

WORKSHEET 2

From Boy to Man

As boys grow and develop into men, their bodies go through some very important changes. During this stage of growth, called puberty, changes occur on the inside of the body as well as on the outside. It is the pituitary gland that causes the changes to occur. Boys normally begin puberty a year or two later than girls.

When the pituitary gland produces new hormones, these hormones cause the testicles and other endocrine glands to become more active. The testicles, or testes, begin to manufacture the sperm cells that are necessary to fertilize a female egg cell.

What else do you know about the changes that boys experience as they grow into men? Below are 21 statements about male hormones, the changes that they cause during puberty, the importance of hygiene and some common myths about male sexuality. Find out how much you know about these topics by putting a check in the appropriate box.

	True	False	Don't Know
1. Sperm and semen are the same thing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The hormone testosterone causes a boy's voice to deepen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The hormone testosterone causes hair to grow on the body, face and pubic area.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. The testicles are very delicate and should be supported during sports activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. It is possible for semen and urine to mix together and pass from the body at the same time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. The "shrinking" of testicles in cold weather is not a cause for concern.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. An erection occurs when blood vessels in the penis are filled with an extra supply of blood.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Ejaculation can occur when there is a build-up of excess seminal fluid.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. A boy's breasts can get bigger and become sore during puberty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Men usually stop producing semen when they are around 60.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Boys who have pimples or acne have more male hormones than other boys.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. During puberty a boy's shoulders broaden and he begins to grow taller.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Circumcision is an operation that removes the foreskin of the penis.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Nocturnal emissions are caused by eating too much fried food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. New thoughts and feelings accompany the physical changes of puberty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. The size of a boy's penis determines how masculine he will be.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Sexual excitement can cause body odor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. The voice deepens when the larynx (voice box) gets larger and the vocal cords get longer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Boys continue to grow until they are 20 years old.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. At puberty a boy is capable of becoming a father.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. If a boy has a high voice, it means that he is a homosexual.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>