

Penis talk

watch it change

Before we talk about the big changes that boys go through in puberty, let's learn about penises.

Penis: The penis is the male organ used for urination (weeing) and sexual intercourse (having sex). It is made of spongy tissue and blood vessels. The foreskin covers the head (glans) of the penis. The foreskin is removed if the boy is circumcised.

Scrotum: (also called balls): A pouch-like structure that hangs behind the penis, which holds and protects the testes.

Testes: Makes sperm and testosterone.

The penis is the male reproductive organ that will allow you to make babies later. But there are lots of funny and rude names that people call it too!

Boys are sometimes worried about the size of their penis. Penises are all different. There are many shapes and sizes. Penises can change size even when not erect (standing up). Being afraid, cold or nervous slows the blood flowing inside the penis making it smaller in size.

You may notice that some boys are circumcised, while others are not. Male circumcision is a 30 minute operation to remove your foreskin – the skin covering the tip of your penis. This practice has been done for thousands of years for religious and cultural reasons but now it is being done for medical reasons. In some religions a baby boy is circumcised when he is a few days old while in other cultures circumcision is an important part of changing from boy to man.

You can choose to have a medical male circumcision (MMC) by a doctor at a local clinic. Ask a doctor, nurse or counsellor about MMC. But remember, if you are under 16 years old you will need your parents' permission to have MMC.

Whether you are circumcised or not, you should wash your genitals (sex organs) every day! If you are not circumcised, it is best to pull back the foreskin as far as it will go and clean underneath it with soap and water.

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 sheconquerssa.co.za  She Conquers SA  @SheConquersSA

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