

SCRIPT

Healthy Teens The New Me: About Boys

IAN

Hey, is your cousin Derrick coming to help with math today?

JASON

Yeah, he should be here soon.

IAN

Is he cool? Like, can you ask him questions?

JASON

Yeah. What kind of questions?

IAN

You know, questions about personal problems.

JASON

Yeah, you can trust him. Why what's up?

IAN

Well, here goes. The other day I heard my mother talking on the phone with my aunt, right?

JASON

Yeah.

IAN

And so I heard her say that I was "at that difficult age, hitting puberty and all."

JASON

Yeah.

IAN

Well, what's that mean exactly? Puberty?

JASON

I think it just means becoming a teenager.

IAN

Are you sure?

JASON:

No, but we're in a library. Let's look it up.

IAN

No, not there. Let's get a book. I don't want anyone looking over our shoulder. It's quiet back there.

IAN

It says that puberty is a stage of development when children begin to grow into adulthood and reach sexual maturity.

JASON

I can't believe your mom was talking about this with your aunt! How embarrassing!

IAN

Me neither! Hey, guess how old most boys are when puberty starts?

JASON

Well, we're thirteen—so I say thirteen.

IAN

It says that it can start as early as nine or as late as fifteen and can last until you're about 18.

JASON

You think we've started?

DERRICK

Started what?

IAN

Nothing...

DERRICK

What're you guys up to?

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IAN

Uh, we were just doing some research.

DERRICK

Yeah? On what?

IAN

Uhhh.

DERRICK

Oh yeah well uh, I remember doing this same research right here in this library myself.

JASON

Really? You?

DERRICK

What do you think; I was born knowing everything?

JASON

Well, no.

DERRICK

Look guys. It's normal to think about the changes in your body and want to know more. Listen, if you guys ever have any questions ever, either of you, now or whenever, you can ask me. I'm in the pre-med program don't forget so I know all about stages of development, including puberty.

IAN

I have some questions.

JASON

I have a lot of questions.

DERRICK

Shoot.

JASON

If puberty can start any time between the age of nine and fifteen, how do we know if it's started?

DERRICK

Well, there are signs. The first sign that a guy is entering puberty is the enlargement of the penis and testes.

IAN

Testes?

DERRICK

Testicles. They are contained in the scrotum. That's the sac under the penis.

IAN

Now I know what they mean by "too much information!"

DERRICK

No, man, you can never have too much information about your own body. I'm sure you know all sorts of other words for testes—so you might as well know the correct one. What else do you want to know?

IAN

What other changes happen?

DERRICK

Well, you start to get hair on your face and under your arms and on your legs.

JASON

And down there right?

DERRICK

Right. That's called pubic hair. And you also go through a growth spurt.

IAN

Like Kyle, he grew like a foot over night!

JASON

Yes. It seemed like that to me too.

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DERRICK

Plus your body gradually develops more muscles and you get broader shoulders.

JASON

Is it true your voice cracks?

DERRICK

Yes, some guys go through a period where their voice gets deeper and it “cracks” sometimes as it changes pitch.

JASON

What about zits? So many people in high school have pimples.

DERRICK

You know what? That is a good question . Let’s look in here. Because you’re right a lot of kids go through zits and have pimples. What happens is that under the outer layer of your skin—that’s called the epidermis— there’s a middle layer called the dermis. And this is where you’ll see oil glands and sweat glands. Now during puberty these glands really start working. So you get more oil from the oil glands and they can clog up the pores on your skin. Pimples are oil-clogged pores.

At the same time your sweat glands start pumping out more sweat—especially under your arms. And that can be smelly.

IAN

That’s why you use deodorant right?

DERRICK

Deodorant sure. That helps. That and of course washing. Washing your face helps with the zits and washing your body helps with the body odor. That and wearing clean clothes, especially clean underwear.

IAN

What about shaving?

DERRICK

It’ll take a while before you have enough hair on your face to shave, but don’t worry you’ll get there.

JASON

So, what makes this puberty thing start?

DERRICK

Let’s take a look. Here let’s see. It all starts with hormones. Hormones are substances that are produced by your body’s endocrine glands. They control basic functions like growth and development. Hormones travel through the bloodstream. Puberty starts with a tiny gland at the base of the brain called the pituitary. The pituitary gland releases a hormone that tells the other glands in the body that it’s time for them to be sending out their hormones.

The hormone that makes boys grow into men is called testosterone. And it’s manufactured in the testicles.

JASON

What if that all that stuff never happens?

DERRICK

It may seem like it will never happen, but believe me it will. How many adults do you see walking around still looking like kids? Everyone goes through puberty—they just don’t go through it at the exact same age. It’s different for each person.

JASON

So this is one time when being different is normal.

DERRICK

Right. So, do you guys want to talk about other changes that your body will go through?

IAN

Like what?

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DERRICK

Well, sometimes boys and men during puberty and even after get spontaneous erections.

JASON *

What's that?

DERRICK

An erection is when the penis gets hard. And a spontaneous erection is when the penis gets hard for no apparent reason. Sometimes that can be embarrassing, like when it happens around other people, but it's completely normal and happens to most guys. If you wait a couple of minutes it will stop.

IAN

That happened to me in class when I went up to the board. I was so embarrassed!

DERRICK

I know what you mean. Something else that a lot of guys experience is something called nocturnal emissions. They're also called wet dreams.

JASON

What's that?

DERRICK

Nocturnal means "night" and emissions means "discharge," so that literally means "night discharge." That makes sense because nocturnal emissions or a wet dream is when semen is discharged—or ejaculated—from the penis when a guy is asleep. A lot of guys are surprised when this happens the first time because they don't know what it is.

IAN

Is that normal?

DERRICK

It's very normal. Happens to a lot of guys, especially teenagers.

JASON

I thought that happened when you had nasty thoughts.

DERRICK

First of all, having thoughts about sex is not nasty. But nocturnal emissions may or may not be related to having sexual thoughts.

The program pauses for Discussion Questions.

IAN

You used some words I not so sure I understand.

DERRICK

Like?

IAN

Ejaculated.

DERRICK

Ejaculation is when semen spurts out of the penis.

IAN

And semen. Is that the same thing as sperm?

DERRICK

No. Semen is the fluid that contains the sperm. Sperm are tiny single cells that are invisible to the eye that swim around in the semen. Your body starts to manufacture them during puberty. They're the male's reproductive cells.

IAN

We learned about human reproduction, right?

JASON

Yeah.

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DERRICK

Good. How about if we go over some of the information just so you're sure you've got it right. Because, let me tell you, lots of kids think they know all about reproduction and they really don't.

So let's take a look. The main parts of the male reproductive system are the penis and testes. You know that. Sperm are manufactured in the testes. The sperm travel up through the sperm duct. Just before the moment of ejaculation, the sperm mixes with sticky fluids to form semen. The semen then moves out of the penis through the urethra. The urethra also carries urine outside of the body but never at the same time.

When the sperm from a man combines with an egg from a woman, they form a fertilized egg. The fertilized egg develops into a baby.

So you can see that puberty isn't just about the changes in your body. There are new responsibilities that come with those changes.

IAN

All this stuff, I wonder if that's what my mother meant when she said this was a "difficult age."

DERRICK

Maybe, but what she was probably talking about is something called "mood swings."

JASON

What's that about?

DERRICK

Well, when your hormones kick in, they not only affect your body physically, they affect you emotionally too. So one minute you might be up and feeling great and laughing and the next minute you could be feeling blue and be sort of miserable.

IAN

Sounds like my sister.

JASON

Sounds like my brother.

DERRICK

Yeah well, it happens. Another thing that happens is guys start to be more interested in girls.

IAN

That reminds me. Don't forget about asking someone to the dance.

JASON

I will.

DERRICK

Alright guys. I hope this was helpful. But, why are we here? 'Cause you gotta do your math.

Where are your books?

IAN

I'll see you tomorrow, Jason! Thanks for your help Derrick.

DERRICK & JASON

Bye Ian, see you.

DERRICK

What's up Jason? I can tell something is still on your mind.

JASON

I don't know. It's just that I... other guys my age seem to be a little ahead of me. Like Ian going to the school dance.

DERRICK

And you're not there yet?

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JASON

Right, you know, I wish I would grow some. A lot of this stuff hasn't happened to me yet and it just feels like . . . I don't know.

DERRICK

Look, Jason. It's gonna happen for you. For some people it happens early and for some it happens later. Just like little kids learn to walk at different speeds, older kids develop in this way at different speeds.

JASON

is it just my imagination, or do girls seem to grow up faster than us? Some of them practically look like women in my class! It makes me feel even more behind,

DERRICK

Generally, puberty does happen about two years earlier for girls, but the guys catch up a little later. Look, there's more than facial hair and muscles to being a man, you'll get there even if it's a little later.

JASON

I know. I'm just looking forward to the new me.

Program stops for Discussion Questions.

THE END