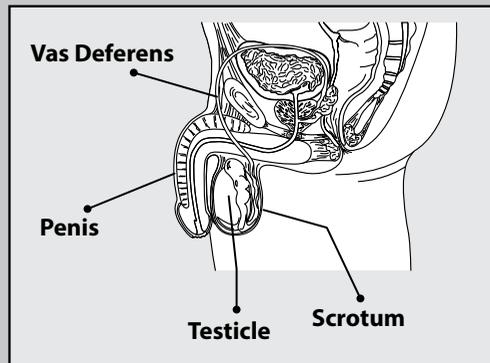


## Changes in your body

You have special body parts that make it possible for you to become a father. At puberty, these body parts begin to work.

The sac that hangs between your legs is called the scrotum. Inside the scrotum, there are two testicles that make and store sperm. There are two tubes, each called the vas deferens, which lead from your testicles into a tube called the urethra. The urethra is in the penis. Sperm travels through the urethra to get to the outside. Urine also flows through the urethra.



At puberty, you will begin to have erections more often. An erection is when your penis fills with blood, making it much larger and stiffer. Erections are a normal part of growing up.

Sometimes during an erection, liquid comes out of the penis. This liquid is called semen. It contains millions of sperm. If semen is passed from the penis during sleep at night, it is called a nocturnal emission or a “wet dream.”

## Definitions

**Erection** – when the penis fills with blood, making it become larger and stiffer

**Penis** – the male sex organ that hangs in front of the scrotum and between the legs

**Puberty** – body changes in boys and girls that make them able to become fathers and mothers

**Scrotum** – a small sack that hangs between the legs and holds the testicles

**Semen** – the liquid that carries the sperm

**Sperm** – male sex cells that are stored in the testicles

**Testicles** – two special body parts that make and store sperm

**Vas deferens** – a tube leading from the testicles into the penis. There are two of these tubes.

**Wet dreams** – when semen is passed from the penis during sleep

If you still have **questions** after reading this brochure, **ask someone** you feel **comfortable** with who knows about health and appearance. Maybe the person who gave you this brochure can **help** you.

**Pass this brochure** to someone else when you are finished with it. Chances are, **your best friend could use** this information as well.



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Division of Children's Health

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what your

**best friend**

**won't tell you**



BOYS

Do you ever wonder what other people think about you?



**Sure**, you're a **good person** on the inside. That's great, but the outside is **important**, too. Many guys aren't sure of the best way to **take care** of their bodies.

We've put together some tips that **everybody should know** to look their best.

## Hair

- Most people should wash their hair every three to four days. If it's really oily, wash it more often.
- Any shampoo is OK as long as it makes your hair and scalp feel clean.
- Comb or brush your hair every day, and don't borrow brushes or combs. Sometimes people get head lice from sharing combs and brushes.

## Face

- Everybody's face is different. Some have dry skin, some have oily skin. Some people get acne (pimples) and some don't.
- The center of your face is probably oilier than the outside edges.
- Use warm water and any mild soap you want, as long as it doesn't make your skin red, itchy or flaky.

## Genitals

- Guys who have not been circumcised have skin (called foreskin) that covers most of the end of the penis.
- It's important to clean under the foreskin during each daily bath or shower by gently pulling it back and washing the penis. Then pull the foreskin back out to the end of the penis.

## Sleep

- Get at least eight hours of sleep daily.

## Hands

- Wash your hands before you eat or make food.
- Wash your hands after you use the bathroom.
- Keep your fingernails clean and trimmed.

## Feet

- Wash between your toes when you take a bath or shower. Dry carefully.
- Keep toenails clean. Trim them straight across.

## Clothes

- Wear clean underwear and socks every day.
- Cotton underwear is best because cotton absorbs moisture and lessens the chance for "jock itch," an infection on your skin which may look like chapping or redness of your penis, scrotum, and sometimes your upper legs.
- Try not to wear the same pair of shoes every day. Let them air out for a day before you wear them again.

## Bathroom

- Wipe carefully after each bowel movement.
- Flush the toilet each time you use it.
- After you go to the bathroom, always wash your hands.

## Body

- Take a bath or shower every day. Plain soap is fine. Use any kind you want as long as it doesn't make your skin red, dry or itchy. Avoid strongly scented bath oils and bubble bath.

## Deodorants or Antiperspirants

- Deodorant will not take the place of a bath or shower. If your deodorant causes a rash or makes your skin itch, switch brands.
- Apply deodorant after your bath or shower.

## Teeth

You know how important your smile is. Protect it! All of the following helps to keep your breath fresh.

- Brush your teeth after each meal, at least twice a day. Brush your tongue, too. (That's right—your tongue. Your tongue has plaque-forming bacteria on it. Brushing it removes the bacteria that cause bad breath and plaque.)
- Toothpaste with fluoride is best. Use a soft toothbrush.
- Clean between your teeth once a day with dental floss. That is the special string made to clean film from between your teeth. You can find it in the store where you buy your toothpaste.