

Vocabulary Builder for Boys

Boys Changing & Growing Program

Acne Slide 18	A skin disorder marked by pimples that occur when bacteria infect trapped sebum in skin glands resulting in redness and swelling. Pimples are most common on the face, neck, chest and back.
Anatomy Slide 34	A study of the parts and structure of an organism(ex. people, animals)
Anger Slide 49	A natural human emotion which becomes more intense during puberty.
Anus Slide 34	The posterior opening of the digestive tract where feces exits the body.
Areola Slide 26	Located on the breast, it is a colored circle of flesh surrounding the nipple. It may be the size of a quarter of larger. It may be pink, red or brown in color.
Bladder Slide 34	An expandable sac located in the pelvis that temporarily stores urine.
Blade Razors Slide 24	Razors that feature removable heads for replacement and cleaning.
Body Odor Slide 28	Odor that occurs when sweat mixes with bacteria and the air.
Breast Slide 26	A pair of glands extending from the chest. Each breast consists of a mound of fat tissue. More than ½ of boys will have some temporary swelling of one or both breasts during puberty.
Breast Buds Slide 27	A breast bump develops under each nipple and some tenderness may occur. Some boys feel small button-sized lumps under their nipples and this too is normal.
Circumcision Slide 40	An operation (usually done when babies are born) that removes the foreskin (a piece of skin that covers the glans of the penis).
Cowper's Glands Slide 39	Part of the male reproductive organs. A pair of glands just below the prostate that release fluid into the urethra prior to ejaculation.
Dandruff Slide 19	Dry, flakey skin on the scalp that may shed off and be visible as white flakes on hair and clothing.
Dermatologist Slide 22	A doctor that specializes in the skin and its diseases.
Development Slide 9	The process of growing or developing.
Ectomorph Slide 14	Lean, tall body type. Usually thin with little fat and/or muscle.
Ejaculation Slide 41	Ejaculation is the sudden expulsion of semen from the urinary opening in the penis.
Ejaculatory Ducts Slide 38	Part of the male reproductive organs. The sperm ducts and seminal vessels join in the ejaculatory ducts that empty into the urethra.

Electric Shavers Slide 24	Shaving instrument that runs on electric with removal head for cleaning.
Endomorph Slide 14	Medium to large size body frame that is typically wider at the hips. Can have a higher percent of body fat.
Endorphins Slide 17	Chemicals produced by the brain which help promote a feeling of well-being. These chemicals are released by exercise.
Epididymis Slide 38	Part of the male reproductive organs, the sperm mature here. Mature sperm resemble tadpoles.
Erection Slide 42	When the penis gets stiff and hard and sticks out of the body from an angle.
Estrogen Slide 12	A female sex hormone it is the main hormone responsible for puberty and initiates the physical and emotional changes occurring during puberty in girls.
Facial Hair Slide 23	Your sideburns, mustache, whiskers and beard that will start to develop and grow thicker and darker during puberty.
Fetus Slide 13	A developing baby in a woman's uterus.
Food Pyramid Slide 16	A pyramid divided in sections that suggest optimal daily nutritional guidelines for the food groups (grains, vegetable, fruits, meats, dairy and fats and oils).
Genitals Slide 33	External reproductive organs.
Growth Spurt Slide 9	Rapid increase in height and weight during puberty.
Hepatitis C Slide 21	A serious disease of the blood caused by a virus that is transmitted by contact with infected blood (i.e. sharing drug needles, razors, unprotected sex).
Hormones Slide 7	A chemical substance produced by the endocrine system that has a stimulating effect on cell activity. The activity elicited and the cells targeted depend on the specific hormone (for ex.: estrogen works on the female reproductive system).
Hygiene Slide 19	Practice of keeping clean to promote good health.
Hypothalamus Slide 7	Regulates the endocrine system, a chemical system that enables the communication and regulation of reproduction, growth and development and energy.
Inguinal Hernia Slide 44	An emergency condition that occurs when part of the intestine pushes through a weak spot in the lower abdomen and causes pain and swelling in the abdomen.
Jock Strap Slide 46	An athletic supporter that provides protection holds the penis and scrotum in place to prevent injury.
Masturbation Slide 43	The deliberate touching or stroking of the external reproductive organs for pleasure.
Menstruation Slide 13	Also known as a "period." Each month the lining of a woman's uterus thickens with cells to form a cushion for the fetus. When there is no baby in the uterus, these extra cells are expelled monthly in the menstrual blood.
Mesomorph Slide 14	Typically a more muscular body type with broad shoulders and narrow hips. Puts on muscle easily.
Nipple Slide 26	Located in the center of each breast. The nipple may be slightly raised, flat or inverted (nipple faces inward).

Nocturnal Emissions (Wet Dreams) Slide 42	A wet dream is an ejaculation that happens when you sleep. You may have your first ejaculation during a wet dream. They are common among boys going through puberty.
Pectoral Muscle Slide 31	Any of four flat muscles, two on each side of the front of the chest, that help to move the upper arm and shoulder.
Penis Slide 34	Part of the male reproductive organs, the penis has 2 parts –the shaft and the glands.
Perspiration Slide 22	The act of sweating. Sweat is nothing more than water with a little salt mixed in. During puberty you will begin to perspire more because your sweat glands become active for the first time. The purpose of perspiration is to help regulate body temperature
Pituitary Gland Slide 7	Also known as the "Master Gland" because it directly and indirectly controls most bodily functions, growth and development by signaling other endocrine glands when to release their hormones (Hypothalamus releases testosterone).
Prostate Slide 37	Part of the internal male reproductive organs. Produces fluid that mix with sperm to produce semen.
Psychological Slide 32	Relating to characteristics of the mind.
Puberty Slide 4	A time of growth and change caused by hormones that change you from a boy to a man in preparation for reproduction. Puberty is a time of physical, emotional and social changes. Puberty starts between the ages 10-13 and ends between ages 17 -19 yrs. Everyone develops at a different pace.
Puberty Phases Slide 9	There are 4 distinct aspects of puberty. They include growth spurt, breast development, pubic hair growth and menstruation.
Pubic Hair Slide 9, 33-35	As you mature hair grows in your pubic area which is the v shaped patch between your hip bones and your legs. There are five stages of the pubic hair growth phase and it also begins at 11yrs.
Rectum Slide 34	The end part of the colon (Part of the large intestine)
Retractile testicle Slide 44	The testicle pulls up into the scrotum in cold weather or with extreme exertion but will descend in time.
Scrotum Slide 33	Part of the external male reproductive organs, a loose bag of skin under the penis that holds your two testicles.
Sebum Slide 18	A fatty substance secreted by the sebaceous glands of the skin. the sebum can clog the glands and once infected with bacteria can lead to pimples.
Semen Slide 41	Semen is a mixture of sperm and fluid from the seminal vessels and prostate. When you ejaculate, less than 1 tsp of Semen leaves the penis and it contains 300-500 million sperm.
Seminal Vessels Slide 39	Part of the internal male reproductive organs. Produces fluids that mix with sperm to produce semen.

Sperm Ducts Slide 39	Part of the internal male reproductive organs. Mature sperm are stored here until they die and are reabsorbed by the body or released by ejaculation when ducts contract.
Spontaneous Erections Slide 11	An unplanned erection.
Steroids (Anabolic-androgenic) Slide 22	Anabolic-androgenic steroids are usually synthetic substances similar to the male sex hormone testosterone
Stress Slide 51	Feel overwhelmed with the changes going on. Symptoms include: sweating, feeling of panic, heart beating fast, butterflies in the stomach and headaches
Testicles Slide 33	Part of the internal male reproductive organs. Egg shaped organs where testosterone and sperm are made. The 2 testicles produce approx. 144 million sperm per day
Testicular Cancer Slide 47	The most common type of cancer in males ages 15 – 35. It kills more young men than any other type of cancer but it is highly curable if found early.
Testicular Self Exam(TSE) Slide 47	A preventative exam performed on the testicles once a month to detect any signs of cancer.
Testicular Torsion Slide 45	An emergency condition in which the testicles become twisted in the scrotum Symptoms may include severe pain swelling, nausea, vomiting, fever and fainting.
Testosterone Slide 8	Is the male sex hormone and is the main hormone responsible for puberty and affects men throughout their adult life. Testosterone is responsible for puberty and affects men throughout their adult life.
Undescended Testicle Slide 44	The testicles develop in the abdomen but descend into the scrotum before birth. Sometimes one or both can remain inside the body, but most will descend prior to the first birthday.
Voice changes Slide 20	Your voice will go lower and deeper as you progress through puberty. This is due to the lengthening and thickening of your vocal cords.