

What is a Penis?

LEARNING OUTCOMES

Knowledge, Skills
& Actions



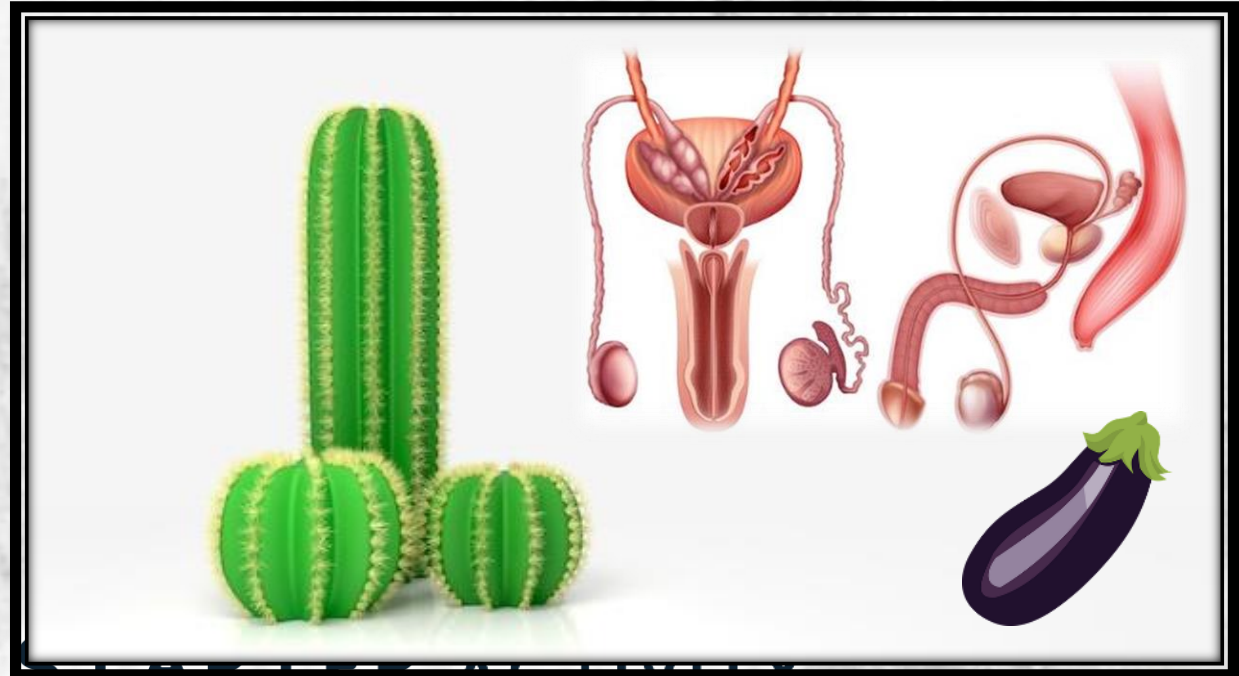
To know what a penis is
and the makeup of a
sperm cell

To understand the male
reproductive system

To understand the role
testosterone plays in the
body

NEW VOCABULARY

Penis, Urethra, Scrotum,
Testicle, Bladder, Prostate
Gland, Vas Deferens,
Testosterone, Movember



STARTER ACTIVITY

What is penis?

What can it do?

What is the biological significance of a penis?

What is the significance of the aubergine?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Be Non-Judgemental

No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

There are **no stupid questions**
It's OK to get things wrong

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



What is a Penis?

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I am confident at labelling the male reproductive system										
I know the make up of a sperm cell										
I understand how testosterone impacts the body										



Complete a baseline assessment of where you think you are at for this lesson
(Discuss or complete sheet)



2 Minutes

I'm not confident at all on this topic

A little confident

Confident

Very confident

I am super confident on this topic

Recap - Puberty

In boys, puberty usually begins between ages 10 and 16.

Once it begins, it lasts about 2 to 5 years.

It's important to remember that everyone goes through puberty at their own pace.

Some boys start earlier, while others start later.

So don't worry if your friends seem to be changing faster or slower than you.

Remember, puberty is a natural and exciting part of growing up, even if it might feel a little confusing or uncomfortable at times.

Just know that everyone goes through it, and it's all part of becoming a young adult!

Did you know?

Puberty is a natural and normal process that happens to boys and girls as they grow older. It's a time when your body goes through a lot of changes as it gets ready for adulthood.

Task

How does puberty affect the penis?



ERECTIONS & EJACULATIONS

ERECTIONS

- An erection happens when extra blood flows to the penis. This causes the penis to harden and lengthen.
- Most erections are not straight and tend to either curve upwards or to either side.
- Erections can happen at any time:
 - When you touch it
 - Have exciting/sexual thoughts
 - See someone attractive
 - Or for no reason at all!



EJACULATIONS

- Sometimes semen (sperm and fluids) spurts out of the penis.
- This is called an ejaculation. It happens when muscles at the base of the penis start to expand and contract (tighten).
- This pushes the semen through the urethra and out through the tip of the penis.
- But this won't happen every time you have an erection.

Did you know?

During ejaculation, a healthy man can release anywhere from 40 million to 1.2 billion sperm cells in a single ejaculation. However, only a tiny fraction of these sperm will reach the egg.

**How The
Boner Grows**

3 Minutes



PLAY VIDEO

Did you know?

Smoking can cause erectile dysfunction in some men.



Amaze.org - Male Anatomy



Anatomy: Assigned Sex At Birth (Male)

Task: Pick one or two coloured hats and answer all the related questions



3 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

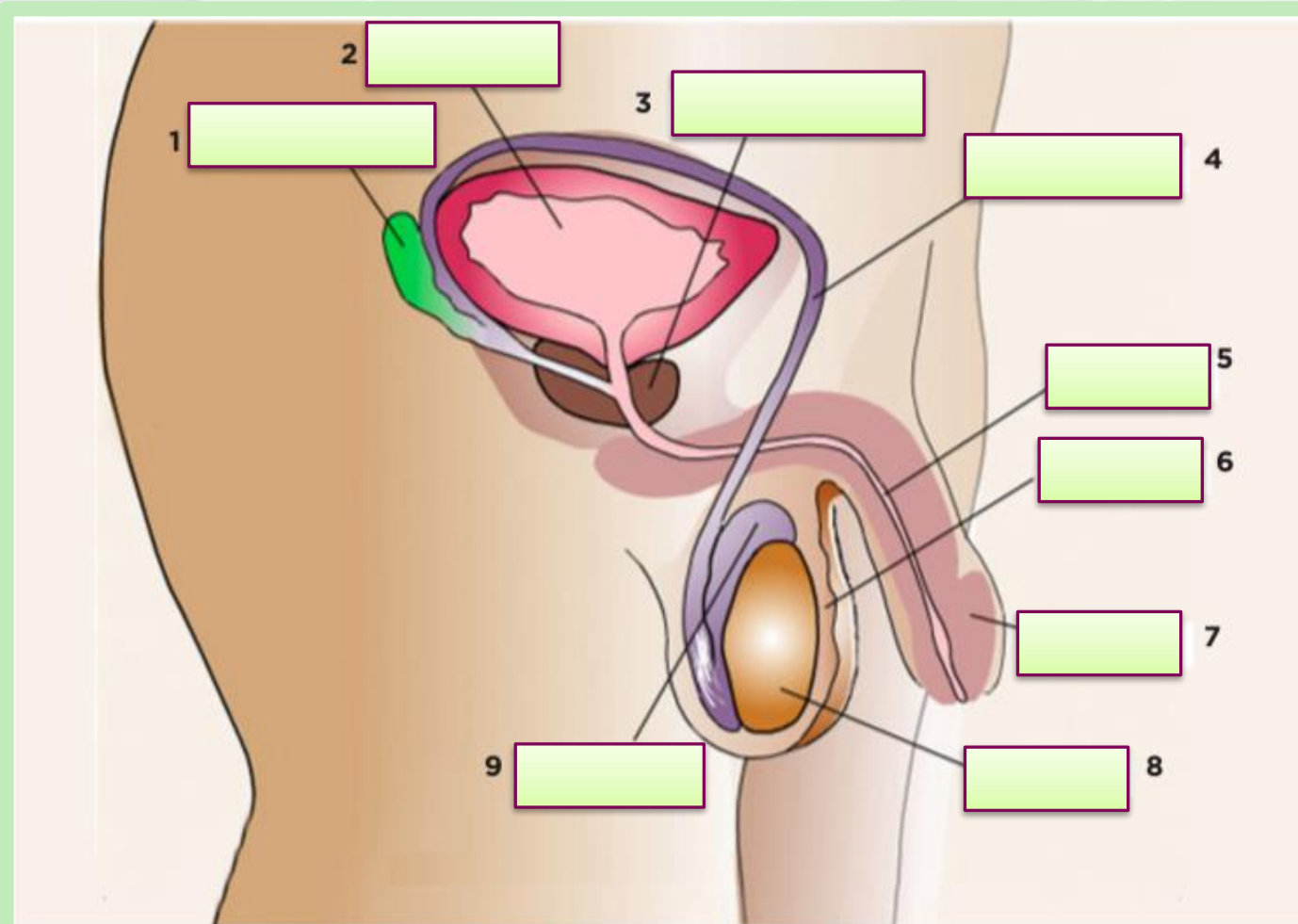
THINKING



What is wrong? Is it safe? Can it be done?

JUDGEMENT

Match up the correct labels to the diagram



Testicle

Bladder

Vas Deferens

Epididymis

Prostate Gland

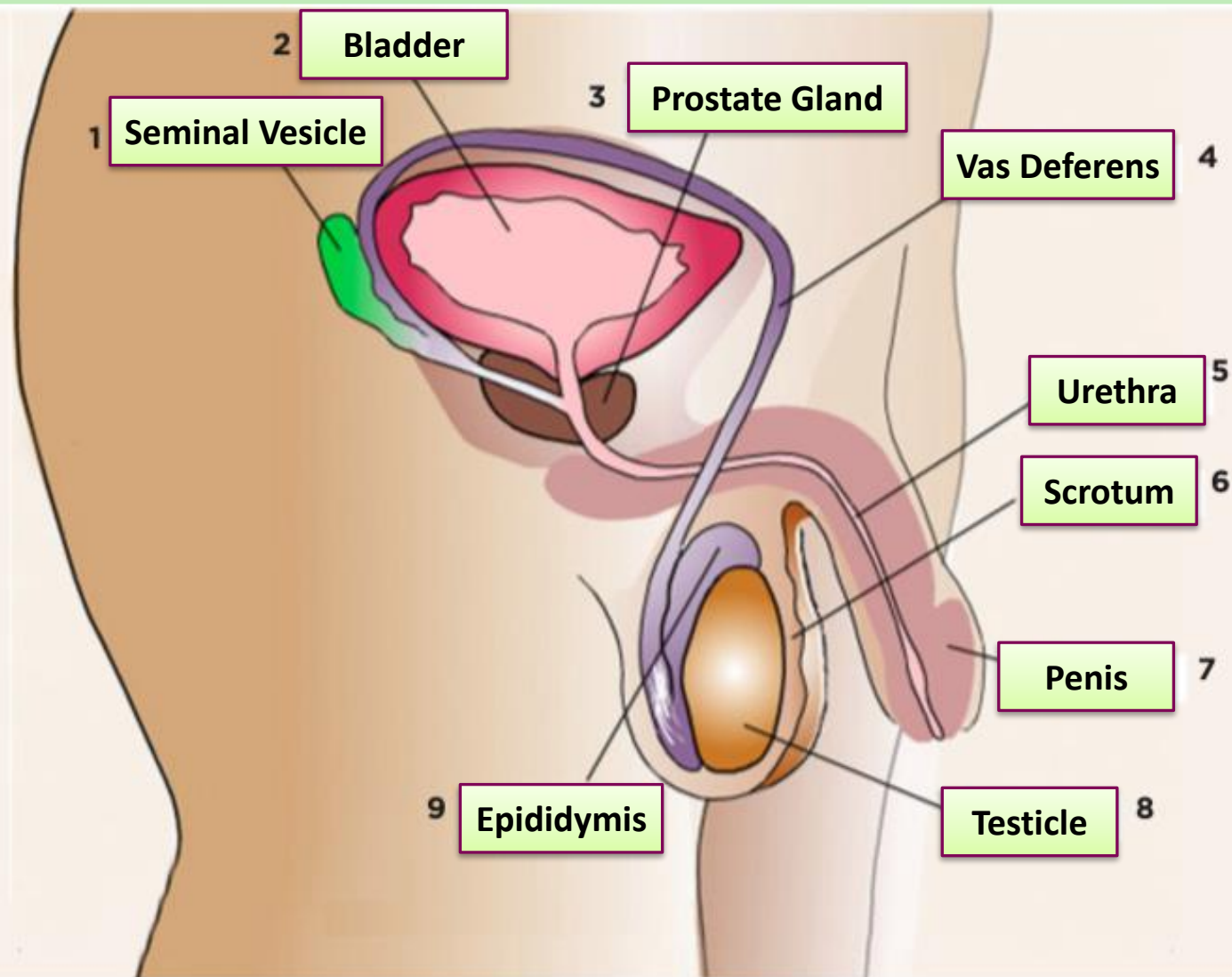
Scrotum

Seminal Vesicle

Urethra

Penis

Anatomy of the male reproductive system



SORTING ACTIVITY

Match the key word with its correct meaning

Testicles

Muscular tube that extends upwards from the testicles

A

Epididymis

Bag of skin that contains two testes

B

Scrotum

Consists of the shaft and the glans which has a small opening

C

**Seminal Vesicle &
Prostate Gland**

These make millions of sperm and produce testosterone

D

Penis

Consists of the epididymis and vas deferens and the tube inside the penis that carries both urine and semen

E

Urethra

Produces semen which mixes with the sperm and carries it

F

Sperm

Did you know?

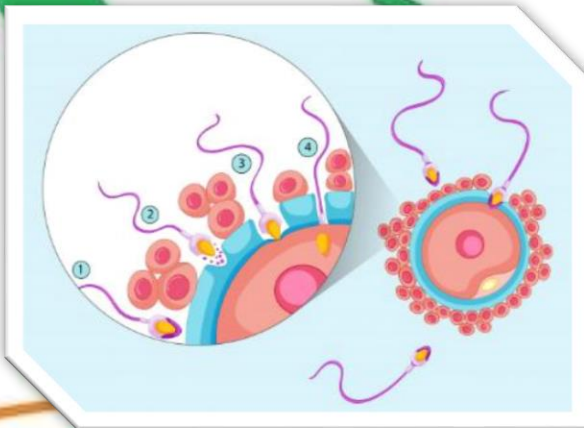
Sperm can live inside a woman for up to seven days

When puberty begins the testicles start to produce sperm.

Sperm are tiny cells that are needed to reproduce.

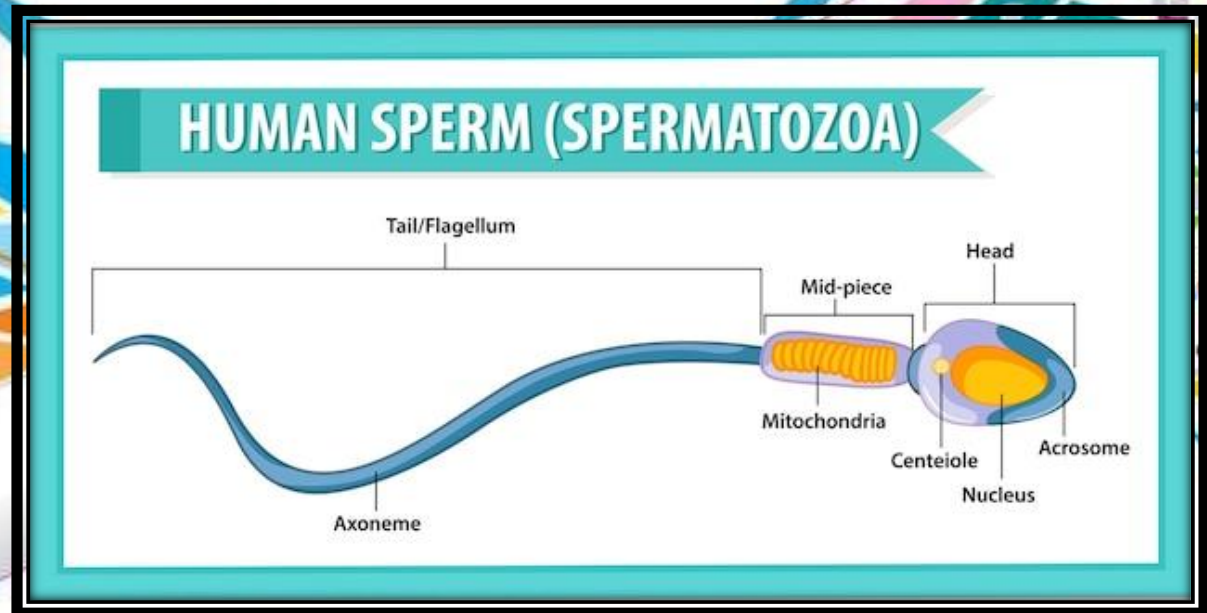
Did you know?

There are 200,000,000 to 300,000,000 sperm in an average ejaculation, which are ejaculated at speeds of over 25 mph



Did you know?

This image of a human sperm is not to scale. Sperm cells are actually very tiny. They are about 0.002 inches (0.05 millimetres) long, which is about 20 times smaller than the diameter of a human hair.

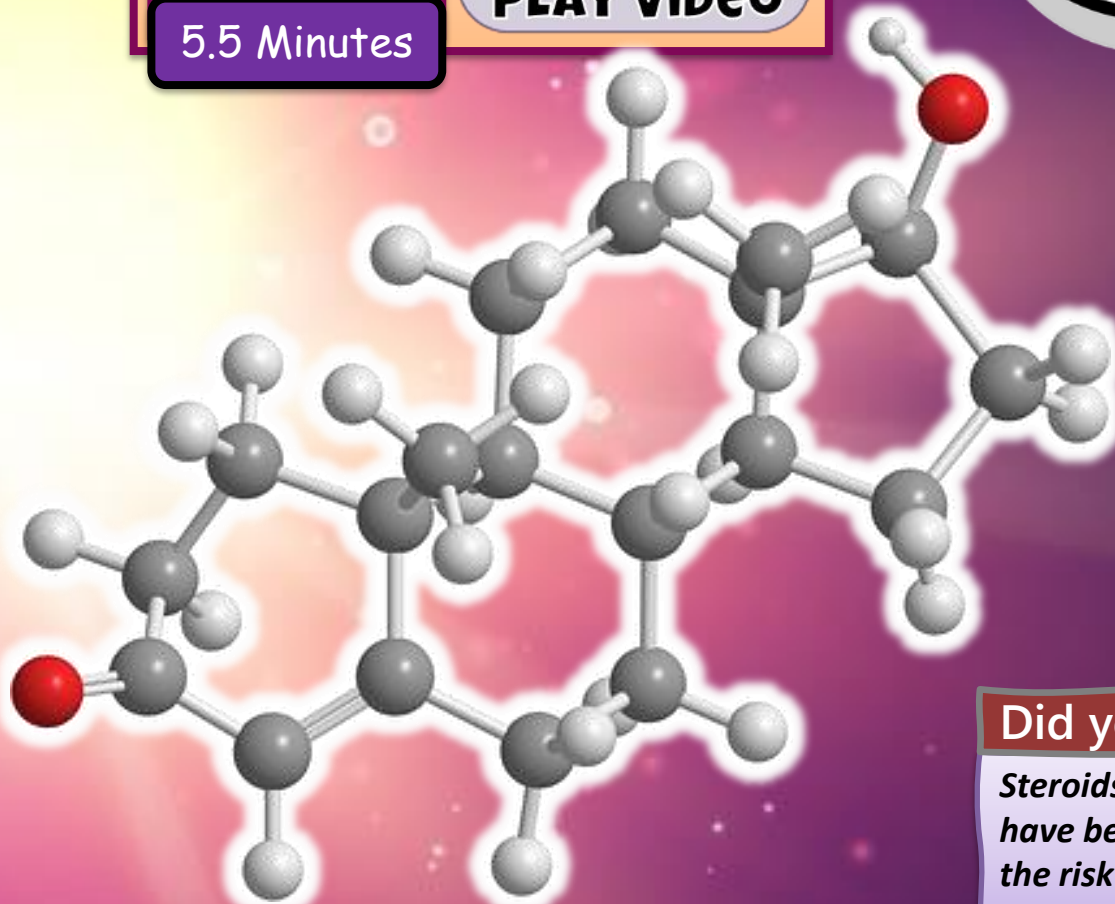


What Does
Testosterone
Really Do To
Your Body?

5.5 Minutes



“Testosterone is responsible for many of the changes that take place in your body”



Did you know?

Too little testosterone can result in the under development of sexual organs.

Did you know?

Steroids increase testosterone levels in men but have been found to lower sperm count and increase the risk of heart attacks and liver disease.

Testosterone

A hormone produced in the testicles in males.

It is also produced in much smaller amounts in the ovaries and adrenal glands in females.

During puberty, it promotes the growth of facial and body hair, deepening of the voice, and increased muscle mass.

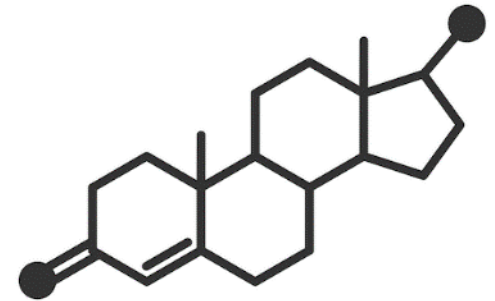
It plays a role in the production of sperm, the health of the reproductive organs, and the maintenance of erectile function.

It also promotes bone growth and helps maintain bone density, reducing the risk of osteoporosis and fractures.

Adequate levels of testosterone are associated with improved mood, cognitive abilities, and overall wellbeing.

It influences metabolism, helping to regulate fat distribution and promote lean body mass.

TESTOSTERONE STRUCTURE



Did you know?

Testosterone levels naturally decline with age, and low testosterone levels can lead to various symptoms such as decreased libido, fatigue, reduced muscle mass, and mood changes

What Do You Think?

"Sperm count and looking after my penis should be the least of my worries as a teenager"

Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however....

I would challenge what.. said because ...

Do you agree or disagree? Why?

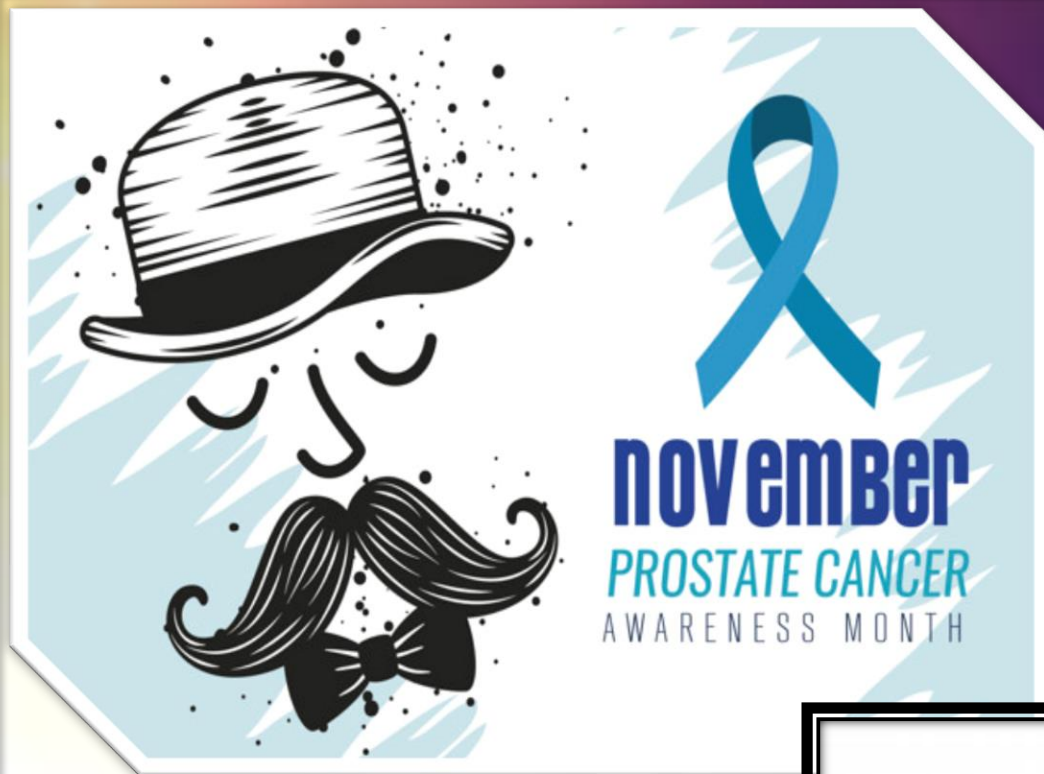
Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?





Task

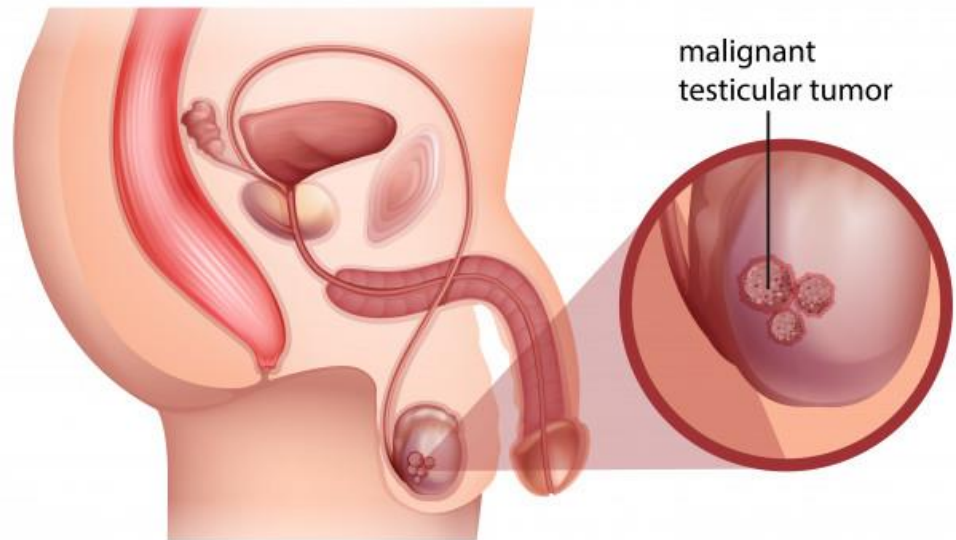
Have you heard of Movember before?

How do men take part?

Why is it important to raise awareness of men's health issues?

Why is it important to check testicles regularly for lumps / irregularities?

Testicular Cancer





REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



AFTER THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
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I am confident at labelling the male reproductive system										
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Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)

3 Minutes



I'm not
confident at all
on this topic



A little
confident



Confident



Very
confident



I am super
confident on
this topic

HOMEWORK SUGGESTION



DUE DATE

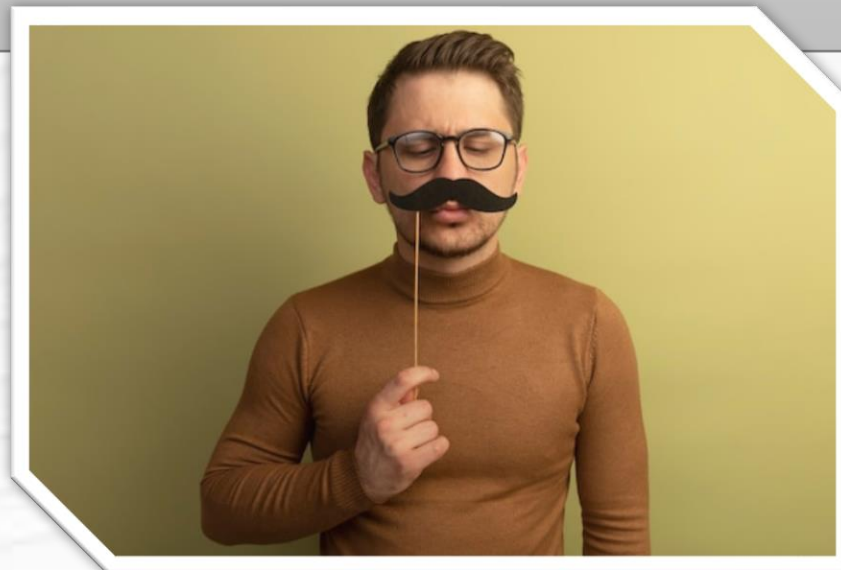
Must be submitted by...

Hand / Google
Classroom



Homework Explained

Complete further research on the topic of Movember. Find out exactly what it is and which men's health issues it specifically focuses on and write one or two paragraph explaining how Movember aims to address these issues and the stigma surrounding them and how it encourages men have open conversations about their wellbeing.





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- ☐ <https://kidshealth.org/> - A large range of health subjects covered including puberty for children and teens
- ☐ <https://www.brook.org.uk/your-life/puberty/> Brook Health lives for young people
- ☐ <https://www.nhs.uk/> - Loads of information on a very wide range of physical and mental health issues

HEALTH
& WELLBEING

SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

**Before I only knew...
now I also know...**

**The key words for this lesson
were...**

I'm really proud of the way I have...

Today I have tried to...

**The most important thing I have
learnt today is...**

I used to feel ... but I now feel ...

**Before I would have done...
Now I will ...**

Next lesson I would like to...

**A question I would like to ask
is...**

**I would like to learn more
about...**

**I know if I need further support
or help I could speak to.... or
contact...**

**I now know I can supported
others by...**

**One thing I didn't realise was...
this will help me to...**

2 Minutes





REFER TO MINDFULNESS POWERPOINT

