

# Male Reproductive Anatomy

## Words To Know:

**Testosterone:** Male hormone. Causes hair growth, deeper voice, sperm production.

**Bladder:** Organ that holds urine until excreted from the body.

**Testicle / Testes:** Male organ that produces the sperm. 100 million sperm produced a day. The testes are developed high in the body and nerve endings are still there.

**Sperm Cells:** Male reproductive cell produced in the testes.

**Scrotum:** This is a sac that regulates the temperature of the testes. Keeps temperature at 95°F and will rise closer to the body (to get warmer, use body heat) and lower (cool down) to help with this.

**Epididymis:** Sperm is stored here. Can hold sperm for 6 weeks or until mature.

**Vas Deferens:** A tube that travels from the epididymis to the urethra. Sperm travel along this tube.

**Seminal Vesicle:** This vesicle adds a sugary fluid to the semen.

**Prostate Gland:** This gland adds a chemical fluid to the semen.

**Cowper's Gland:** Secretes a fluid that helps make the environment safer for the sperm.

**Urethra:** Brings urine and semen out of the body.

**Penis:** Is made up of a spongy tissue.

**Erection:** When the penis becomes engorged with blood and hard.

**Semen:** Fluid ejaculated from the penis.

## **Six Ways to Care for the Male Reproductive System!**

- 1. Choose Abstinence.** Abstinence is choosing not to be sexually active. Choosing abstinence prevents infection with sexually transmitted diseases. It also keeps you from becoming a teen father.
- 2. Have Regular Medical Checkups.** Your physician can examine you and discuss body changes.
- 3. Bathe or Shower Daily.** Keep your external reproductive organs clean.
- 4. Wear Protective Clothing and Equipment when Playing Sports.** Some shorts contain an athletic supporter that provides support for the penis and scrotum. Protective equipment, such as a cup, helps prevent injury to these organs.
- 5. Perform Regular Testicular Examinations.** Check for lumps and changes. This is important habit to develop now and practice for a lifetime.

**Discuss any Concerns you have with your Parents or Guardian.** You might have questions about body changes or erections. Discuss your concerns with your parents or guardian.

