



Becoming a Man

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Becoming a Man

1. Today we are going to talk about becoming a man. Becoming a man is a period of change that occurs when a boy becomes an adult. At this time your body will change.
2. Also your feelings about people may change and your reactions to people and events may be different. These changes are completely natural and happen to everyone.
3. Becoming a man is a slow process and happens at different times for different people. For most boys these changes will happen between the ages of 10 and 18.
4. Now here are some questions for you:
5. What happens when you become a man?
6. There are changes to the way you look and feel,
7. Or your eyes change colour?
8. Press a button now.

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9. Well done! Your body shape will change. Also your feelings about people may change and your reactions to people and events may be different.

10. When will you become a man?

11. Between the ages of 20 and 30,

12. Or between the ages of 10 and 18?

13. Press a button now.

14. That's correct. Becoming a man is a slow process and boys become men at different ages. It's a completely natural process and happens to everyone.

15. Some changes are the same for girls and boys.

16. Both boys and girls get taller and begin to grow hair under their arms and around their genitals. Both boys and girls sweat more as they become adults and so need to wash more often.

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17. As you become a man you will grow facial hair, your voice will become deeper and your shoulders will become broader.

18. Girls also change physically to look more like women. Girls develop breasts and their hips become larger.

19. What change will happen as you become a man?

20. You will never be afraid of anything,

21. Or your voice will become deeper?

22. Press a button now.

23. Well done! As you become a man you will grow facial hair, your voice will become deeper and your shoulders will become broader.

24. As you become a man where will you grow hair?

25. Around your genitals,

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26. Or on the end of your nose?

27. Press a button now.

28. Yes! As you become a man you will grow hair around your genitals and under your arms.

29. As you become a man your genitals develop fully and your penis will get bigger.

30. Your penis may be bigger or smaller than your friends'. Each boy will have a slightly different sized and shaped penis. This is completely natural.

31. Will your penis always look the same as your friends'?

32. Yes,

33. or no?

34. Press a button now.

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35. You are correct! Your penis may be bigger or smaller than your friends'. This is completely natural.

36. In some areas boys may have the skin around the tip of their penis (foreskin) removed. This is called circumcision and may be done for cultural or religious reasons.

37. In some areas circumcision is only done if the boy or man has a problem with infection.

38. When a boy is circumcised he will feel some pain. He may also find it painful to wee/pee/urinate for some days after circumcision.

39. However, if you have been circumcised and feel unwell or develop a fever soon afterwards, you should go to your nearest clinic and see a doctor.

40. If you have been circumcised and you develop a fever soon afterwards, what should you do?

41. Keep quiet, as you are now a man,

42. Or go to your nearest clinic?

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43. Press a button now.

44. You are right! If you have been circumcised and feel unwell or have a fever soon afterwards, you should go to your nearest clinic and see a doctor.

45. A creamy, smelly substance may appear under the skin at the tip of your penis.

46. This creamy, smelly substance contains germs, which can cause an infection and make you ill.

47. You must wash your penis every day. This is particularly important if you have recently been circumcised.

48. How often should you wash your penis?

49. Once a day,

50. Or once a week?

51. Press a button now.

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52. Yes. Well done! You should wash your penis every day. This is particularly important if you have recently been circumcised.
53. As you become a man you may experience powerful emotions or sudden changes in your mood. This can cause some boys to become more aggressive than others.
54. You may feel embarrassed about these emotions and may also find it difficult to concentrate in school.
55. If you feel embarrassed about the way your body is changing or about any emotions you are feeling, don't worry; such feelings are normal.
56. It is a good idea to talk to an older relative or friend. They have already experienced these changes themselves and should be able to help you.
57. Is it normal for boys to have powerful emotions as they become men?
58. Yes,
59. Or no?

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60. Press a button now.

61. Well done! It is completely normal for you to experience powerful emotions as you become a man.

62. What should you do if you feel embarrassed about your feelings or changes in your body?

63. Worry in silence,

64. Or talk to an older relative or friend?

65. Press a button now.

66. Yes! If you are embarrassed or worried about your feelings or changes in your body, talk to an older relative or friend. They have already experienced these changes themselves and should be able to help you.

67. Often boys and girls begin to have more sexual thoughts as they become adults.

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68. Thinking about sex or touching your genitals (masturbation) can cause sexual excitement. Your penis will become stiff or erect.

69. Boys often have an erect penis (an erection) when they wake up in the morning. Erections can happen at any time, sometimes causing embarrassment.

70. Erections happen to males of all ages. After an erection your penis will usually go back to its normal state within a few minutes.

71. What happens when you think about sex or touch your penis?

72. You will become ill,

73. Or your penis becomes erect?

74. Press a button now.

75. Yes! When you think about sex or touch your genitals your penis usually becomes erect.

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76. Do boys have complete control of their erections?
77. Yes,
78. Or no?
79. Press a button now.
80. Correct! Erections can happen at any time to boys and men of all ages. This can sometimes cause embarrassment but remember, it is natural.
81. When you are sexually excited or stimulated, fluid is often produced from the tip of your erect penis.
82. You can become sexually excited or stimulated whilst asleep and having a dream.
83. This can cause fluid to come out of your penis while you are sleeping. This is natural, healthy and nothing to feel guilty about.

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84. What happens when you are sexually excited or stimulated?
85. Your penis becomes erect and fluid may be produced,
86. Or your hair grows faster?
87. Press a button now.
88. Well done! When you are sexually excited or stimulated your penis becomes erect and fluid may be produced.
89. Can you become sexually excited whilst asleep?
90. Yes,
91. Or no?
92. Press a button now.

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93. Correct! You can become sexually excited or stimulated whilst asleep and having a dream. This can cause fluid to come out of your penis while you are sleeping. This is natural, healthy and nothing to feel guilty about.

94. The physical changes that happen to boys and girls as they become adults make them more attractive to each other. You might want to touch and kiss others during this time.

95. If someone does not want to be touched they will say things like, "Stop!" or "No!" or "Don't". This means they do NOT want to be touched and you should stop touching them immediately. It is wrong to touch someone if they do not want to be touched.

96. You should also say "No" or "Stop" if someone is touching you in a way that makes you feel uncomfortable.

97. Remember if you are unsure or confused about your feelings talk to an older friend or relative.

98. What should you do if someone says things like, "Stop!" or "No!" or "Don't"?

99. Stop touching them immediately,

100. Or ignore what they say and continue touching them?

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101. Press a button now.

102. Correct! If someone says things like, "Stop!" or "No!" or "Don't", this means they do NOT want to be touched and you should stop touching them immediately.

103. What should you do if you are unsure or confused about your feelings?

104. Shout at friends and family,

105. Or talk to an older friend or relative?

106. Press a button now.

107. Well done! If you are unsure or confused about your feelings talk to an older friend or relative.

108. Sexual excitement can progress from simple kissing and touching to sexual intercourse (sex). This is when the boy's penis is put into a girl's vagina.

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109. If fluid from your penis enters a girl's vagina the girl can become pregnant. This can happen the very first time you have sex.

110. The important thing for you is to make sure that it is the right time for you both. It is important to respect each other.

111. What happens during sex?

112. A girl and a boy kiss and hug a lot,

113. Or a man's penis is put into a woman's vagina?

114. Press a button now.

115. Correct! Sex is when a man's penis is put into a woman's vagina.

116. If fluid from your penis touches the entrance to or enters the vagina, can a girl become pregnant?

117. Yes,

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118. Or no?
119. Press a button now.
120. Well done! If fluid from your penis touches the entrance to or enters the vagina the girl can become pregnant. This can happen the first time you have sex.
121. If you decide to have sex with someone how do you know it's the right time for you?
122. Because both you and your partner feel ready,
123. Or because there is a full moon?
124. Press a button now.
125. Yes. Both partners should decide when it is right for them to have sex. It is important to respect each other.

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126. You may want to have sex when you are sexually excited, but after having sex you may feel disappointment, guilt or shame.

127. This can be especially true in communities where sex before marriage is strictly forbidden.

128. You may feel emotionally mature and ready to have sex, but you should think very carefully before deciding to have sex.

129. Not having sex is also the best way of avoiding HIV and other sexually transmitted diseases.

130. What is the best way of avoiding HIV and other sexually transmitted diseases?

131. by not having sex,

132. or by only having sex with someone you know?

133. Press a button now.

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134. Correct! Not having sex is the best way of avoiding HIV and other sexually transmitted diseases.

135. HIV and sexually transmitted diseases are very dangerous and can be passed from one person to another during sex.

136. There are ways of preventing pregnancy and protecting against sexually transmitted diseases.

137. A condom is a rubber sheath that a man places over his erect penis.

138. A condom can prevent pregnancy AND protect both partners from sexually transmitted diseases.

139. Can sexually transmitted diseases be passed from one person to another during sex?

140. Yes,

141. Or no?

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142. Press a button now.

143. Yes! Sexually transmitted diseases can also be passed from one person to another during sex. A condom can prevent pregnancy AND protect both partners from sexually transmitted diseases.

144. You can decide what to do with your body. You should not agree to any sexual activity with another person unless you feel happy and ready to do so.

145. If anyone touches you when you don't want them to touch you, tell them to stop.

146. If anyone tries to force you to do something sexual which you do not want to do, you should tell someone you trust.

147. Someone you trust could be a friend, social worker, nurse or family member.

148. What should you do if someone touches you sexually and makes you feel bad?

149. Do what the person tells you,

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150. Or say "No" and tell someone you trust?

151. Press a button now.

152. Yes! Say "No" and then tell someone you trust. No-one should touch you sexually if you don't want them to.

153. Remember: As you become a man your body and emotions will change.

154. This can be strange and confusing, and these changes will be different for each boy.

155. If you are worried about any of these changes as you become a man, talk to an older friend, relative or someone you trust.

156. That was the wrong answer. Let's go back and listen again.

157. Sorry! Wrong answer.

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158. Hello. The title of this lesson is "Becoming a man". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.

159. You have now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!

160. Correct!

161. "Becoming a man"