

Being a Man



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Being a Man

This booklet will teach you about:

- Growing up
- Adult life and ageing
- Sex
- Nocturnal emissions
- Masturbation
- Self-care



Growing up

As we grow up, our bodies and behaviour change.

During this time, a boy becomes a man.

Boys start growing up in different ways.

Some boys start growing up early, for example at 10 years old.

Some boys start growing up later, for example at 15 years old.

Growing up is also called **puberty**.

How does a boy's body change as he grows up?

The boy is growing and developing.

The boy's body is changing.

Hair starts growing on different parts of the body.

The boy's voice begins to change into a man's voice.

We call this change **mutation**.

One moment the voice can be deep, in another high.

We cannot influence the change in the voice.

With different boys, mutation lasts for different periods of time.

With some boys, mutation lasts for some months,
with others a whole year.



How does a boy's behaviour change as he grows up?

Boys who are growing up want to make their own decisions about their life.

This means that they do not want other people telling them what to do.

Some boys become moody.

They get angry easily.

They start crying easily.

They may argue or even run away from home.

Boys who are growing up think that looks are very important.

They want to do things their way.

Love

As we grow up, we start falling in love.

As boys grow up, they begin to like girls and women.

Some boys begin to like other boys and men.

That is ok.



Adult life

Body

Adult men have hair.

Their hair grows:

- on the armpits,
- on the chest,
- between their legs,
- on other parts of their body.

Adult men have hair on their chin.

We call this a beard.

Some men have less hair.

This means

that they don't have hair on their chest or
that they have very few hairs on the chin.

Behaviour

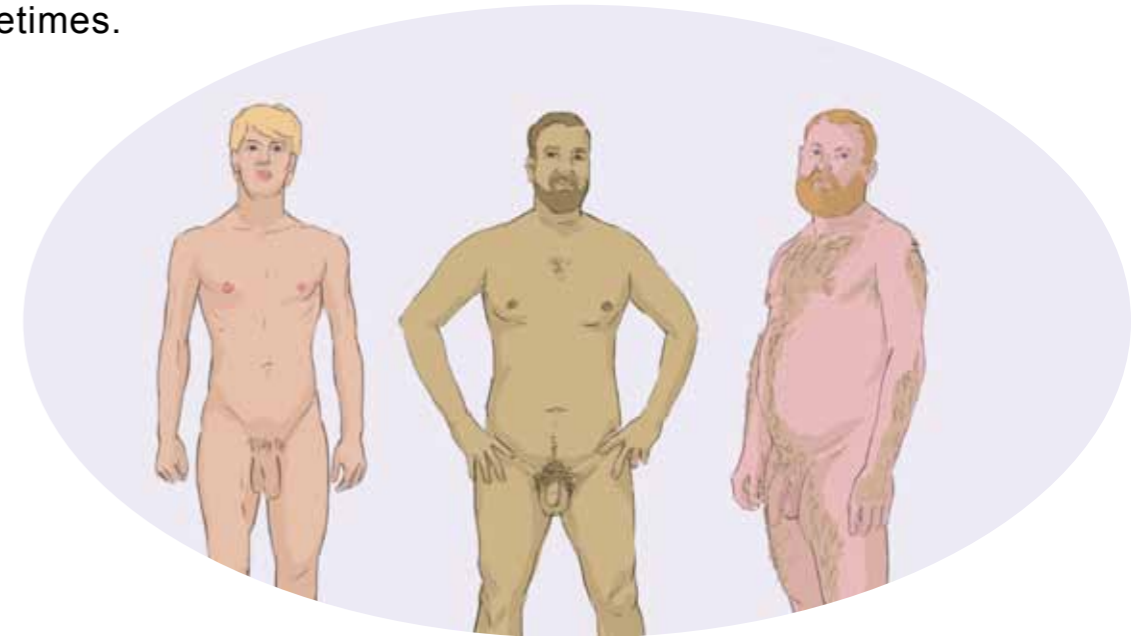
Adult men usually know how to take important decisions.

They are responsible for their decisions.

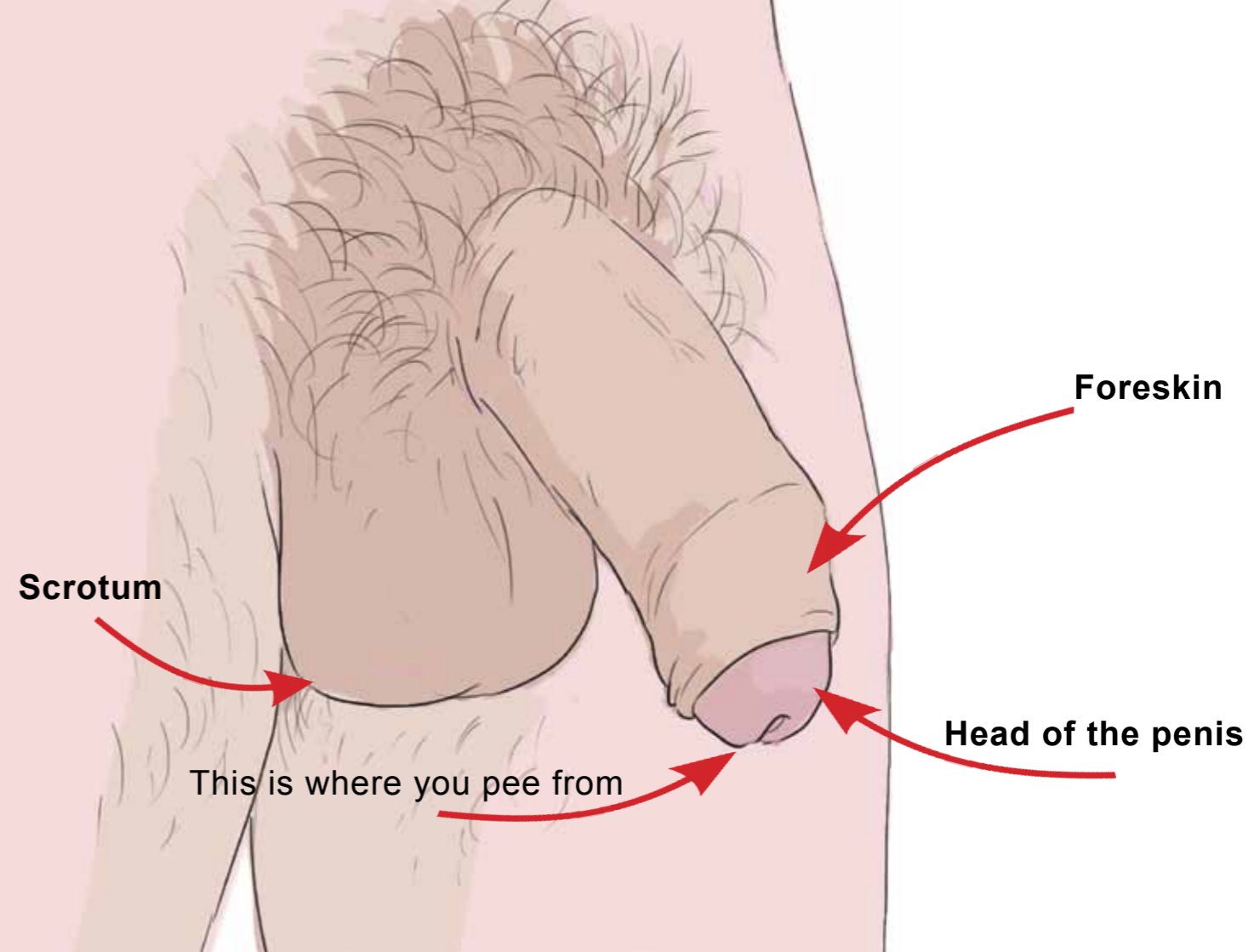
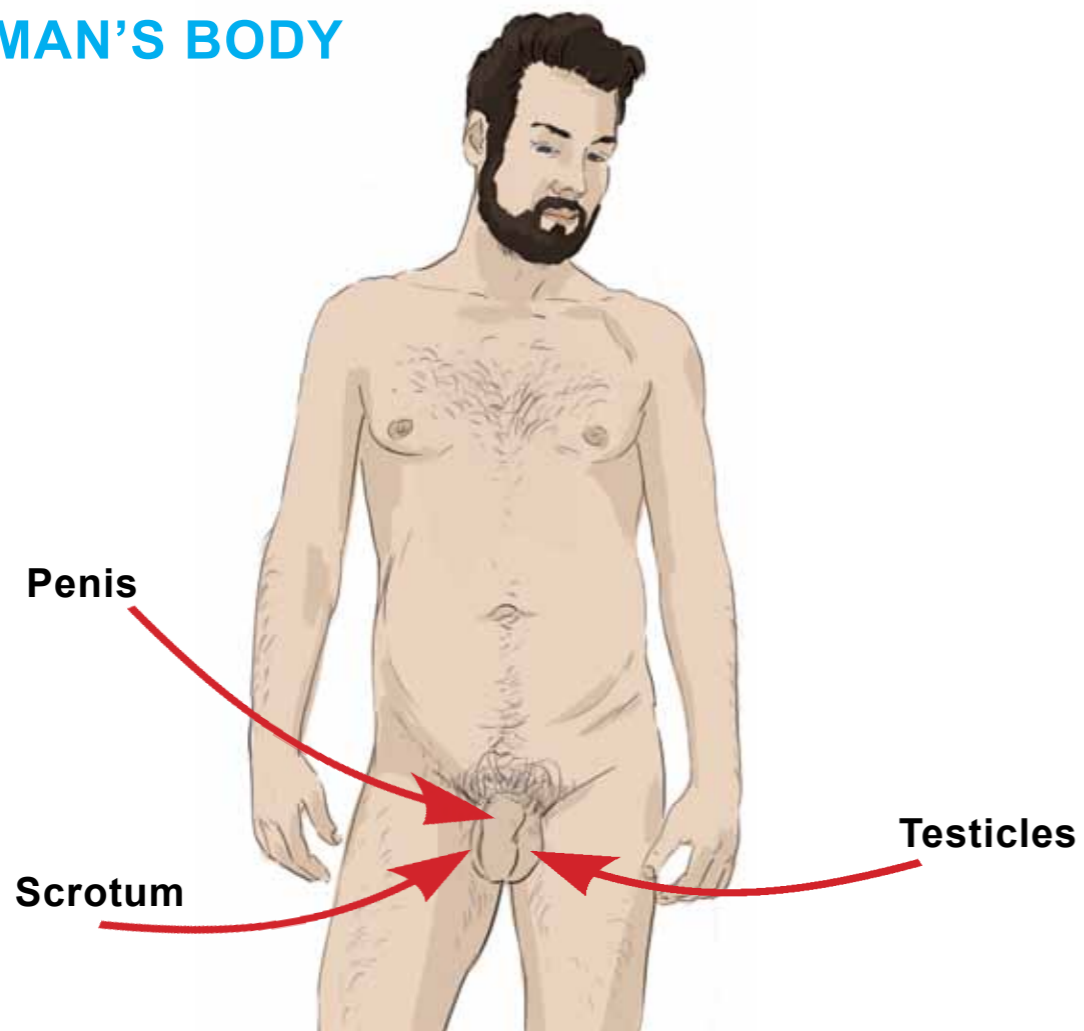
But this doesn't mean that they have to know everything.

Adult men also

need help sometimes.



A MAN'S BODY



Ageing

When a man is around 45 years of age, he starts changing again.

As he is ageing, his bones start ageing too.

His hair and skin begin to age as well.

The hair is less shiny and weaker.

The hair becomes grey.

Some men lose hair on certain parts of the head.

We say that they are going bald.

Bones become fragile and they break more easily.

Wrinkles start forming on the face.

Some men gain weight.

This is normal.

We should not be afraid of ageing

Love, sex, and ageing

A man may fall in love at any age.

He can also have sex at any age.

Some men have problems with **erection**.

Erection is when the penis is hard and standing up.

If you have problems with erection,

this means

that the penis

doesn't become hard

and doesn't become erect

when you are aroused.

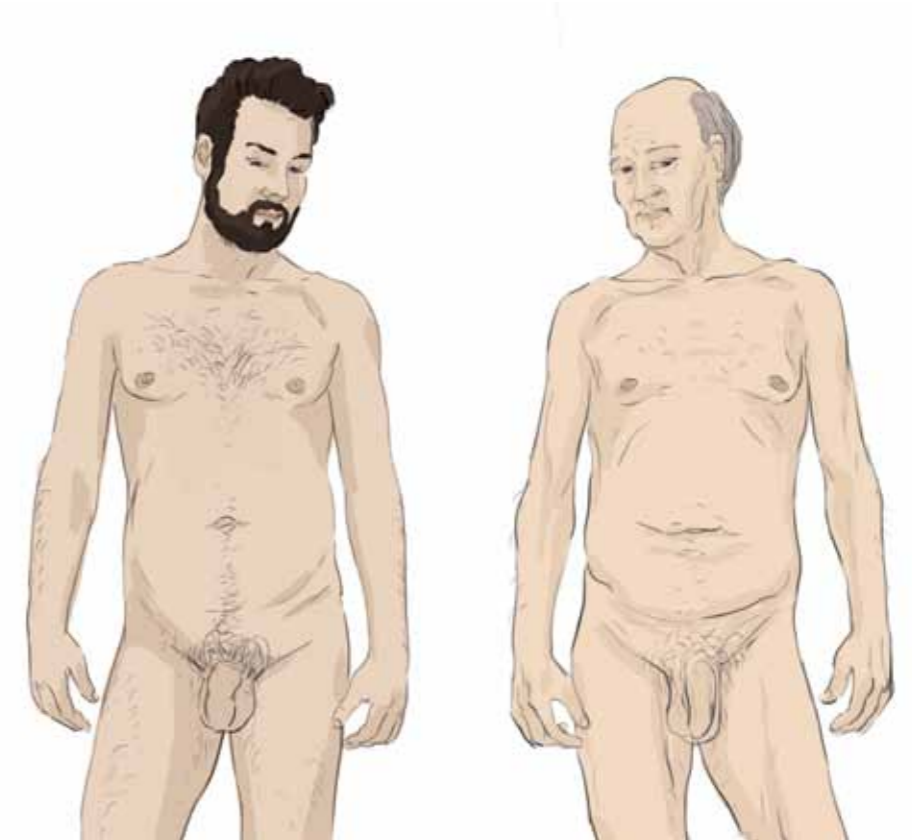
You can see a doctor

if you have problems

with erection.

There are

medicines available.



Sex

We also call sex:

- **sexual relations,**
- **sexual intercourse.**

Usually two people have sex. It is our decision to have sex. Nobody should force us to have sex.

We mustn't force anyone to have sex either.

Sex is, for example:

- caressing someone between their legs, on their breasts, arms, legs,
- kissing someone between their legs, on their breasts, and elsewhere,
- touching, caressing and kissing a penis,
- caressing and kissing a vagina,
- putting a penis into a vagina,
- putting a penis into a mouth.

Two people usually have sex because they like it and they love each other.



Nocturnal emissions

Nocturnal emission is something that happens to men during sleep. Sometimes men dream about things that arouse them. This means that these things make men want to have sex. Some men dream about sex. Some men dream about holding hands with a girl.

The male genitalia is called a **penis**. With a nocturnal emission the penis becomes hard. The penis becomes larger and sperm comes out of it. Nocturnal emissions are normal. Nocturnal emissions happen to almost every boy and man.

How do men know that they had a nocturnal emission?

When they wake up, their pyjamas may be wet between their legs. There is a stain on the pyjamas.



Masturbation

We masturbate to fulfil the desire and need for sex.

To fulfil a desire means to satisfy a need.

We don't need another person to masturbate.

With masturbation we satisfy ourselves.

Sometimes we also say that a person:

- masturbates,
- onanates,
- jerks off, pleases himself/herself, touches himself/herself.

During masturbation one may:

- touch themselves anywhere on the body,
- please themselves with their hand.

This means that a man takes his penis in his hand.

He then plays with his penis until sperm comes out.

Masturbation is normal.

Almost all people do it.

You should masturbate in privacy, when you are alone.

For example you can masturbate in your room.

Before and after masturbation,

a man should wash his hands.

He can apply oil or a cream on his hands.

Masturbation should not be painful.

If you have problems

and masturbation hurts,

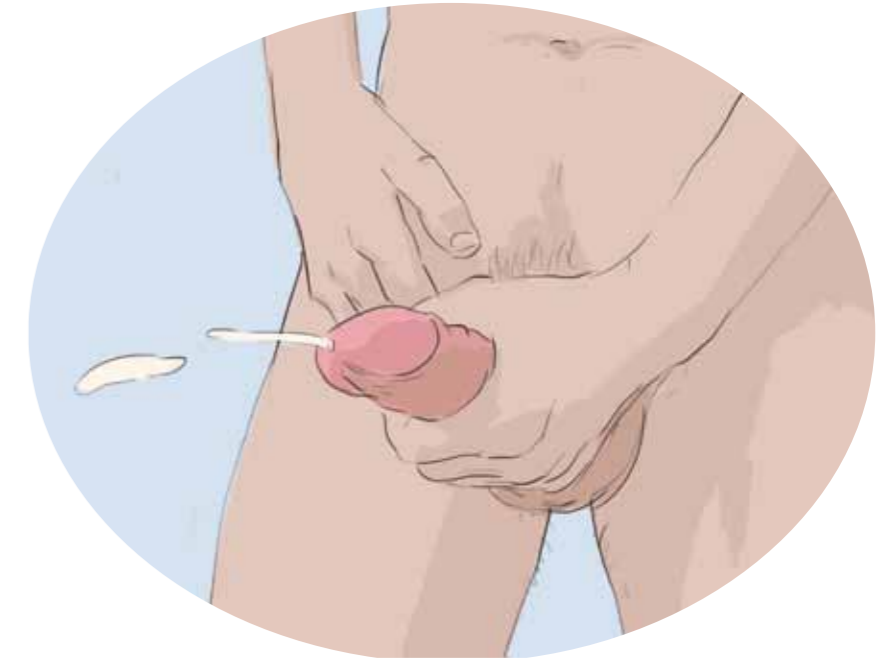
ask for advice.

Ask someone

that you trust for advice.

Sometimes you should

visit a doctor.



Self-care

Washing

Men and boys who are growing up usually sweat a lot. We sometimes call this perspiration.

Sweat smells bad.

This can be very unpleasant for people around us who can smell our sweat.

Because of that, you should regularly wash your whole body. You can use soap or a shower gel.

Men should wash their penises every day. To wash your penis, gently pull the foreskin towards your body. Use water to carefully wash the head of the penis which is hiding under the foreskin.



Clean underwear

You should wear clean underpants or boxers.

The best ones are made of cotton.

Cotton absorbs liquids and is comfortable to wear.

You should also wear clean shirts.

If your feet smell very bad, change your socks and shoes often.

You can apply cream on your feet or use a foot spray.



Deodorant

Often, washing regularly isn't enough.

To prevent our sweat smelling bad during the day, we can use a **deodorant**.

We apply deodorant to our armpits after we have washed and dried them.

There are different deodorants available.

Some come in a gel form.

Others come in the form of a spray.

Some deodorants have a small ball.

We call these types of deodorants roll-on.

You can choose a deodorant that smells nice to you in the shop.

There are also deodorants for feet and shoes available.

These deodorants eliminate the bad smell of feet.

Perfume

If you like strong smells, you can use a perfume.

People around you will also smell your perfume.



Beard

Men often shave the hair on their face and neck.

Usually they use a razor or razor blades.

If a man doesn't shave his face, he gets a moustache.

He grows a beard on his chin.

Some men leave their moustache and beard to grow, because they like it.

If a man has a beard, he must take appropriate care of it.

A hairdresser or a barber can also take care of his beard.

Some men shave other parts of their body as well.

They feel more comfortable without hair.

You decide if you want to shave or not.

Hair

Some men have very greasy hair.

This means that hair gets greasy fast.

You should wash your hair as often as needed.

You can also wash your hair every day.

It is important that you use a gentle shampoo.



Pimples

Boys who are growing up often get pimples on their skin. We also call pimples **acne**.

Pimples may form on the face, shoulders, chest, and back.

In most cases pimples disappear when we are adults.

It is important

to carefully wash your face every morning and evening.

You can also use cosmetics to treat pimples.

Cosmetics means different creams and liquids.

You shouldn't touch your face.

If you have tried everything and you still have pimples, you should visit a skin doctor.

A skin doctor is called a **dermatologist**.



Food and drink

It is very important
what and how much you eat.

Eating healthily means:

- eating a lot of fruit and vegetables,
- not eating a lot of greasy food and sweets,
- eating regularly, for example five times per day,
- eating smaller portions.

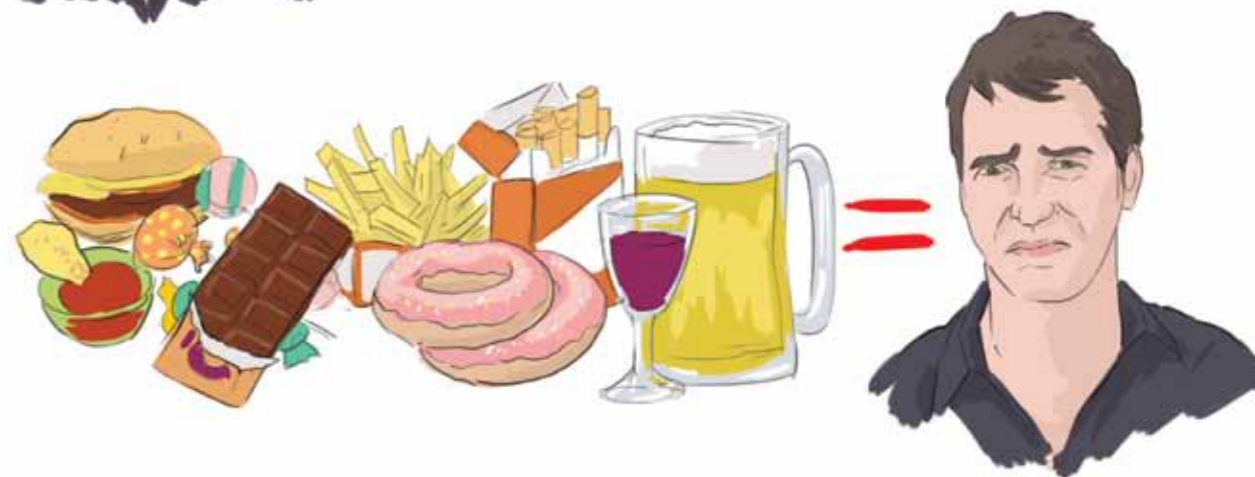
Be careful not to gain too much weight.

We must drink a lot of fluids.

The best is water.

Smoking is bad for your health.

If you smoke and you would like to quit,
ask a person that you trust for advice.



Physical activity and sports

It is very important for our health to be active.

It is important
that you find an activity
that you enjoy.

This way,
you will do it regularly.

Examples:

- jogging,
- cycling,
- dancing,
- taking walks,
- jumping on a trampoline,
- skiing.

People feel good after physical activity.

Doing sports can also bring new friends.



Being satisfied with yourself

Sometimes, we are sad and insecure.

We don't know what to do.

We usually feel this way

when something is changing in our life.

For example, when we are moving away from our parents.

Or when we are looking for a new job.

Or when we have the feeling that nothing is going right.

It is important to do what we love.

It is important to be with people that we love.

We should talk about our feelings with people that we trust.

An expert in feelings is called a **psychologist**.

A psychologist can help you solve your problems.

A doctor for feelings is called a **psychiatrist**.

A psychiatrist can help you too.





ZVEZA
SOŽITJE

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Easy-to-read booklet



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Further reading:

Being a Woman



Love, Sex and Me



A Visit to the Gynaecologist



Pregnancy



Childbirth



Sexual Violence



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