

ACTIVITY SEVEN: WORKSHEET FOR SONS AND THEIR PARENTS

What is sexuality?

Why did God make us sexual persons?

What are primary sex characteristics?

What are secondary sex characteristics?

Look at the word list below. Put a “P” behind the words that describe a primary characteristic or put a “S” behind those that describe a secondary characteristic.

Penis_____

Spurt of growth_____

Scrotum_____

Vas Deferens_____

Pubic Hair_____

Prostate Gland_____

Facial Hair_____

Broader Shoulders_____

Testes_____

Underarm hair_____

Sperm_____

Sex hormones_____

What are the main sex hormones in males?

When does a boy usually enter puberty?

What are good hygiene habits that a boy in puberty should develop?

What is a nocturnal emission?

Is there any way to predict when you will have your first nocturnal emission?

Do girls go through the same kind of changes that boys do?

Answers to Worksheet

What is sexuality? *Sexuality is the term we give to describe being a man or being a woman and our ability to give and receive love. It is a fundamental component of our personality. Our sexuality will affect all aspects of who we are: physical, personal, emotional, social, intellectual, and spiritual.*

Why did God make us sexual persons? *God made us sexual persons so that we would develop relationships with others. Because of our sexuality, we have the capacity to love and to create new life.*

What are primary sex characteristics? *Primary sex characteristics are the sex characteristics that you are born with.*

What are secondary sex characteristics? *Secondary sex characteristics develop at the time of puberty.*

Look at the word list below. Put a “P” behind the words that describe a primary characteristic or put a “S” behind those that describe a secondary characteristic.

Penis - P	Spurt of growth -S	Scrotum -P
Vas Deferens -P	Pubic Hair -S	Prostate Gland -P
Facial Hair -S	Broader Shoulders -S	Testes -P
Underarm hair -S	Sperm- S	Production of sex hormones -S

What are the main sex hormones in males? *Boys have three main sex hormones; follicle stimulating hormone and lutenizing hormone are produced by the pituitary gland and testosterone is produced by the testis. When these three hormones reach a consistent level in the blood stream, the boy will produce hundreds of thousands of sperm each day. When a boy produces sperm he is physically capable of creating a baby.*

When does a boy usually enter puberty? *The average age for boys to begin puberty is between the ages of 12 and 15. During that time, boys may experience a growth spurt, a change in their voice, underarm and pubic hair growth and facial hair. Boys in general, enter puberty at an older age than girls.*

What are good hygiene habits that a boy in puberty should develop? *Boys in puberty perspire more and may experience body odor. Thus, regular bathing/showering is important. Deodorant should be used and clothing that touches the armpits and groin area (shirts, underwear) should be laundered after each use. Boys may also notice an increase in acne. If this occurs, boys should clean their infected skin areas both morning and night using acne controlling cleansers and creams.*

What is a nocturnal emission? *Most boys in puberty will experience a wet dream or nocturnal emission. As the body produces sperm, an excess may build up in the storage area of the testes call the epididymus. When this occurs, the sperm will leave the body through an erect penis during the night while dreaming. This is normal.*

Is there any way to predict when you will have your first nocturnal emission?

Unfortunately, there is no way to tell when a nocturnal emission will occur. When it does occur, the boy should let his parents know so that they can launder his sheets and clothing. Nocturnal emissions will quit once the body learns to regulate sperm production.

Do girls go through the same kind of changes that boys do? *The changes that girls go through at puberty are very different. Girls will develop a menstrual cycle during puberty. Ask your parents to give you more information on this.*