

MY CHANGING BODY

Do my male genitalia look normal?

KEY WORDS

genitalia | size | puberty | satisfaction



This is typical question that many young men ask themselves. So, first things first – it's important to know that penis shapes and sizes vary. Just as there is no one same nose, it's difficult to find two penises that look exactly the same.

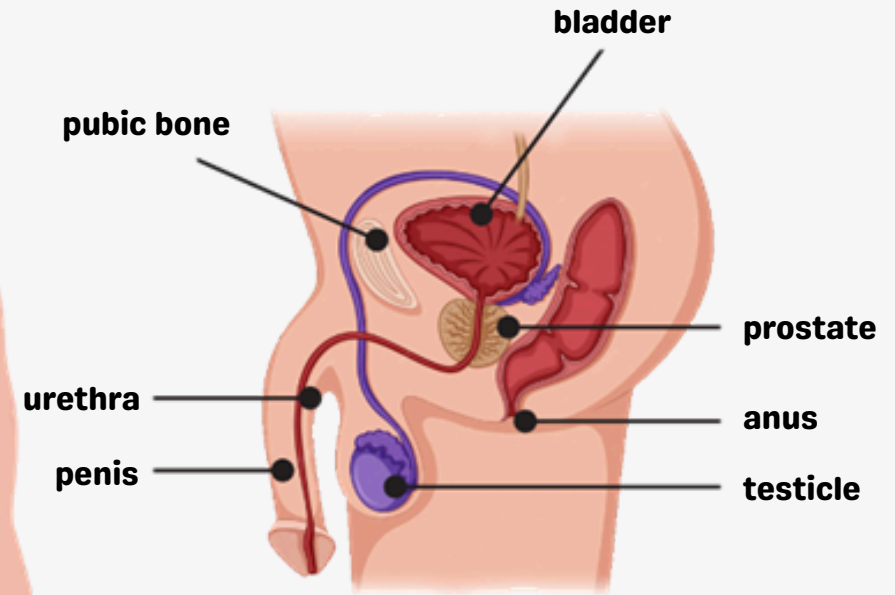
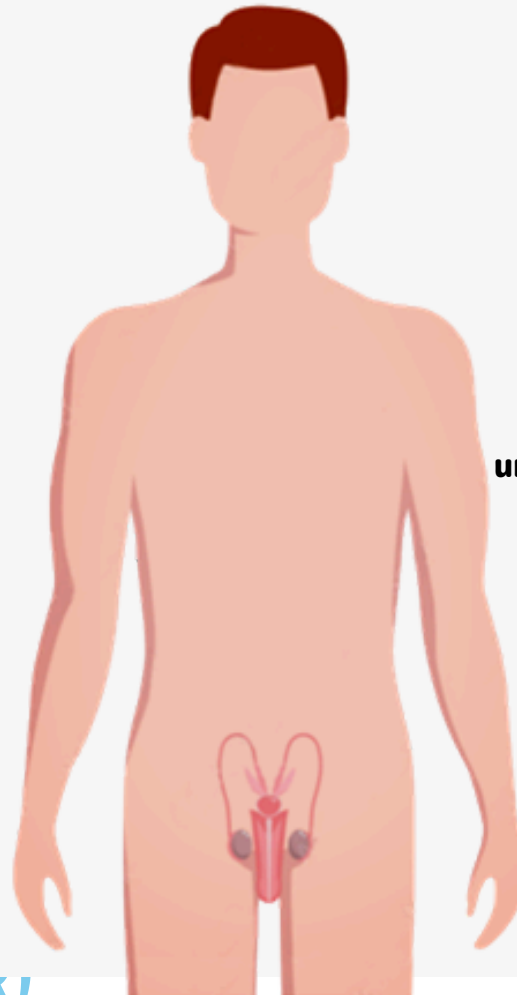
The **penis** is an external male reproductive organ, part of the male urogenital system.

The testicles are oval male organs located in the scrotum, just behind the penis and just in front of the anus. Typically, they are about 5 centimeters in length, 3 cm in width, and 2.5 cm in thickness. The testicles are protected by the **scrotum**, which is a loose skin pouch that even regulates their temperature.



In its anatomical structure, the penis can be distinguished into:

- root
- shaft
- glans (head)
- foreskin (prepuce)
- frenulum
- testicles and epididymides at the base of the penis
- urethra, running inside the penis from its shaft to the glans
- two corpora cavernosa inside the penis



Some facts about penis size

This measurement is individually diverse, and there are also certain size patterns related to races or ethnic groups.

The size of the penis in a **flaccid** and **erect** state varies significantly:

- An **erection**, or male erection, involves a burst of blood into the penis, which allows the penis to stiffen. This occurs at the moment of sexual arousal.
- A flaccid penis, on the other hand, relates to the penis being at rest and not stimulated.
- Sometimes an erection can occur without warning, even if you are not turned on, for example in the morning or when you are relaxed. If an erection occurs at an inopportune moment, remember that this is natural and happens to most men, especially during puberty. You have no reason to be ashamed of it!

Although scientists have been attempting to estimate the average penis length for decades, the results vary significantly depending on the measurement method.

It is generally accepted that the average flaccid penis has a length of approximately **9,16 cm**, while the erect state measures around **13,12 cm**. The average circumference is about **9,31 cm** when flaccid and **11,66 cm** when erect. A typical erect penis usually looks straight or may be slightly curved upwards.



Some facts about penis shape

The penis can be slightly curved upwards, downwards, and hang to the right or to the left. It can be thin, thick, short, long, and conical or even curved. And this is all natural!

When it comes to the testicles, they don't always hang symmetrically – more young men may find that the left testicle hangs lower, but it can also be the other way around.

Common stereotypes you may hear about male genitalia

Many men, regardless of age, may experience a complex related to the size of their penis and wonder whether its big enough to satisfy a sexual partner. However, experts in the field such as sexologists argue that penis size is not relevant to a man's sexual performance! In fact, the most important factor that can influence satisfaction is the choice of sexual techniques between two partners.

We are all different and differences are totally normal and even expected. The only way genitals can “look normal” is by being healthy. For the rest, as long as the genitals are healthy, their size and shape are not an issue.

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