



# Puberty For Boys

5<sup>th</sup> grade Elementary Lesson

# Rules For The Health Lesson:

1. Raise your hand and wait to be called on quietly.
2. Be respectful of what others have to say.
3. Ask questions!
4. Allow the nurse to answer the questions.
5. Remember: this is private information.



**By the end of this lesson, you should be able to answer the following questions:**

- What is puberty?**
- What are three physical changes that happen during puberty?**
- What are two personal hygiene measures that gain importance during puberty?**



# Male Reproductive System

Adolescence: The time of life between being a child and being an adult

- bladder – muscular organ in which urine is stored
- circumcision – an operation which removes the foreskin from the penis
- ejaculation – the release of semen from the penis
- erection - stiffening of the penis
- foreskin – skin that covers most of the glans
- glans – tip of the penis
- nocturnal emission – the release of semen during sleep
- penis – male sex organ located outside the body
- puberty – the time during adolescence when boys and girls become sexually mature and capable of reproduction
- scrotum – sac of skin that contains the testes
- semen – fluid that contains sperm
- sperm – the male sex cell
- testes/testicles – sex glands located in the scrotum which produce sperm and testosterone beginning during puberty
- testosterone – the male hormone
- urethra – tube through which urine and semen leave the body
- vas deferens – tube which passes from each testicle to the urethra

Child  
11-13



Adult  
18-21



## PUBERTY

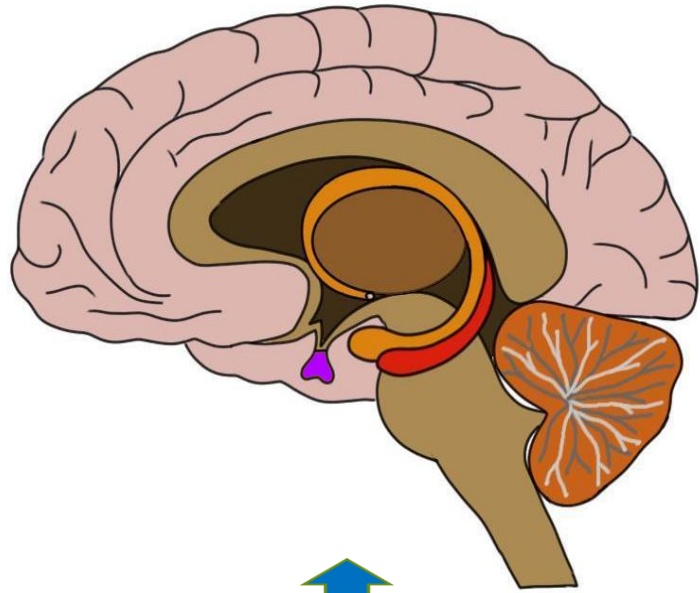
**Boys 10-15  
years of age**



Pituitary Gland



Hormones  
(Chemical Messengers)

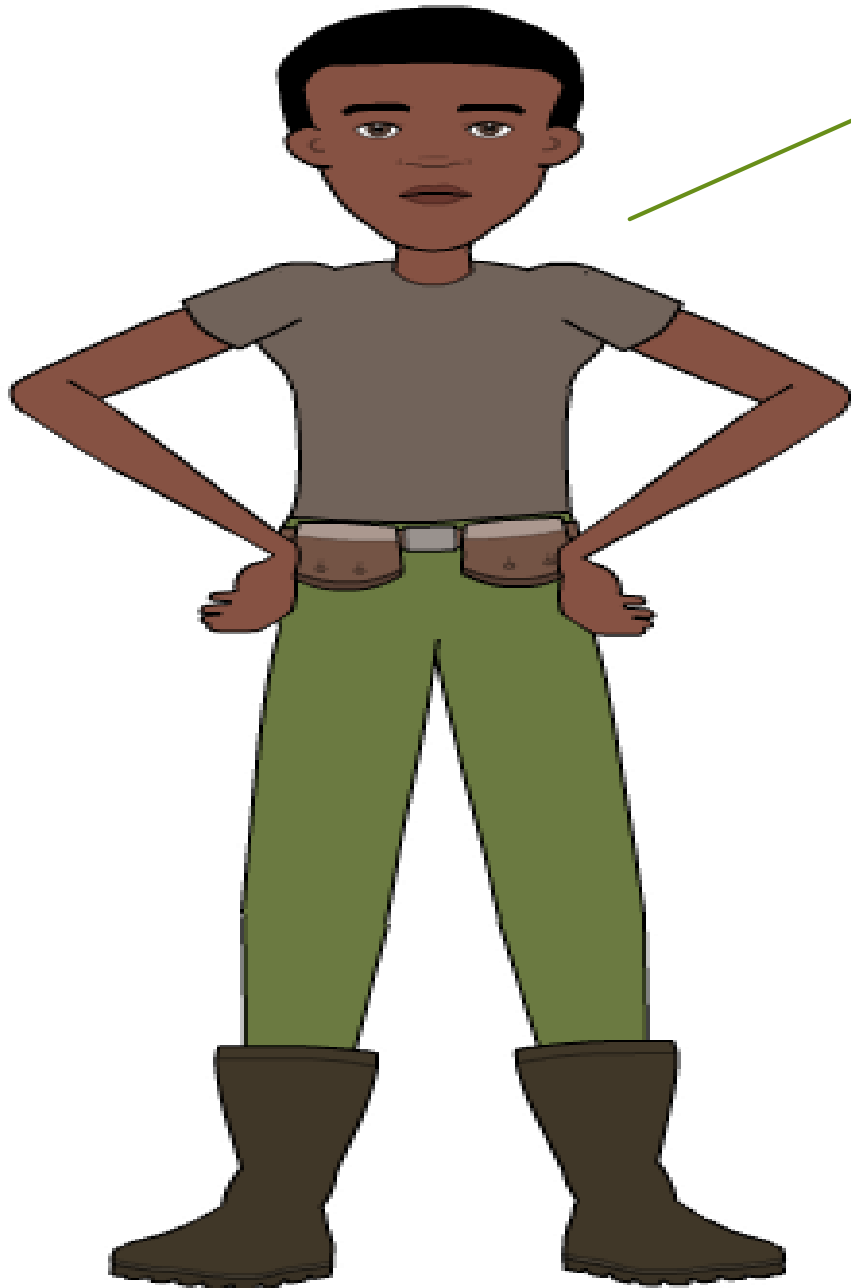


Body Changes  
In Males



## **Growth Spurt**

This happens differently for everyone



Everyone Stand  
Up!!!!



Hormones  
(chemical messengers)



Testicles



Sperm Cells  
(male reproductive cells)

# Muscles Grow



# Sweating, Body Odor and Acne

**Sweating more**



**Acne**





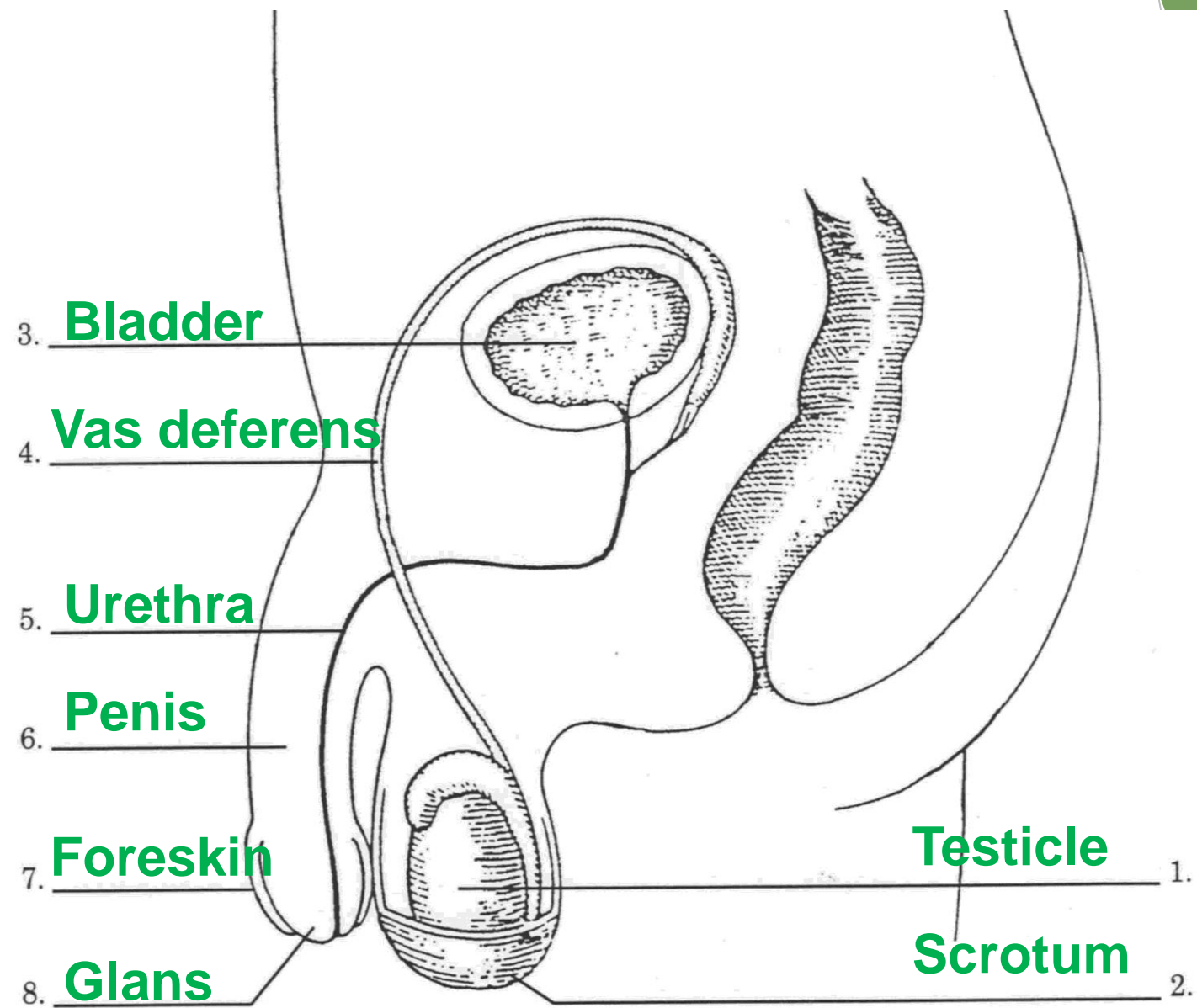
# Hair Growth







**REPRODUCTIVE ORGANS GROW**







# Let's Review...

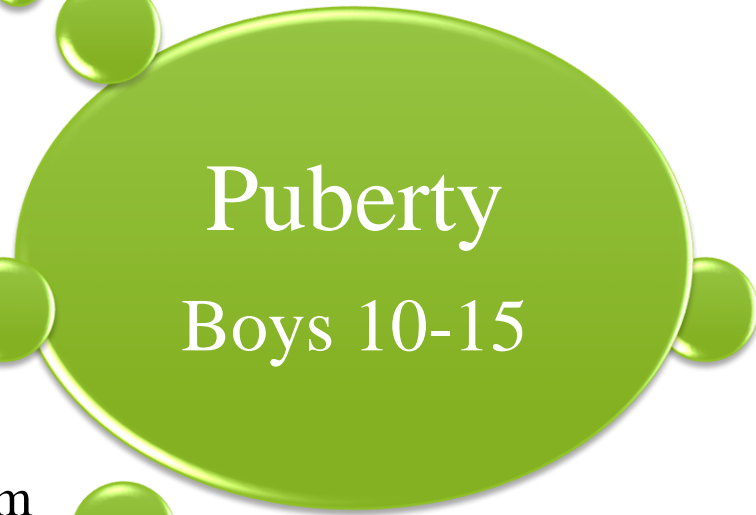
- Growth Spurt, Shoulders Widen, Muscles grow, Body and Pubic Hair



- Sweat, Odor, Acne Erections, Nocturnal Emissions. Voice Changes



- Reproductive organs grow, Testosterone, Sperm Cells



Adult  
(Age 18-21)



## ACTIVITY:



**DEAR LEON,**

I am a boy, and I am 10 years old. Lately some strange things have been happening to my body. I am starting to sweat more, and I have a foul odor coming from my armpits. What is happening to me? Is something wrong with me? Please help!

Sincerely,  
FP

**Working with a partner, write down what is going on with FP.**

**What would be your response to him?**

## ACTIVITY:



### DEAR LEON,

My name is Ben, and I am 9 years old. I have noticed that I have more hair growing on my body, especially on my private area and on my arm pits. I have also noticed that the hair on my legs is getting darker and thicker. Is this normal for someone my age? Please help.

Sincerely,  
Ben

What is going on with Ben?

Get with a partner and write down an answer to Ben's letter

Can you answer these questions?

**What are three physical changes that occur during puberty?**

**What are two ways to keep your body clean?**

**What is the most important thing you learned today about puberty?**

