

FACILITATOR RESOURCE MAN TO MAN OUTLINE

1. Messages about Genitals (10 minutes):

- What names were you taught for your penis when you were a little boy?
- How many of you are circumcised?
- Did (would) you circumcise your sons—why or why not?
- How many of you ever looked at porn and compared yourselves to the men in the pictures or films?

If time allows, distribute the picture of the external female genitals. Ask:

- What's your reaction to the female genitals? (Explain the difference between the vulva and the vagina.)
- Who can tell me the function of the clitoris? (sexual pleasure!)

Give information about the natural cleansing ability of the vagina. Make the point that vulvas are unique, just like faces and that they have a musky genital odor that is not foul unless the woman has poor hygiene or has an infection.

2. Sexual Response (8-10 minutes): Talk about what happens in the body.

- Excitement: The penis gets erect, breathing gets rapid, heart beats faster, nipples get erect. In women the vagina lubricates and the clitoris gets erect.
- Plateau: Excitement increases. Erections may wax and wane—this is normal. As excitement increases the scrotum and testicles contract up closer to the body.
- Orgasm: When the excitement reaches its highest level, ejaculation and orgasm happen. Ejaculation happens in two phases:
 1. “I’m coming”—contractions happen that mix the sperm with fluids from the prostate gland and other organs
 2. Spurting fluid—fluids are propelled out of the urethra by strong rhythmic contractions.
- Resolution: The genitals and entire body return to an un-stimulated state. Men have a refractory period—an amount of time before they can get another erection and have another ejaculation; length of this period increases with age; young men can often get erect again very quickly. Men need to know that the refractory period will get longer as they get older.
- Fun Facts: Orgasm lasts an average of four seconds. Average number of ejaculatory spurts: 3-10; average speed of ejaculation: 25 miles per hour.

Refer to the Facilitator Resource for more information about sexual response. Get the men to talk about the refractory period. Have they experienced it? Have they seen any changes in the length of the refractory period since their teen years?

3. How Pregnancy Happens (10-15 minutes): Distribute the handouts of the female and male internal reproductive organs and *Journey of the Egg and Sperm*. Say something like, “I know all of you have had at least

one baby, but who can tell me in your own words about the journey that the egg and sperm make to meet each other and form a pregnancy.”

Briefly review the handout, *Journey of the Egg and Sperm*. Ask participants to locate the various organs (ovaries, Fallopian tubes, uterus, testicles, etc., on their anatomy handouts as they review the process of conception).