

# From Being a Boy to Becoming a Young Man

During adolescence boys have erections. This is when your penis becomes larger and stiffer. An erection can happen when you think about sexual things, or for no reason at all. Having erections is not a sign that you need to have sex.

Boys also become able to ejaculate. This is when semen, a fluid that contains sperm, comes out of your penis. A boy or a man does not have to ejaculate every time he has an erection. If you wait, the erection will go away on its own without causing any harm. If sperm is ejaculated into a woman's vagina, she may become pregnant.

One morning I woke up from a dream, and found my shorts and sleeping area all wet and sticky. I was not worried because my father had told me this could start happening one day.

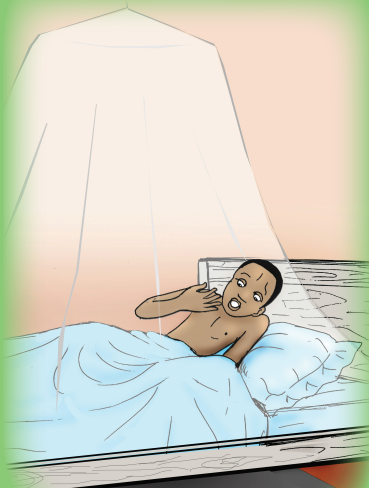


A "wet dream" is when your penis becomes hard and ejaculates semen while you are sleeping.

Erections and wet dreams are a normal part of growing up for boys, and they cannot be controlled.

But, having sex is a choice, and it is best for boys and girls to wait until they are much older.

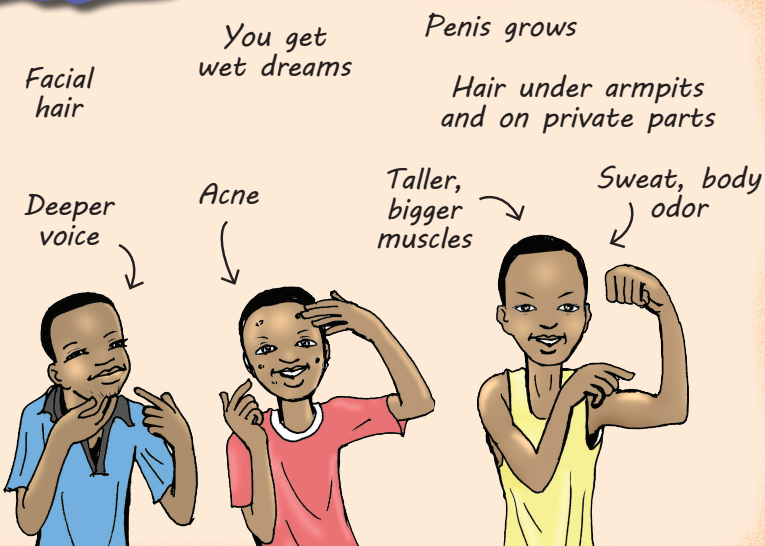
Not having sex protects against the infections a person can get from having sex, like HIV, and avoids pregnancy. If you, or someone you know, needs a family planning method or protection against sexually transmitted infections, see a health provider or another trusted adult.



## Your Changing Body

Part of growing up includes noticing changes in your body, and in the way you feel. Everyone goes through these changes in their own way and at their own pace.

### For Boys



These changes happen over several years and there is no exact order in which they happen. This is all normal.



A girl needs to know about how both boys and girls change as they grow up.

And boys should also know and understand the changes girls go through.



While growing up, girls and boys might act or be treated differently. How do YOU want to be treated?

For more information contact your health facility, school or youth center.



MINISTRY OF HEALTH



Institute for Reproductive Health  
Georgetown University

GrowUpSmart

# Talking about Boys and Adolescence

Hi, I'm Gasore. Let me tell you about experiences boys may have.



Rwanda

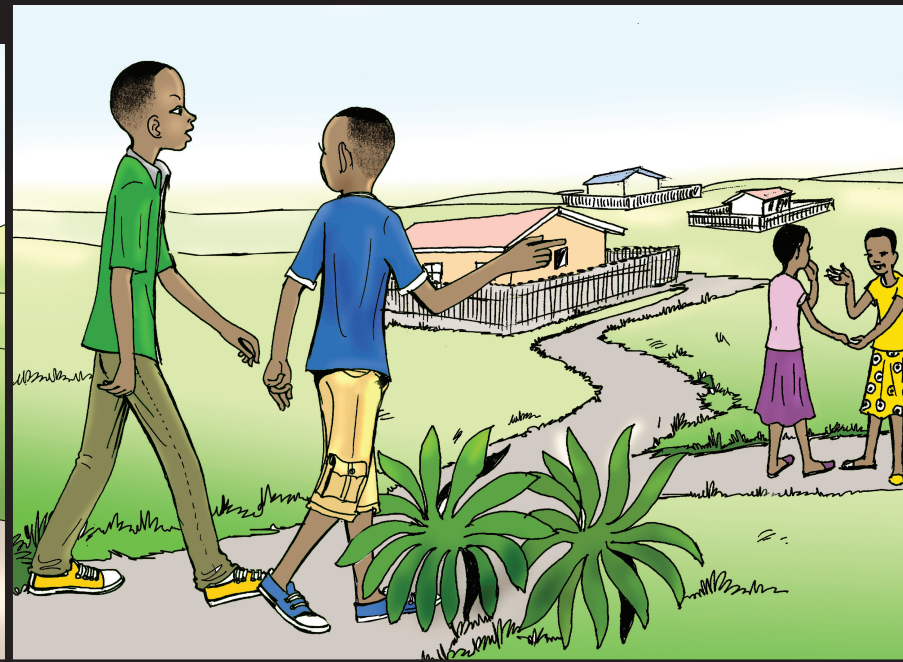


Boys Doing Unexpected Things...

Gasore walks home with his friend, Ntwali.

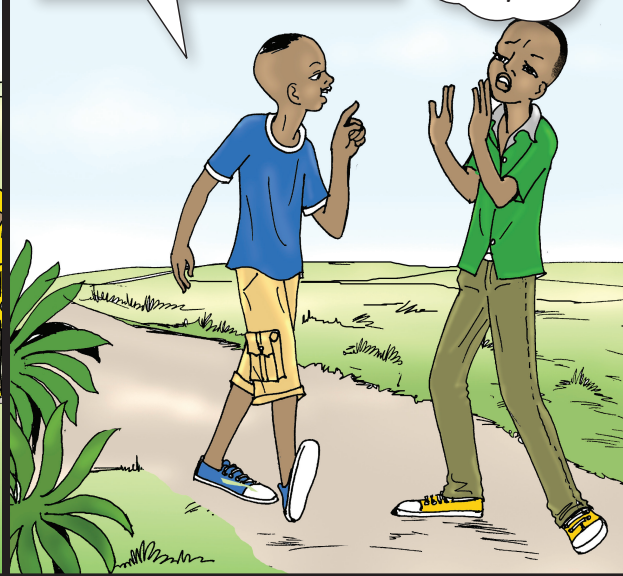


They see Gatesi and Alice.



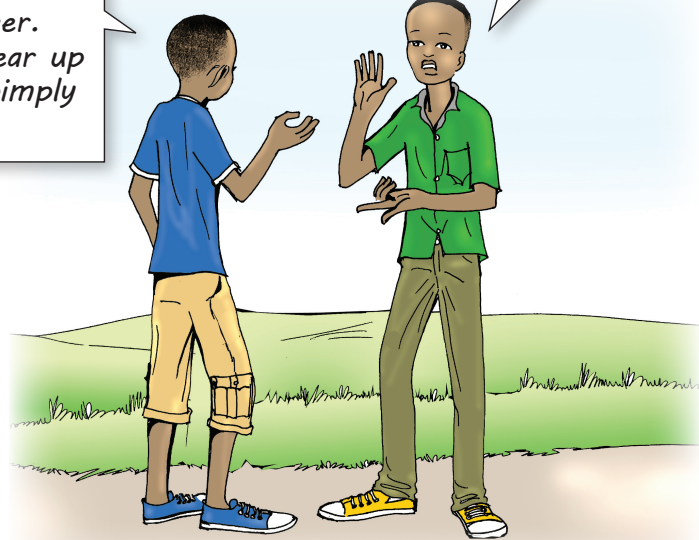
Hey, there's Gatesi, she ♥ LOVES ♥ you!

UGH!!!... just stop it!



Take her some place to have sex with her. It'll clear up your pimply face!

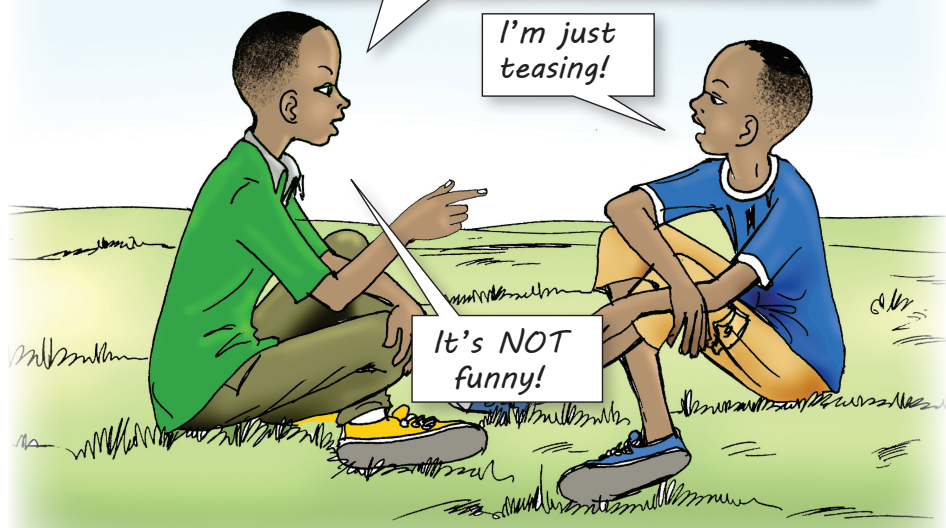
Wrong! You know having sex doesn't clear up your skin!



Would you want a guy to pressure your sister that way? NO!

I'm just teasing!

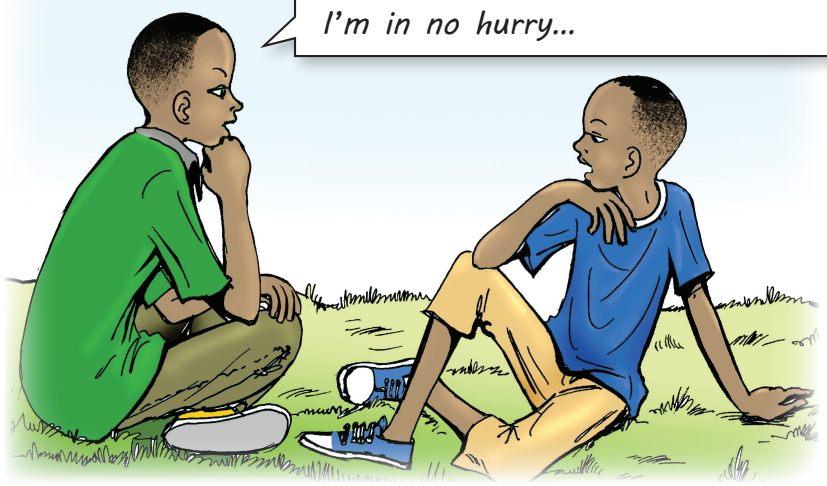
It's NOT funny!



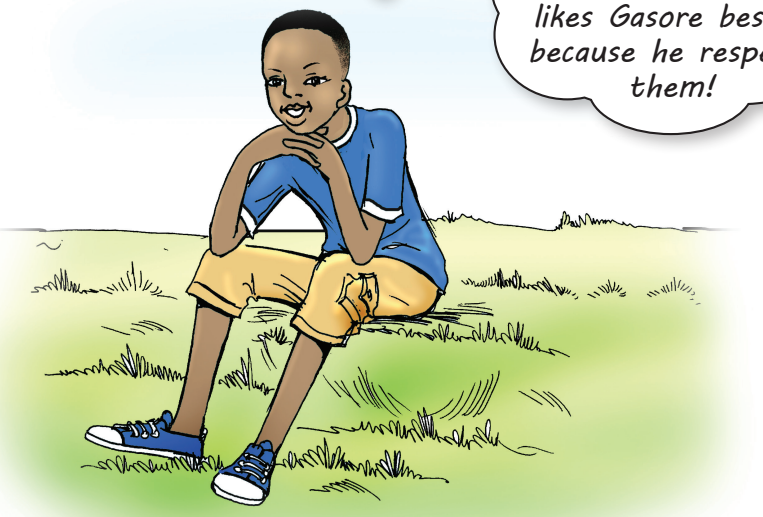
My cousin respected girls. He waited for the right girl for him.

They got married after finishing school and are not in a hurry to have kids.

I'm in no hurry...



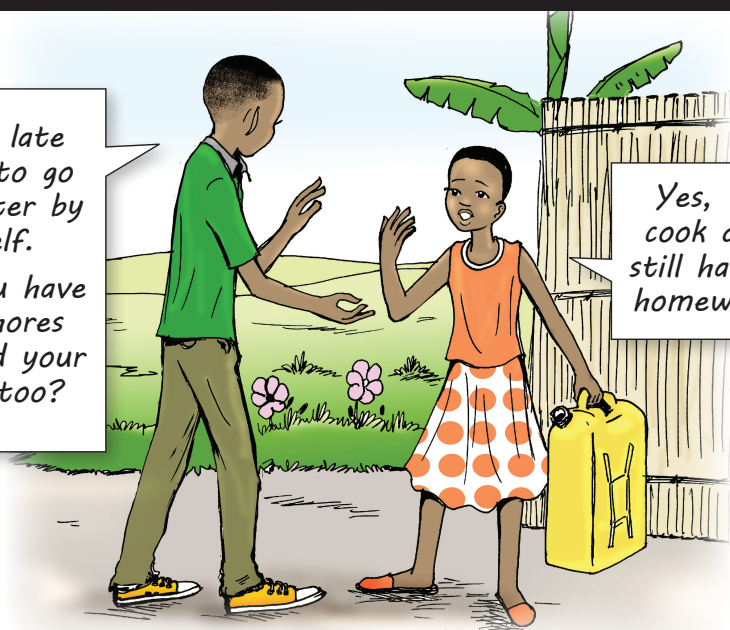
Hmm ... maybe that's why everyone likes Gasore best ... because he respects them!



When Gasore is almost home he sees his sister.

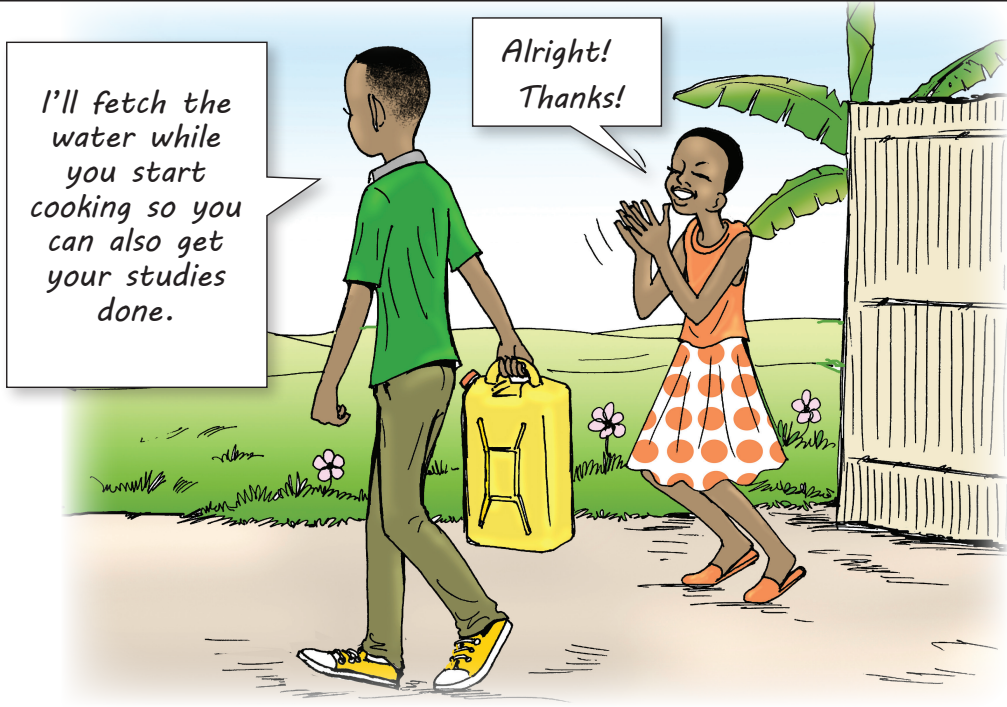
It's too late for you to go fetch water by yourself. Don't you have other chores to do and your studies too?

Yes, I have to cook dinner and still have a lot of homework to do.



I'll fetch the water while you start cooking so you can also get your studies done.

Alright! Thanks!



Gasore is the best brother ever! He helps me with chores so I can study and do well in school.

