

Use these addresses and phone numbers to get further information.

FAMILY PLANNING ASSOCIATION
25-27 Parkville Road, London
E2 9EP (020) 7332 4144
Information on all aspects of
contraception, family planning,
abortion, and sexual
health.

**LESBIAN AND
GAY SWITCHBOARD**
PO Box 7322
London NE1 9GS
(020) 7637 7324
For information and
advice on being
gay, lesbian or
bisexual.

National AIDS Helpline
(0800) 567 123
Free, 24 hours a day advice
on all aspects of
AIDS.

SEXUALLY TRANSMITTED INFECTIONS (STIs)

A wide range of infections can be passed from person to person through sex. These include genital warts, gonorrhoea, and HIV (the virus that causes AIDS). Most of them (though not HIV) can be treated quite easily.

Look out for:

Itching, redness, pain when you pee, a coloured discharge dripping from your penis, a nasty smell under the foreskin even when you wash regularly.

See a doctor, or visit your local Genitourinary Medicine (GUM) clinic. They will not tell anyone about your visit, unless you want them to. Treatment is free.

Clinics may be listed in the phone book under:

- Genitourinary Medicine Clinic (GUM)
- Special Clinic
- Sexually Transmitted Disease Clinic (STD)

Or phone fpa or your local hospital and ask them to give you the number and address of a GUM clinic.

The Balcombe Trust,
Baring Foundation

Department of Health.

Text by
PHILIP BOYS
(Comic Company)

Design and
illustration
**WOODROW
PHOENIX &
ED HILLYER**

www.fpa.org.uk

A Below-the-Belt guide to the male body

4 BOYS



I WOKE UP THIS MORNING AND I'D COME ALL OVER THE SHEETS. WHAT IF MY MUM SEES IT?

WHAT'S THE HORRIBLE SMELLY STUFF UNDER MY FORESKIN?

REAL MEN DON'T WANK... DO THEY?

I'VE GOT TO GET LAID... I FEEL LIKE I'M GOING TO BURST!

CAN YOU MAKE YOUR PENIS BIGGER?

I'VE ONLY GOT A LITTLE WILLY

WHY HAVE I ALWAYS GOT THIS BULGE IN MY TROUSERS?

EVERYBODY'S DOING IT... EXCEPT ME!

I'M TOO EMBARRASSED TO TALK ABOUT CONDOMS

I DON'T WANT TO HAVE SEX. IS SOMETHING WRONG WITH ME?

WHY DO I ALWAYS WAKE UP WITH AN ERECTION?

WHEN WILL I GROW PUBIC HAIR?

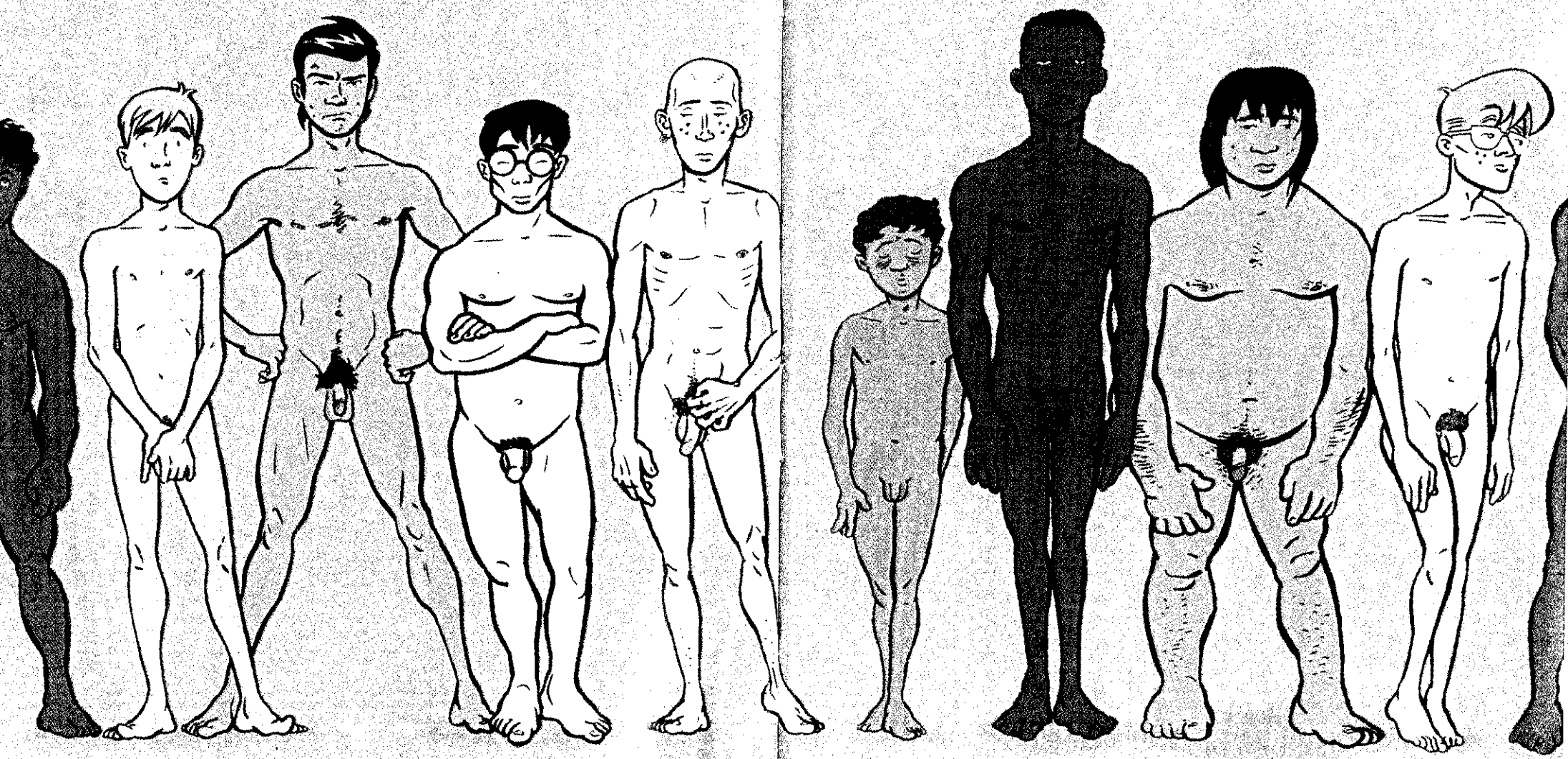
WE BOTH WANT TO, BUT SHE MIGHT GET PREGNANT

I THINK I FANCY BOYS

MY THING IS BENT

AM I NORMAL?

I'VE GOT A WART ON MY



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

Sexual development is often marked by a whole range of

YOU GET TALLER AND MORE MUSCULAR

YOUR SHOULDERS WIDEN

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

YOUR GENITALS (PENIS AND TESTICLES) GET BIGGER

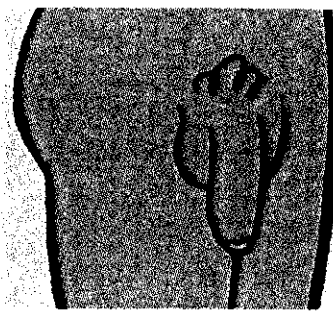
YOUR VOICE DEEPENS

JOINTS MAY BE PAINFUL

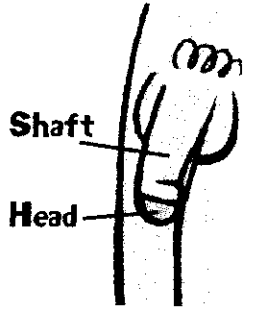
SPOTS AND BLACKHEADS MAY GROW ON FACE, NECK, CHEST AND BACK

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.

These are some of the more obvious changes. But there are others, emotional as well as physical. . .

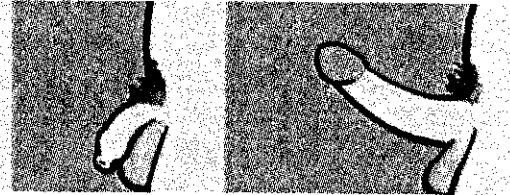


The **PENIS** has two main parts, a head (or glans) and a shaft. The head of the penis – particularly its rim – is much more sensitive than the shaft.



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. ⁵ 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.

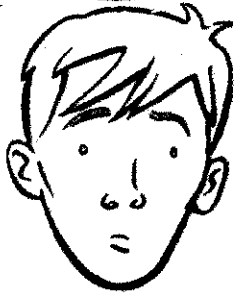
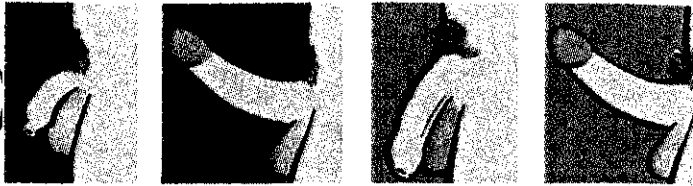
HOW DO ERECTIONS HAPPEN?

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.

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.

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.

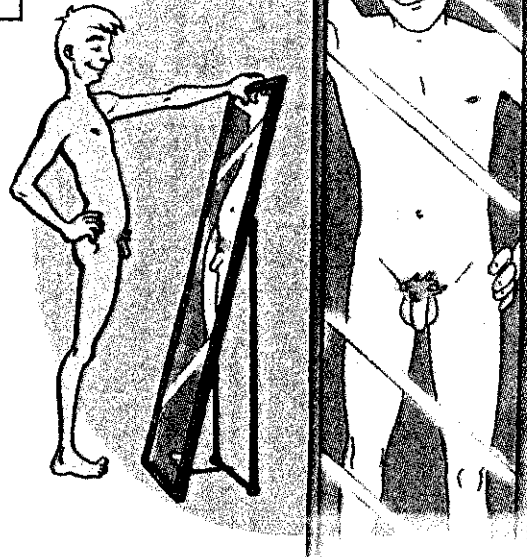
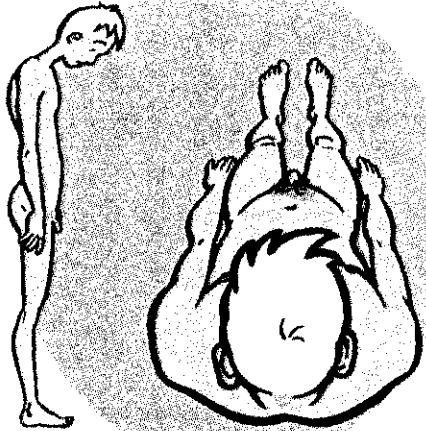
The soft penis usually shrinks when it is cold or when the man is anxious.

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.

IT WILL LOOK LARGER IN A FULL-LENGTH MIRROR.

6



Adult penis size is usually about 6cm to 10cm (2½ to 4 inches) long when soft, and about 12cm to 19cm (4½ to 7 inches) long when hard. The thickness of a man's erect penis is usually about 3 to 4cm (1½ inches) across.

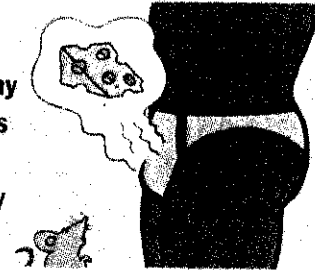
Most 12-year-olds, before sexual development, have a penis that is 3cm to 5cm long (1½ to 2 inches) when soft, and usually less than 8cm (3½ inches) long when hard.

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

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.



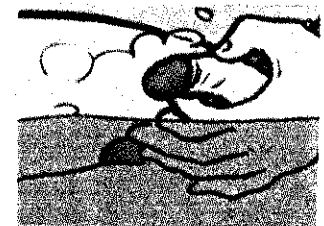
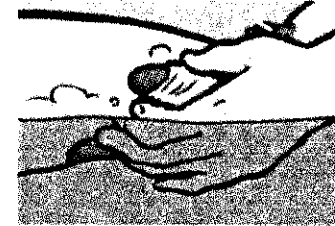
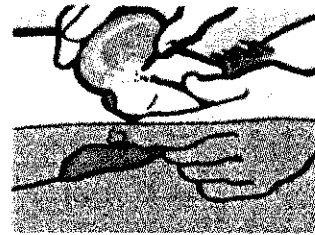
If you don't wash under the foreskin, a yellowish-white creamy substance called smegma builds up. This is normal. But if you don't want to smell like a mouldy cheese, wash it every day.



You should be able to pull the foreskin back to expose the head of your penis.

A tight foreskin can make erections painful.

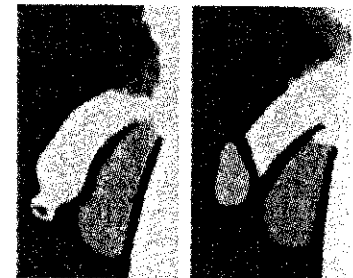
If you have a tight foreskin, you could try to ease it back. (Gently and gradually. Do it in the bath, and use soap.) This may gradually stretch the foreskin until it can pass back over the rim of the head.



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**

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.



7

Men have two BALLS

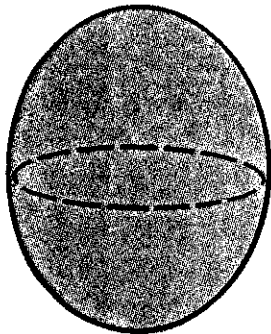
(testicles, testes, bollocks, nuts, nads) hanging in a bag (scrotum) outside the body, just behind the penis.

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

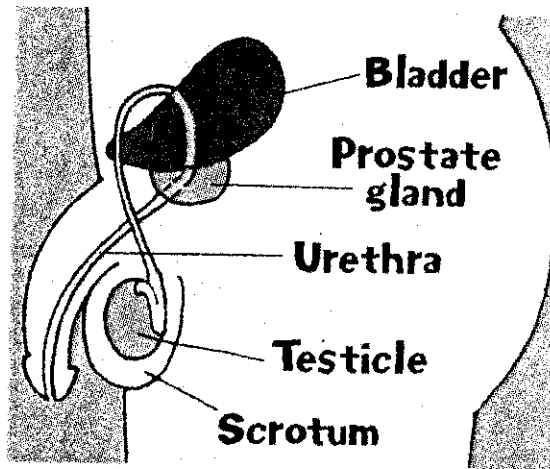
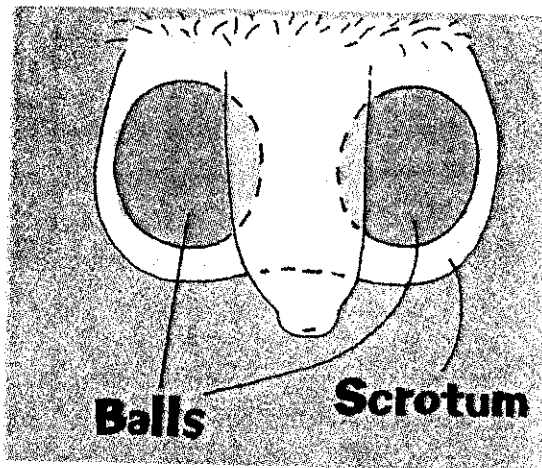
The balls are connected to the penis by a long thin tube. Both semen and pee from the bladder pass down a tube through the penis. This tube is called the urethra.

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

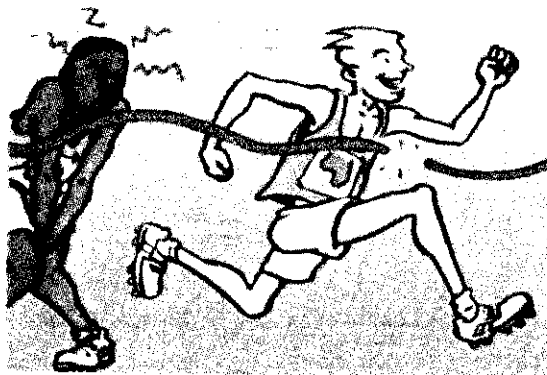
Each testicle is shaped like a rugby ball standing on end.



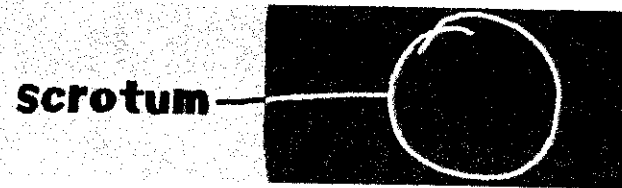
Balls should be about the same weight and size.



ONE BALL (USUALLY THE LEFT) OFTEN HANGS A LITTLE LOWER THAN THE OTHER. THIS IS SO THEY DON'T BASH INTO EACH OTHER WHEN YOU RUN.

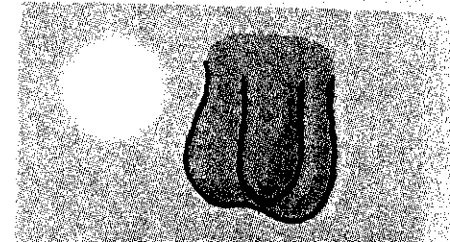


Balls hang in a soft bag – the **SCROTUM**. The scrotum hangs outside the body because sperm need to be kept cooler than your internal body temperature of 37°C. Sperm are damaged or killed by heat.



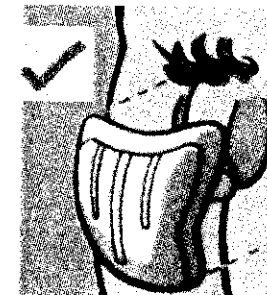
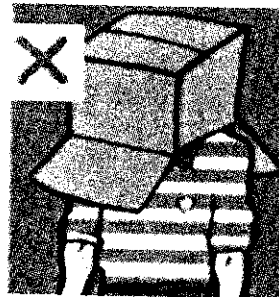
The scrotum is usually darker in colour than the rest of the skin, and is hairy. When it's cold, the scrotum puckers up and becomes very wrinkled.

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



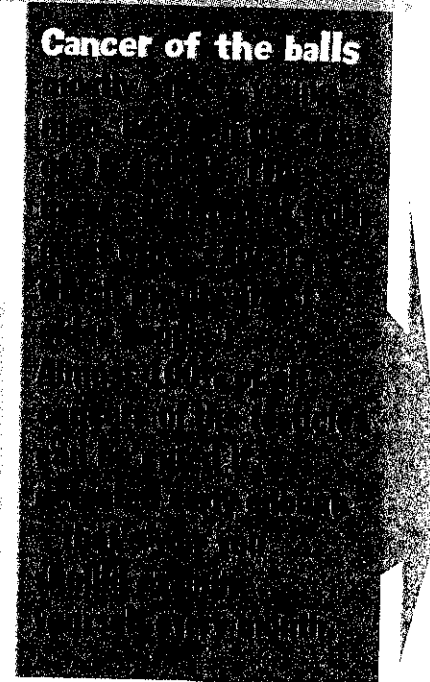
TAKE GOOD CARE OF YOUR BALLS
Spots, bumps and moles are common on the scrotum and penis, and don't usually mean anything.

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

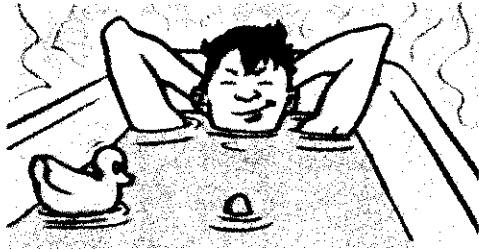


See your doctor if lumps and bumps suddenly appear on or in your balls.

Cancer of the balls

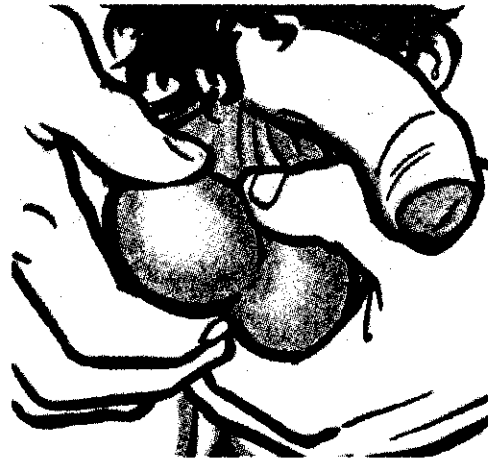


Here's how to **EXAMINE YOURSELF.**



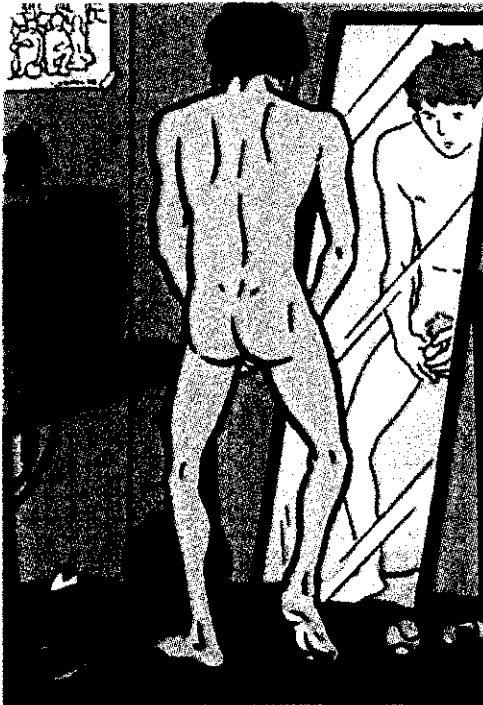
A relaxing warm bath or shower makes examination easier.

Feel each ball in turn. Use both hands. With your thumb on top and your index finger beneath, gently roll the ball. You will find a hard sausage-shaped ridge on top of the ball. This is normal (it's called the epididymis, where sperm are stored).



"Weigh" each ball in your cupped hand. One ball should not be heavier than the other.

Testicular cancer doesn't happen very often and it can usually be cured. Most lumps and bumps will not be cancers, but one might be. If you have any warning signs, talk to your doctor.



It's easier to test for lumps and bumps when you're standing up and gravity makes your balls hang down. Stand in front of a mirror to look for any swelling or change in size. One ball (usually the left) may hang slightly lower than the other.



A DULL ACHE IN YOUR BALLS



SENSITIVE AREAS



ONE BALL GROWING LARGER THAN THE OTHER



ONE BALL GROWING HEAVIER THAN THE OTHER



BLOOD COMING FROM THE PENIS

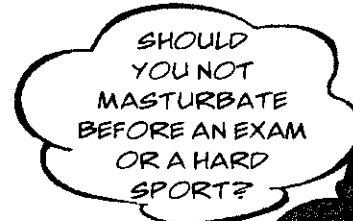
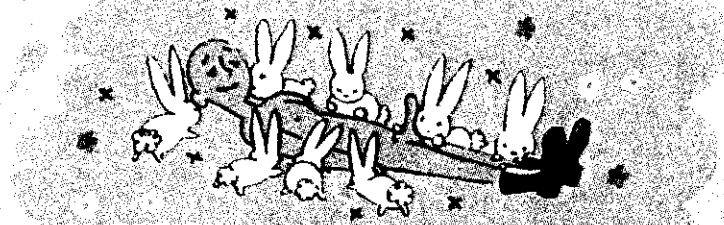
MASTURBATION

Most boys and men rub themselves to get an erection and to have an orgasm. Masturbation (wanking, jerking off) can start as young as 5 or 6 though it can't lead to ejaculation until sexual development has taken place.



It's completely harmless, no matter how you do it, or how often. It won't make you go blind or mad, and you won't get hairs on the palms of your hand. Several times a day is not unusual, nor is less often. It helps you to know your body better, and what you like and don't like. But you don't have to do it.

FANTASIES while masturbating: **EVERYONE** has them.



There is no way you can "lose energy" this way. A few sportsmen won't masturbate or have sex the night before a match. Others take the opposite view. There's no scientific evidence against masturbation.



WET DREAMS Most young men will sometime or other wake to find they have 'come' in the bed. It may be embarrassing to mess the sheets, but it's completely normal. If you're anxious, wear pants.

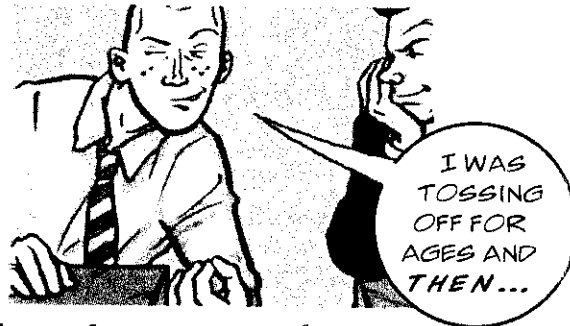
EJACULATION

Most young men ejaculate (come, have an orgasm) for the first time between the ages of 10 and 18 – usually at age 13 or 14.

It takes some by surprise.



Others work at it.



So what happens? Sexual excitement causes muscles at the base of the penis to contract hard and semen to spurt out.

12 During a man's orgasm, about 3 to 15 contractions occur. Each lasts about a second. The first 3 or so are usually the most intense.

Sometimes ejaculation may pump semen quite a distance. At other times, it just dribbles out. Semen may be thick and almost yellow. Or thin and watery.

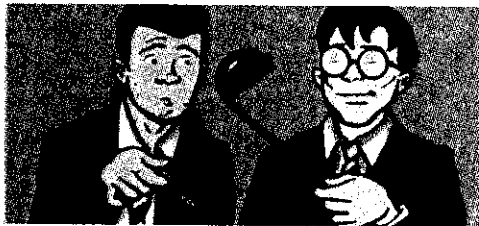
It takes only one sperm to fertilise an egg.

SEMEN (spunk) is a milky liquid in which the sperm swim. Sperm are needed to fertilise an egg in the woman to make a baby.

Can you run out of sperm? No. Each ball produces about 2000 sperm per second (200 million sperm every day).

A drop of semen about the size of a pea contains around 1500 sperm.

When a man comes, he squirts out on average a teaspoonful of semen containing up to 300 million sperm.



How often can a man ejaculate? It varies. Some young men can ejaculate several times a day, others less often.

GOING FURTHER...

When is the right time to have sex?

There is no "right age". If you believed everything you read or heard, you'd think that every young person was "doing it". It's not true. The average age when both men and women first have sex is now 17. Many wait until they are older. If you have any doubts, or think that you'll regret it, then wait.

I want to have sex, but my partner doesn't...

Putting pressure on someone to have sex could ruin what could have been a beautiful relationship. And you don't have to have sex with everyone you go out with. Besides, there's so much more to sex than intercourse. There are many sexual activities that don't involve penetration, but they do give pleasure.

I think I'm gay...

Getting an erection when you are around other boys doesn't mean that you are gay. But you may be sexually interested in other men – or even men AND women. It's not a problem; your body is yours to share with whomever you choose.

If you want advice, contact the organisations on the back page.

How can we protect ourselves?

Condoms (male and female) can help protect you and your partner against both infection and pregnancy. But there are other ways of preventing pregnancy.

Except for the male condom, all other methods of contraception are used by women. But that doesn't mean that contraception is a woman's business. It's as much your responsibility. fpa (see back page) can send you free leaflets on all the methods of contraception.

13 Try to make you and your partner's first sexual experience as good as possible. Good or bad, you will both remember it for the rest of your lives.

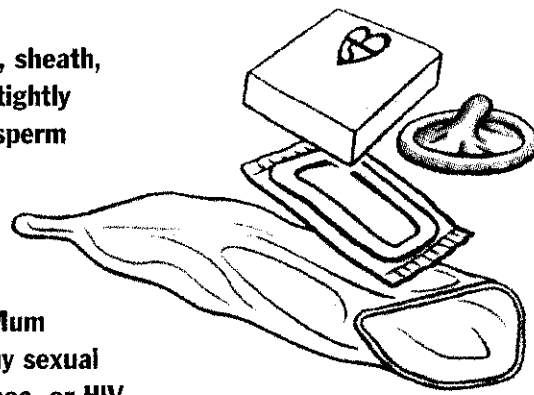
That includes taking good care of yourself and your partner. Whatever happens, get contraception sorted out before you have sex.

Unprotected sex can mean the spread of sexually transmitted infections. It can also lead to unwanted pregnancy.

Learning more...

This leaflet is just for starters. You can find out more by contacting organisations listed on the back cover. They can send you more detailed information or talk to you personally by phone or face-to-face.

CONDOMS A condom (rubber, sheath, johnny) is a thin rubber bag made to fit tightly over a man's hard penis. It catches the sperm when they come out.



Use a condom:

- If you don't want to be a Dad
- If your girlfriend doesn't want to be a Mum
- If you don't want to get (or pass on) any sexual infection such as genital warts, gonorrhoea, or HIV (the virus that causes AIDS). They are FREE from family planning clinics, or you can buy them from chemists, garages or in public toilets.

Never put baby oil or vaseline on a condom. They rot rubber. For extra lubrication, use KY Jelly, which is water based - or your tongue!

Whatever kind you buy, check they've got the BSI Kitemark (BS EN 600) and the European CE mark on.



This means they've been tested and you can depend on them.

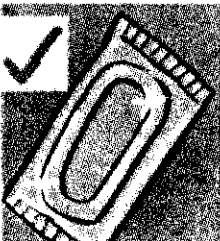
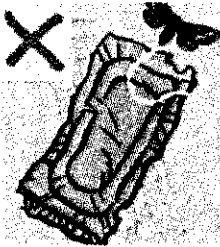


Get your own condoms. Don't wait for your partner to ask you to use a condom. Don't expect them to have one (but don't assume they sleep around if they do). Talk to your partner about using condoms.



Both ready and willing?

Check that your condom isn't past its use-by date. Always use a **NEW** one when you make love.



Some men say they don't want to use condoms . . .

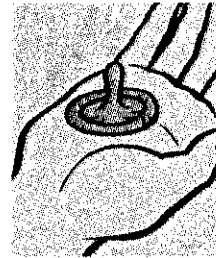
. . . because they're not sure how to put them on.



No excuses: Instructions are inside every new condom packet. Practise with condoms before you use them for real.

HOT TIPS

How to use a condom . . .

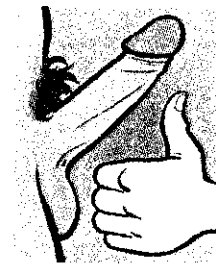


Condoms come with or without teats. To leave a space at the end to catch the semen, pinch the teat or closed end when you put the condom on.

If it won't unroll that far, it's probably on inside out. If so, start again with a new one because some sperm may now be on the outside of the condom.



Wrap and dispose of the used condom. Don't put it down the toilet - use a bin.



Your penis must be fully erect when you put it on.



Be careful how you take it out of the metal foil wrapper. Sharp finger nails, teeth and rings cause rips and holes.

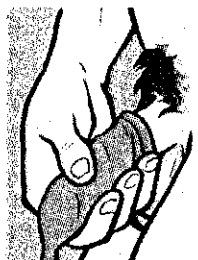


Holding the teat or closed end, roll the condom down.

Go right down to the base.



Check that the condom is in place while you are making love, and withdraw as soon as you've come . . .



. . . carefully! Hold the rim of the condom very firmly in place at the base of your penis to stop it slipping off.



Emergency!

If the condom slips off or splits, tell your partner. Women can get emergency contraception from their doctor or a family planning clinic. There are two methods. Pills have to be started within 72 hours (3 days) after sex, or they won't work. They are more effective the earlier they are started after sex. An IUD (used to be called a "coil") can be fitted up to 5 days after sex.