

What this lesson is about

Today's lesson focuses on male reproductive health. We will be learning about:

- The main organs of the male reproductive system and what they do
- Why understanding your body is important for health and wellbeing
- Some common male reproductive health issues, including cancer awareness
- When and how to seek help if something doesn't feel right

This lesson is:

- Educational and factual
- Not about sexual behaviour
- Focused on health, awareness and prevention

Why this learning matters

- Knowing what is *normal* helps people notice changes early
- Early support can prevent small problems becoming serious
- Learning about health should never be embarrassing
- Seeking help is a sign of responsibility, not weakness

A supportive reminder

- Some people may find health topics sensitive or personal, especially when illness is mentioned.
- You are not expected to share personal experiences
- You can take a moment if you need to
- If something worries you, support is available

Title – Reproductive Health – Male Focus

Date:

In today's lesson we will:

- **Describe** the main organs of the male reproductive system and explain their functions
- **Understand** common male reproductive health issues, including testicular cancer and infertility
- **Explain** when and how to seek medical help and why early action matters

Key words

Testes, sperm, testosterone, penis, scrotum, prostate, infertility.



**Today's
big
question**

Why do you think men and boys are sometimes less likely to talk about health concerns or seek medical help?

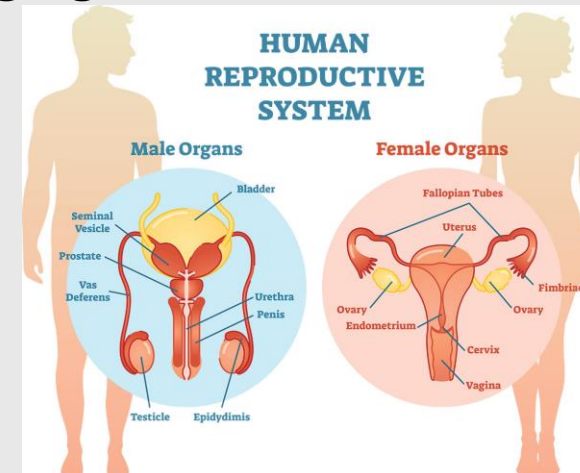
Why learning about male reproductive health matters

Learning about male reproductive health is important because it helps young people understand their bodies, protect their health, and make informed decisions.

Key reasons include:

- **Early detection saves lives**
Knowing what is normal makes it easier to spot changes (such as lumps or pain) and seek help early, when conditions like testicular cancer are most treatable.
- **Reduces embarrassment and stigma**
Talking openly and accurately about male reproductive health helps break down myths, shame and silence that can stop boys and men from getting help.

- **Encourages responsible health-seeking behaviour**
It normalises going to a GP, school nurse or trusted adult and reinforces that asking for help is a sign of responsibility, not weakness.
- **Builds confidence and body awareness**
Accurate knowledge reduces anxiety, misinformation and fear, helping young people feel more confident about their changing bodies.



Male reproductive system

What are the roles of the male reproductive system?



Male reproductive system – key organs and functions

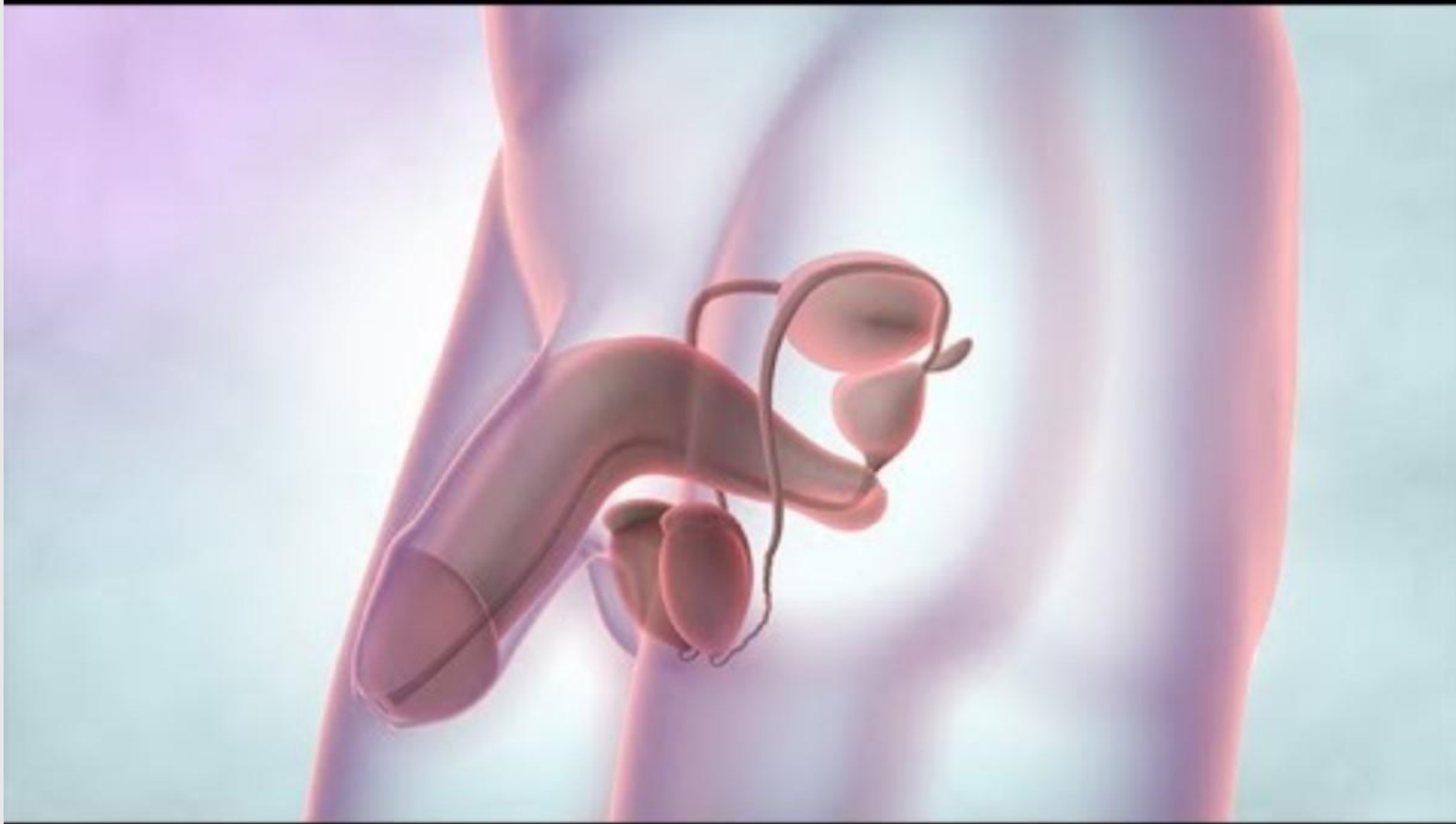
- What parts of the male reproductive system can you name already? Create a list in your booklets.
- It's really important you know the correct names for these parts of the system – from a medical perspective, it helps males understand what is being talked about, in case there is an issue.

Feedback as a class – what do you know as a group?

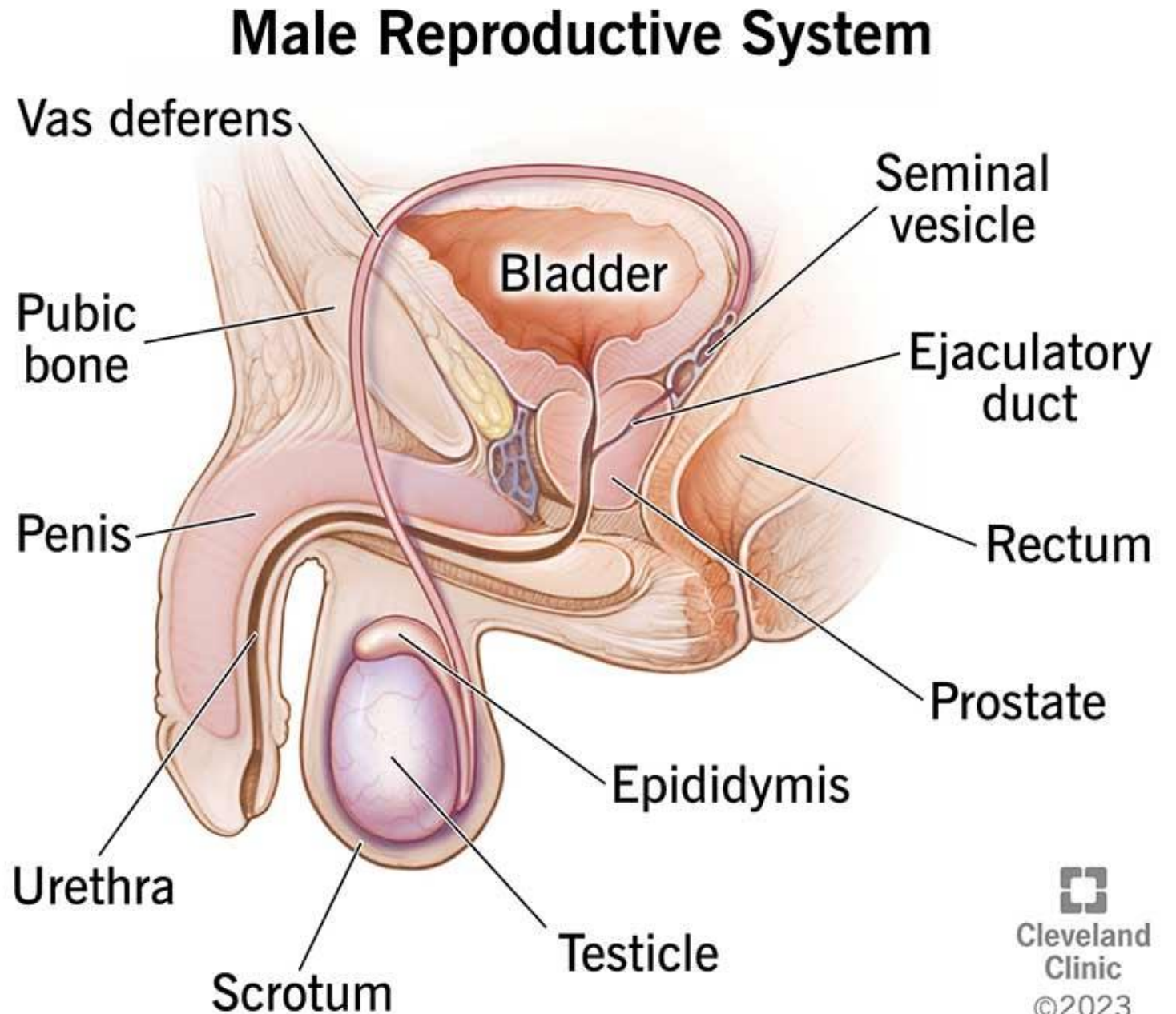
Watch the video on the next slide to see if you were right!



The male reproductive system

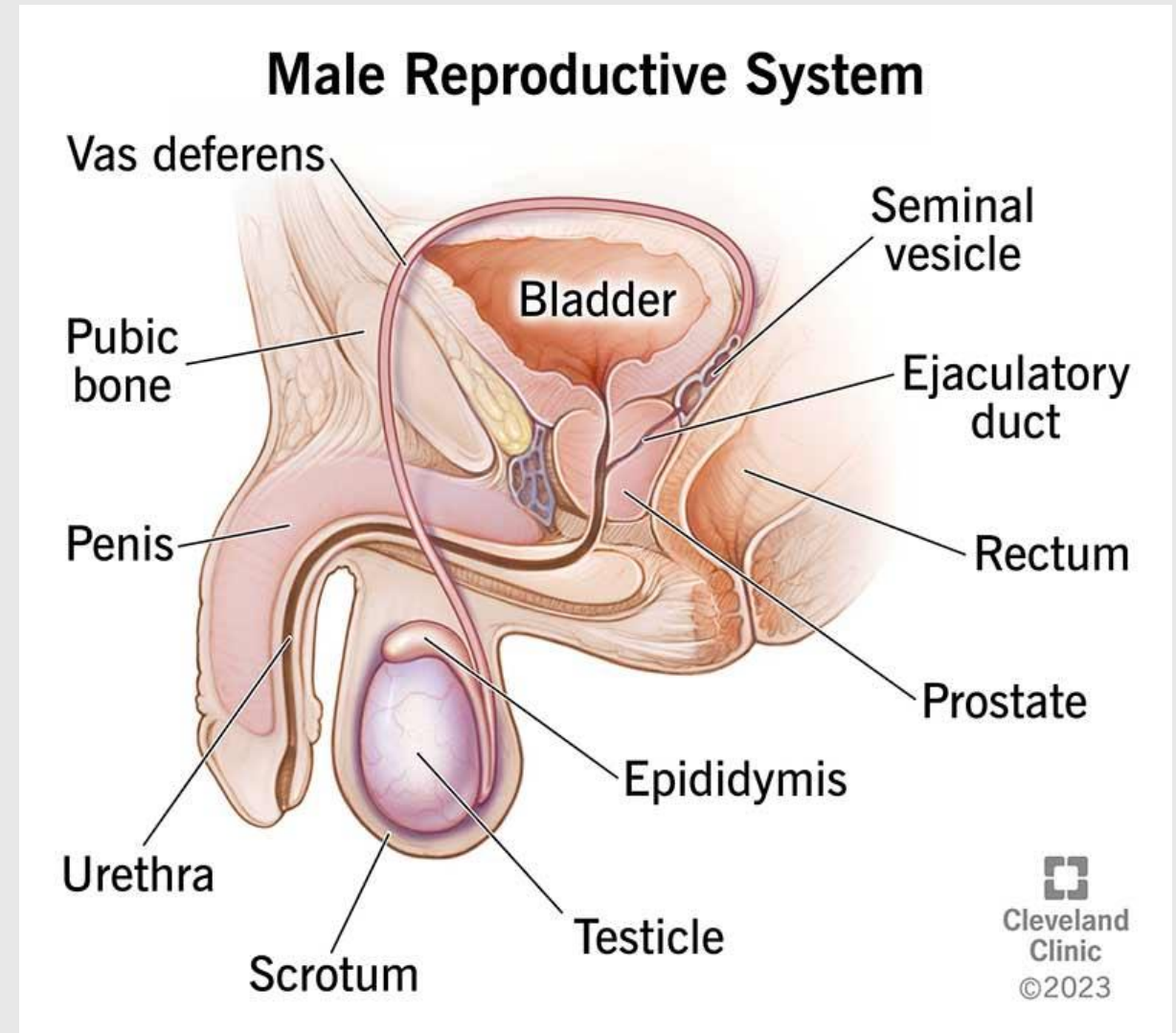


In your booklets on page ... add the correct labels from the video you saw or from the diagram



The key ones for year 9 knowledge

- **Testes** – produce sperm and testosterone
- **Scrotum** – holds the testes and keeps them at the right temperature
- **Penis** – involved in sexual intercourse and urination
- **Prostate gland** – adds fluid to sperm to help them move
- **Sperm ducts (vas deferens)** – carry sperm from the testes



The temperature of the testes is important for sperm production because **sperm develop best at a slightly lower temperature than the rest of the body.**

- The testes are kept **outside the body** in the scrotum so they stay about **2–3°C cooler** than normal body temperature.
- If the testes get **too warm**, sperm may not develop properly, which can **reduce sperm count and quality.**
- The scrotum helps regulate temperature by:
 - Moving the testes **closer to the body when it's cold**
 - Letting them **hang lower when it's warm** to cool down

This temperature control helps ensure sperm are **healthy and able to function properly**, supporting fertility.



Male reproductive health issues – teacher input

Most health issues are treatable, especially when spotted early.

Testicular Cancer

- Most common cancer in younger men (15–45)
- Often treatable if found early
- Signs may include:
 - A lump or swelling
 - Heaviness in the scrotum
 - Pain or discomfort

Emphasis: **Checking doesn't mean something is wrong – it's about awareness**



Male reproductive health issues – teacher input

Most health issues are treatable, especially when spotted early.

Infertility

Means difficulty in having children

- Can be caused by:
 - Hormonal issues
 - Infections
 - Lifestyle factors
- Medical support and treatment are available



Scenario task - Recognising concerns & knowing when to seek help – page 26

- Read each scenario in pairs or small groups and discuss:
- Is this something to **ignore or check**?
- Who could the person **talk to**?
- Why might it be important to **act early**?

Let's do an example one together:

A 14-year-old notices one testicle feels heavier than the other but doesn't feel any pain.

They think it's probably nothing and decide not to tell anyone.

When & How to Seek Help

Key messages:

- Seeing a **GP is normal and confidential**
- You can ask for:
 - A male or female doctor
 - A private conversation
- Early help:
 - Reduces anxiety
 - Improves health outcomes
 - Shows responsibility, not weakness





Complete your EXIT
TICKET questions on
page

These link to the key
knowledge you need
to know for this block
of work