



Yarning About Boys Business



family
planning
australia

Reproductive & Sexual Health



- **Walking track** – portrays a boy's journey
- **Footprints/Tracks/Paths of our old people (background)** – teachings passed down from elders (past and present)
- **Communities/Yarning circles/Meeting places** – portrays different experiences and teachings of boy's business
- **Dancing** – teaching boy's business through dancing ceremonies
- **Country/Sea** – portrays different teaching from different desert, sea, bush mob

Title: The Journey

Description:

The artwork represents Boys Business and how the changes that every boy experiences to becoming a man are all different, unique, natural, and normal. As each boy is different, each experience is different. Therefore, it's important for boys to yarn about their individual experiences to better understand this and to develop a positive mindset towards sexual health behaviours and puberty. Yarning about their experiences also lets each boy know they have nothing to be shameful of and that they are not alone on this journey – it's just part of growing up.

About:

Philly Harris (he/him) is a strong and proud Wiradjuri, Wangaaypuwan, Arrernte and Yawuru visual storyteller born and raised in Larrakia. Philly's work expresses the pride and vibe of his people and Country. Representation of his people and Country is the key influence behind his artworks and who he is as an artist and a person.

This resource was co-designed through consultation with the Aboriginal community. We thank the participants who took the time to share their feedback, thoughts and ideas.

In the spirit of reconciliation Family Planning Australia acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander people.

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Hello, and welcome to Yarning about Boys Business.

This booklet has been designed to provide you with information on puberty and sexual health. In this booklet you will get to know your body parts and learn about the different changes that happen as you grow up. You will also find useful information on relationships, feelings, consent, safe sex and sexually transmitted infections (STIs).

Everyone is different which means everyone's experience of puberty is different. It's important for you to understand puberty, so you know what to expect and how to look after yourself.

It is okay to feel anxious or excited about all the changes that happen as you grow up. These changes are normal and not shameful. These changes are boys business.

What is Puberty

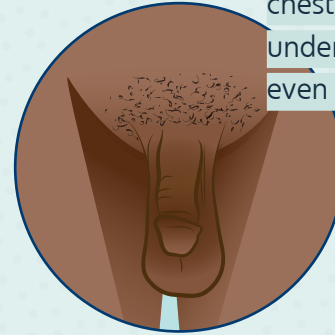
Some changes that happen during puberty include:

As you grow up, a lot of changes happen within your body. This stage of your life is called puberty. This is when a child begins to turn into an adult. During puberty, hormones race around the body and signal some body parts to change what they are doing. Puberty can cause physical, emotional and social changes. Having these changes is completely normal.

Puberty starts when your body is ready. This can be at different times for different people. Puberty can start any time from 9 years old.



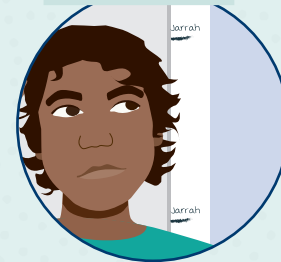
Your mood may go up and down. This is caused by those hormones racing around your body. You might find that you start getting sexually attracted (crushes) to different people.



Body hair starts to grow on your face, chest, legs, arms, underarms and even down there!



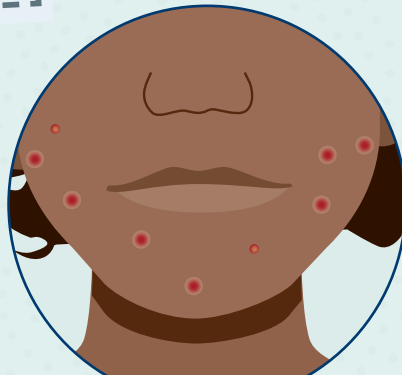
Your voice box (Adam's apple) gets bigger.



Your body grows and gets bigger (growth spurt).



Body odour increases as you start to sweat more.



Pimples appear on your face, neck, chest and back.



Your voice may change, break, crack or become deeper.

Did you know?

You may feel tenderness in the chest during puberty. This change is the development of breast tissue. This tenderness usually goes away within a few months.

Did you know?

One of the biggest changes puberty brings is the start of erections and wet dreams.

If you are feeling worried about the changes happening in your body, remember all of these are normal. If you have questions, have a yarn with your parents, uncle, aunt or Elder. You can also visit your doctor, Family Planning Australia clinic or Aboriginal Medical Service.

Knowing your body

It is important to know your body and how it works. No two bodies are the same and everyone is different. Let's take a look at some of the main areas of the body when it comes to boys business.

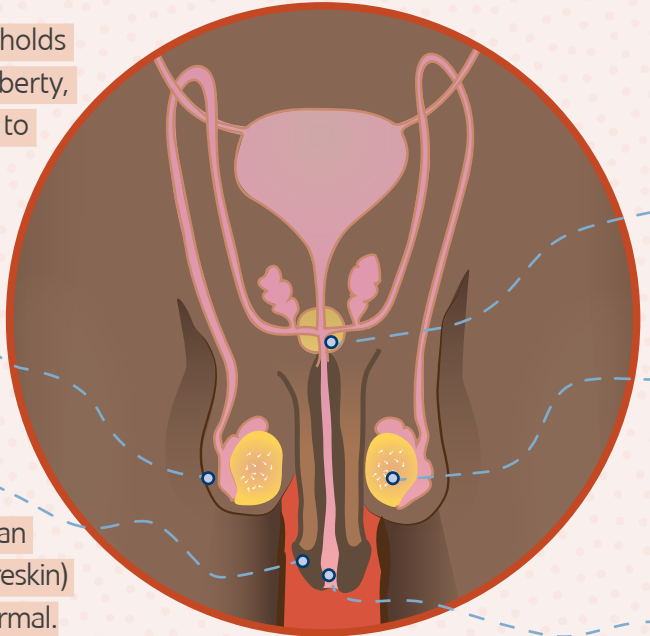
Did you know?
You cannot pee and ejaculate (cum) at the same time!

Scrotum and testes

The scrotum is the sack that holds your balls (testes). During puberty, testes grow bigger and start to make sperm. It is normal to have one hang lower than the other.

Penis

You might call it a Budoo, but this body part is also called a penis. It can be different shapes and sizes. It can be circumcised (removal of foreskin) or uncircumcised. Both are normal.



Other stuff

Erections



An erection is when your penis gets hard. It is normal to have erections during puberty.

Erections can feel nice, but sometimes you may feel shame or embarrassed if they happen at school or when you are with your mates. This is normal and will ease over time. Relaxing and thinking about something else might help an erection go away faster.

Other words for an erection:

stiffy
hard on
boner

semi
fatty
woodie

morning
glory

Prostate gland

This is where sperm are mixed with fluid to make semen (cum).

Sperm

Sperm are produced in the testes. Sperm are contained in semen (fluid) when you ejaculate (cum). Sperm join with an egg to make a bub.

Urethra

This is a small tube in the penis that carries either pee or semen (cum).

Did you know?

When an erection happens, blood rushes to your penis, making it go hard. Erections usually happen when you are sexually excited, but sometimes they can happen for no reason at all!

Wet dreams

An erection can happen even when you sleep. Sometimes you might wake up and find your underwear or bed wet. This is called a "wet dream".

A wet dream is when you ejaculate (cum) during sleep. It's completely normal to have wet dreams during puberty.



Did you know?
Some people don't have wet dreams. This is totally normal as well.

Masturbation

Masturbation is when you touch or rub yourself for sexual pleasure. Different things make different people feel good.

There's nothing shameful or embarrassing whether you masturbate or not. If you choose to masturbate, find somewhere private and safe, like your bedroom.

Did you know?
Masturbating is normal and a good way to explore your body! It is your choice whether you do it or not.

Some people like to watch pornography (porn) when they masturbate. Porn is visual material that shows people's private parts or people having sex. It is okay to look at porn if you are curious or want to feel good, as long as you do it in private. Just remember that porn may not be an accurate picture of what fun, safe and positive sex looks like.

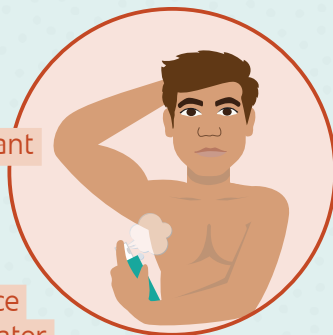


Staying Deadly

Keeping yourself fresh and clean is important when you are going through puberty.

Remember to:

Use an antiperspirant deodorant everyday



Wash your face with warm water to reduce pimples



Wear clean clothes, socks and underwear



Wash your hair regularly



SOAP

Shower or bath everyday using warm water and soap

Change your bed sheets regularly, especially if you have wet dreams!



Use shaving cream and moisturiser if you start to shave



Relationships

A relationship is the way two or more people connect. As you get older, you will make new relationships with different people.

Sometimes you might like someone as more than a friend. You might want to spend a lot of time with them or think about them in a romantic way. An intimate or romantic relationship is a special relationship. It is a relationship you have if you really like someone and they feel the same way.

It is also normal to have no interest in romantic relationships during puberty. You can choose to focus on sports, schoolwork, hanging with friends or other interests.



Signs of an unhealthy relationship are:

- Pressure
- Violence
- Abuse
- Putdowns

Signs of a healthy intimate relationship can include:

- Talking to each other
- Doing things together
- Helping each other
- Listening to each other



Consent

Consent is when one person agrees or gives permission to another person to do something.

It is never OK to pressure or force someone to do something they aren't comfortable with. The legal age for consent for sex in NSW is 16.

What does consent look like?

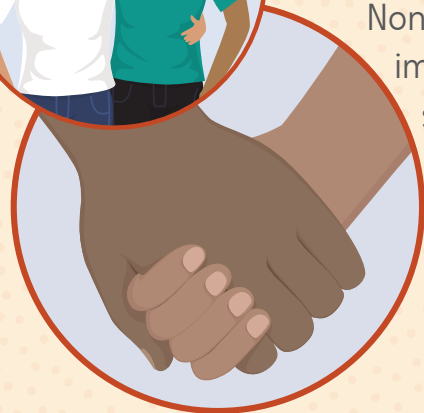
You should always ask for consent before touching, cuddling or kissing someone.



The only way to know if someone has given consent is if they tell you.

Non-verbal body language is also important in helping you see if someone is comfortable or not.

Positive body language can look like maintaining **eye contact**, **smiling**, and **nodding**.



Remember you can't get someone's consent if they are asleep, passed out or under the influence of alcohol or drugs.

This is sexual assault.

If someone withdraws their consent, STOP what you are doing. Respect their decision. If you are not comfortable at any time, you can also say no. Consent can be taken away at any time.

Safe sex

Not all intimate relationships include sex, and that's okay. Sex can mean different things to different people.

Sex always needs **consent** and should be safe, fun and feel good.

Condoms are the best way of preventing most STIs. They help stop body fluids from being passed from one person to another. Condoms also prevent unplanned pregnancy by stopping sperm from entering the vagina.

Did you know?

You can get free condoms at Family Planning Australia clinics, your local **Aboriginal Medical Service** or your local youth centre.

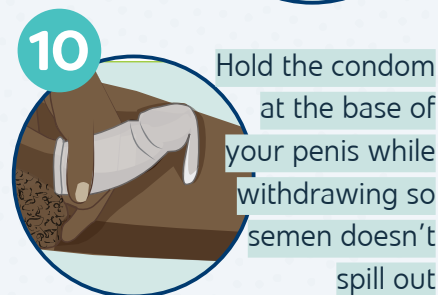
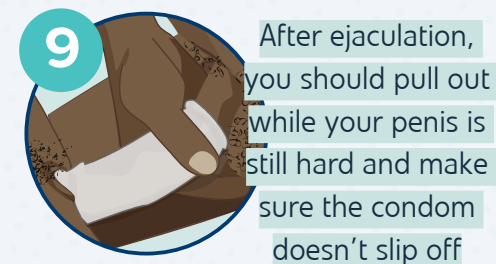
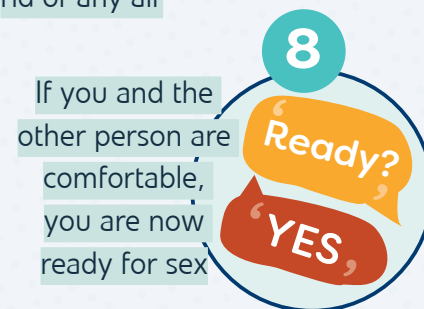
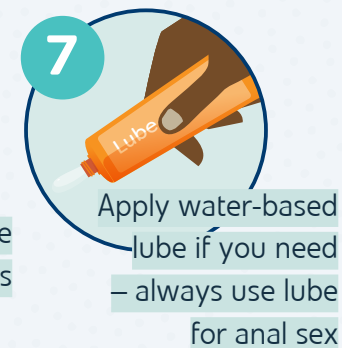
Safe sex includes:

- consent
- wearing a condom to protect against sexually transmitted infections (STIs) and unplanned pregnancies
- using contraception if there is a risk of unplanned pregnancy.

Sometimes a condom might break or accidentally come off. There are two things you can do if this happens:

- get a sexual health check-up to check for STIs
- if you had vaginal sex and your partner is at risk of pregnancy, they should strongly consider taking the emergency contraceptive pill (morning after pill).

It is important to know how to use a condom correctly. The steps to putting on a condom are:



STIs

STIs (sexually transmitted infections) are usually spread through unprotected vaginal, oral or anal sex. Sometimes STIs can spread through close contact with body fluids or private parts. Anyone can be infected with an STI.

The only way of finding out if you have an STI is by having a sexual health check-up. All check-ups are confidential and private.

Getting an STI test is very easy and may include a urine test, swab test or blood test.

You might feel shame about getting a sexual health check-up. This is normal. But do not worry, doctors and nurses do these tests all the time.

If left untreated, some STIs can cause infertility (not being able to make a bub)

Get a test if:

- you are sexually active
- you had unprotected sex
- a condom breaks or accidentally comes off
- you recently changed partners
- you have multiple partners
- you have pain when you pee or discharge from your penis.

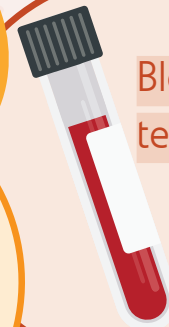
Did you know?

Most STIs have no symptoms. That's why you need to have regular check-ups if you are sexually active or you didn't use protection (condom) during sex.

GET TESTED!



Swab



Blood test



Urine test

You can get a sexual health check-up at your:

- Local doctor
- Family Planning Australia clinic
- Aboriginal Medical Service

You might also be wondering...



Q. All the other kids my age have started growing and getting chest hair but I haven't. Is there something wrong with me?

A. There is nothing wrong with you. Growth spurts during puberty happen at different times for different people. The amount of body hair each person has is also different from person to person. Some have more, some have less. This is completely normal during puberty.

Q. What is the right age for me to start shaving?

A. There is no right age to start shaving. It totally depends on how much facial hair you have and whether or not you want to keep it! Sometimes facial hair can get a bit irritating and itchy so you might want to shave to make yourself look neat and tidy. Some people may find it tricky to shave if they have an outbreak of pimples. If this is the case, it is often best to shave when pimples have cleared up.



Q. Why are girls taller than me?

A. Everyone is different. Girls usually reach puberty and have their growth spurt earlier than the boys, and may be taller than the boys of same age. This is normal. You will catch up on the height later in your puberty when you have your growth spurt. You may even grow taller than girls.

Q. Can I masturbate too much?

A. Masturbation is healthy and normal. You just need to find a happy balance. If masturbation is interfering with school work or meeting friends or family time, then it's time to cut down.

Q. Can masturbation stunt my growth?

A. No. Masturbation will not affect your growth in any way.

Q. Is it normal to think about sex a lot?

A. It is normal to think about sex a lot or only once in a while. When you go through puberty, hormones affect your body and emotions in new ways. This can make you curious about sex, and more likely to have sexual thoughts and feelings more often.



Q. I look like a boy but I feel like a girl! Am I normal?

A. Yes, you are normal. Some people might be born as either a boy or a girl, but as they grow up they feel they are a different gender on the inside. These feelings might start during puberty, and feeling this way is okay. It might be something that will change with time, or it might be the way you are. It's okay if you're feeling confused or scared, you are not alone! More information can be found here: <https://bodytalk.org.au/relationships/your-sexuality/>

Other places to find information

For Family Planning Australia clinics,
information and resources:

www.fpnsw.org.au/Aboriginal

For information on puberty and growing up:

www.bodytalk.org.au

To confidentially speak to a clinician, call
Talkline between 8:00am and 8:00pm,
Monday to Friday

Talkline: 1300 658 886

www.fpnsw.org.au/talkline

To find your closest Aboriginal Medical
Service, visit healthinfonet.ecu.edu.au
and look under 'Locations'.

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