



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

For many teens, sexual maturation comes with a lot of questions. These activities will help students understand the anatomy and function of the male reproductive system, while helping them separate fact from fiction.

## Related KidsHealth Links

### Articles for Teens:

#### Male Reproductive System

[TeensHealth.org/en/teens/male-repro.html](http://TeensHealth.org/en/teens/male-repro.html)

#### Testicular Exams

[TeensHealth.org/en/teens/testicles.html](http://TeensHealth.org/en/teens/testicles.html)

#### How to Perform a Testicular Self-Examination

[TeensHealth.org/en/teens/tse.html](http://TeensHealth.org/en/teens/tse.html)

#### Testicular Injuries

[TeensHealth.org/en/teens/testicular-injuries.html](http://TeensHealth.org/en/teens/testicular-injuries.html)

#### Testicular Torsion

[TeensHealth.org/en/teens/torsion.html](http://TeensHealth.org/en/teens/torsion.html)

#### What Are Wet Dreams?

[TeensHealth.org/en/teens/expert-wet-dreams.html](http://TeensHealth.org/en/teens/expert-wet-dreams.html)

#### Is It Normal to Get Erections?

[TeensHealth.org/en/teens/normal-erections.html](http://TeensHealth.org/en/teens/normal-erections.html)

#### Is My Penis Normal?

[TeensHealth.org/en/teens/penis.html](http://TeensHealth.org/en/teens/penis.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What are the major male reproductive organs? What are their functions?
2. How is the pituitary gland involved in sexual maturation? What is the role of testosterone?
3. Although the timing of sexual development can vary widely among guys, it does follow a fairly predictable sequence. Describe the physical changes you can expect to see in a sexually maturing guy.
4. In what ways are the reproductive systems of men and women different? Similar? Complementary?
5. There's no shortage of myths associated with sexual development and reproduction. Let's talk about some. How do you think myths start? What's the best way to clarify them?
6. Why is it important to know how to perform a testicular self-exam? What else can males do to keep their reproductive organs safe and healthy?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Sperm Assembly Line

#### Objectives:

Students will:

- Learn the function of each part of the male reproductive system as it relates to sperm production

#### Materials:

- Computer with Internet access
- “Sperm Assembly Line” handout
- Pen or pencil

#### Class Time:

- 40 minutes

#### Activity:

Unlike females, who have all their eggs present at birth and only release them one by one during menstruation, a sexually mature guy makes millions of sperm a day. In fact, if sperm production were an assembly line, it just might be considered one of the most efficient of all time.

But where does a sperm cell start? How does it develop? Where does it go?

Create a chain diagram that shows the path of a sperm from creation to ejaculation. Be sure to include what the sperm looks like, how it moves, and what happens at each of the following body parts:

- testicles
- seminiferous tubules
- epididymis
- vas deferens
- seminal vesicles
- prostate gland
- urethra
- penis

#### Extension:

Continue the sperm’s journey as it moves on to ejaculation. During sex, millions of sperm are released via semen into the female’s vagina. Write two paragraphs describing what happens next - one describing what will happen if the sperm meets a mature egg cell there and one describing what will happen if it doesn’t.



## Hey, Little Brother

### Objectives:

Students will:

- Write a letter demonstrating their knowledge of puberty, sexual development, and reproduction

### Materials:

- Computer with Internet access
- “Hey, Little Brother” handout
- Pen or pencil

### Class Time:

- 45 minutes

### Activity:

Your 12-year-old brother came to you and said that when he woke up, the bed was sticky and wet. He seemed embarrassed and confused. Fortunately, you’ve been there before and know exactly what’s going on. While he’s at basketball practice today, you decide to write him a note explaining what wet dreams are and why they are no big deal. While you’re at it, you also decide to include some of the other stuff you’re sure is going through his mind as he wonders what’s normal and what’s not about puberty and sexual development. Be factual, use correct terms, and do your best to reassure him that this is all perfectly normal.

### Extension:

Work in groups or individually to turn what you wrote into a brochure to help spread the message to other kids as well.

## Reproducible Materials

### Handout: Sperm Assembly Line

[TeensHealth.org/classroom/9to12/body/systems/male\\_reproductive\\_handout1.pdf](https://www.TeensHealth.org/classroom/9to12/body/systems/male_reproductive_handout1.pdf)

### Handout: Hey, Little Brother

[TeensHealth.org/classroom/9to12/body/systems/male\\_reproductive\\_handout2.pdf](https://www.TeensHealth.org/classroom/9to12/body/systems/male_reproductive_handout2.pdf)

### Quiz: Male Reproductive System

[TeensHealth.org/classroom/9to12/body/systems/male\\_reproductive\\_quiz.pdf](https://www.TeensHealth.org/classroom/9to12/body/systems/male_reproductive_quiz.pdf)

### Answer Key: Male Reproductive System

[TeensHealth.org/classroom/9to12/body/systems/male\\_reproductive\\_quiz\\_answers.pdf](https://www.TeensHealth.org/classroom/9to12/body/systems/male_reproductive_quiz_answers.pdf)

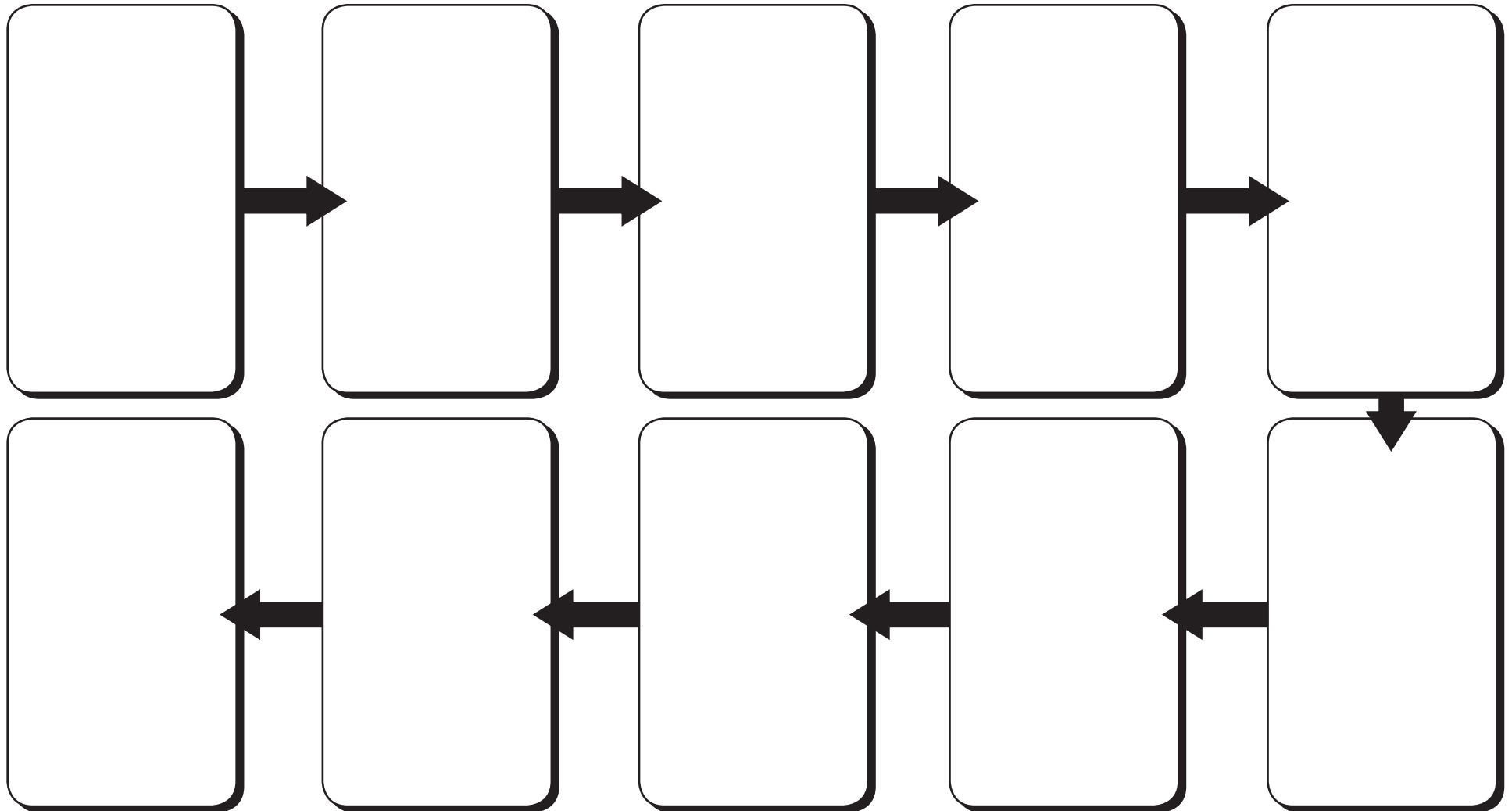


Name:

Date:

## Sperm Assembly Line

Instructions: Create a chain diagram that describes the journey of a sperm, from creation to ejaculation.





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Hey, Little Brother

Instructions: Write a note to your younger brother letting him know what changes he can expect as he matures sexually.

*Hey, Little Brother,*

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. The fluid that carries and nourishes the sperm is called \_\_\_\_\_.
2. Humans pass characteristics of themselves to the next generation through their:
  - a) sperm
  - b) discharge
  - c) gonads
  - d) genes
3. True or false: Erections are always caused by sexual arousal.
4. The penis has two main parts: the \_\_\_\_\_ and the \_\_\_\_\_.
5. True or false: There are exercises guys can do to make their penises larger.
6. “Nocturnal emission” is the medical term for \_\_\_\_\_.
7. The male accessory glands include the \_\_\_\_\_ and the \_\_\_\_\_.
8. The duct system is made up of the \_\_\_\_\_ and the \_\_\_\_\_.
9. True or false: When semen comes out of the penis, it’s called ejaculation.
10. All boys are born with a \_\_\_\_\_, a fold of skin at the end of the penis that covers the glans.



## Quiz Answer Key

1. The fluid that carries and nourishes the sperm is called semen.
2. Humans pass characteristics of themselves to the next generation through their:
  - a) sperm
  - b) discharge
  - c) gonads
  - d) genes
3. True or false: Erections are always caused by sexual arousal.
4. The penis has two main parts: the shaft and the glans.
5. True or false: There are exercises guys can do to make their penises larger.
6. “Nocturnal emission” is the medical term for wet dream.
7. The male accessory glands include the prostate gland and the seminal vesicle.
8. The duct system is made up of the epididymis and the vas deferens.
9. True or false: When semen comes out of the penis, it’s called ejaculation.
10. All boys are born with a foreskin, a fold of skin at the end of the penis that covers the glans.