

Please remember to be kind to yourself. And remember...

Oscar Wilde's famous quote: *'Be yourself. Everyone else is already taken.'*

Penis Facts

Each penis is unique and will develop at different ages and rates.

The penis and testicles will carry on growing until the end of puberty which is between the ages of 18-21, although the most rapid rate of growth happens between the ages of 11-18.

The average length of an erect penis is just under 14cm, and as an average, that means there will be bigger ones and smaller ones. What is really important is for a person to develop a healthy relationship with their body so that they do not harbour feelings of inadequacy about whatever size they are, as this can have a damaging effect on their self-confidence.

Washing a penis is important to do every day and if someone has a foreskin this should be retracted and washed with warm water, or warm water and a mild soap daily. This might feel a bit sensitive or sore at first.

Length and timing of sex varies between the couple. It really does depend on what each person wants.

Medically, premature ejaculation is defined as ejaculation after less than one minute of penetrative sex. This is quite common and can happen at any age, but especially when young and feeling a little anxious.

Penis Myths Busted

Studies have shown over and over again that many people prioritise how their partner acts towards them rather than penis size, for example whether they are romantic, tender and sensitive to their needs and desires.

Penetrative sex does not need to last for 'ages'. It is much more important for partners to communicate about what they both find pleasurable and go from there.

There are so many different types of condoms, including different sizes and textures, so there is no excuse for someone to not use one. It is about a person finding one that they like to use, and then practicing using them on their own so they are ready for when it comes to sex with a partner.

Why use Condoms?

Condoms are a very effective way of reducing sexually transmitted infections and can also be used as a contraceptive (a way of preventing pregnancy if a male has sex with a female). They should be used for all types of sex consistently.

Worried about anything that you have seen today? Try these websites to answer your questions, but please ask a trusted adult if you are still worried:

<https://www.nhs.uk/common-health-questions/sexual-health/can-premature-ejaculation-be-controlled/>

<https://www.nhs.uk/conditions/contraception/how-do-i-use-condom/>

! Encourage your school to join the c-card scheme: <https://youngandfree.org.uk> !