testicles, wear a plastic protector, or “Box”.

Cancer of the balls mostly affects young men, between the ages of 15 and 35. (This makes it different from most other cancers, which mainly affect older people.)

Almost 100% of all cancers of the testicles can be cured if detected early enough – that’s why you should examine yourself every month.

See your doctor if lumps and bumps suddenly appear on or in your balls.