

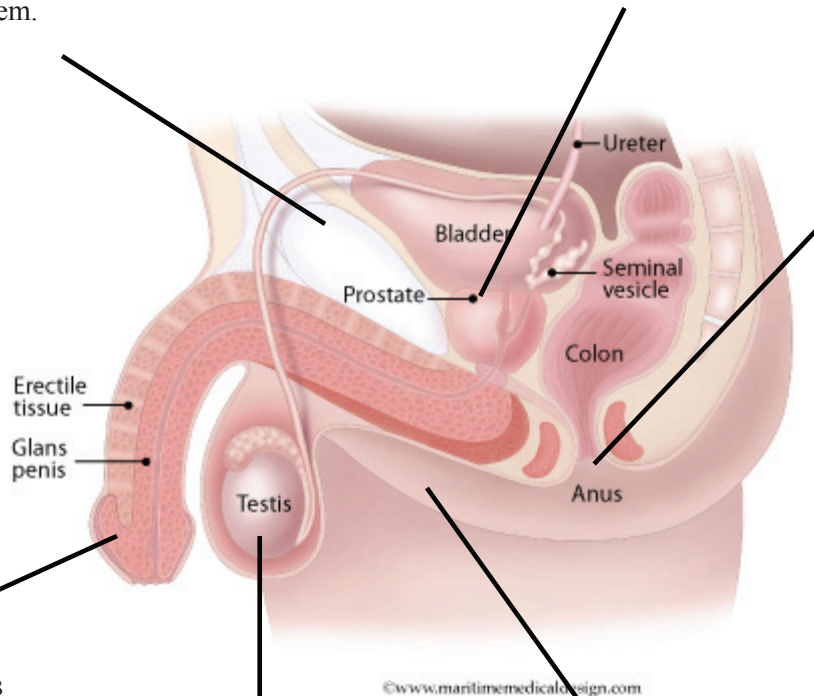
## View of Male Sexual Anatomy (Side Cut View)

### PC Muscle

The pubic bone is surrounded by a sling of muscles called the pubococcygeus muscles (or “PC muscle” for short). These muscles play a vital part in your sexual health, and control of them can help men learn ejaculatory control. Once a man locates the PC muscles, he can do special exercises, called kegels to strengthen and control them.

### Prostate Gland

The prostate gland is about the size of a chestnut and can be found near the root of the penis (the place inside your body where the penis starts) and just below the bladder. The prostate gland produces part of the ejaculatory fluid (also called seminal fluid).



### The Anus

Not usually thought of as a part of one's sexual anatomy (because it has no role in reproduction) the anus can be a site of great sexual pleasure and many people enjoy anal play as part of their sexual repertoire.

**The Penis** The penis is made up of spongy erectile tissue, which fills with blood when a man is turned on or aroused and usually becomes erect. Penises come in all sizes, and penis size in almost all cases has nothing to do with how a penis works or how well a penis works. There are several different parts to the penis, each of which has some impact on feeling sexual arousal and pleasure.

### Perineum

The male perineum is the area between the scrotum and the anus. During sexual arousal the perineum can become sensitive, and can be another site of sexual stimulation and pleasure. Massaging the perineum can also provide indirect prostate stimulation and stimulation of the root of the penis, both of which are above the perineum inside the body.

### Scrotum and Testicles

The scrotum is the loose pouch of skin containing the testicles (or “balls”). The primary function of the scrotum is to protect the testicles, which are very sensitive to pain, and which also need to keep an even body temperature to function properly. The testicles serve two main functions: producing sperm and producing testosterone.