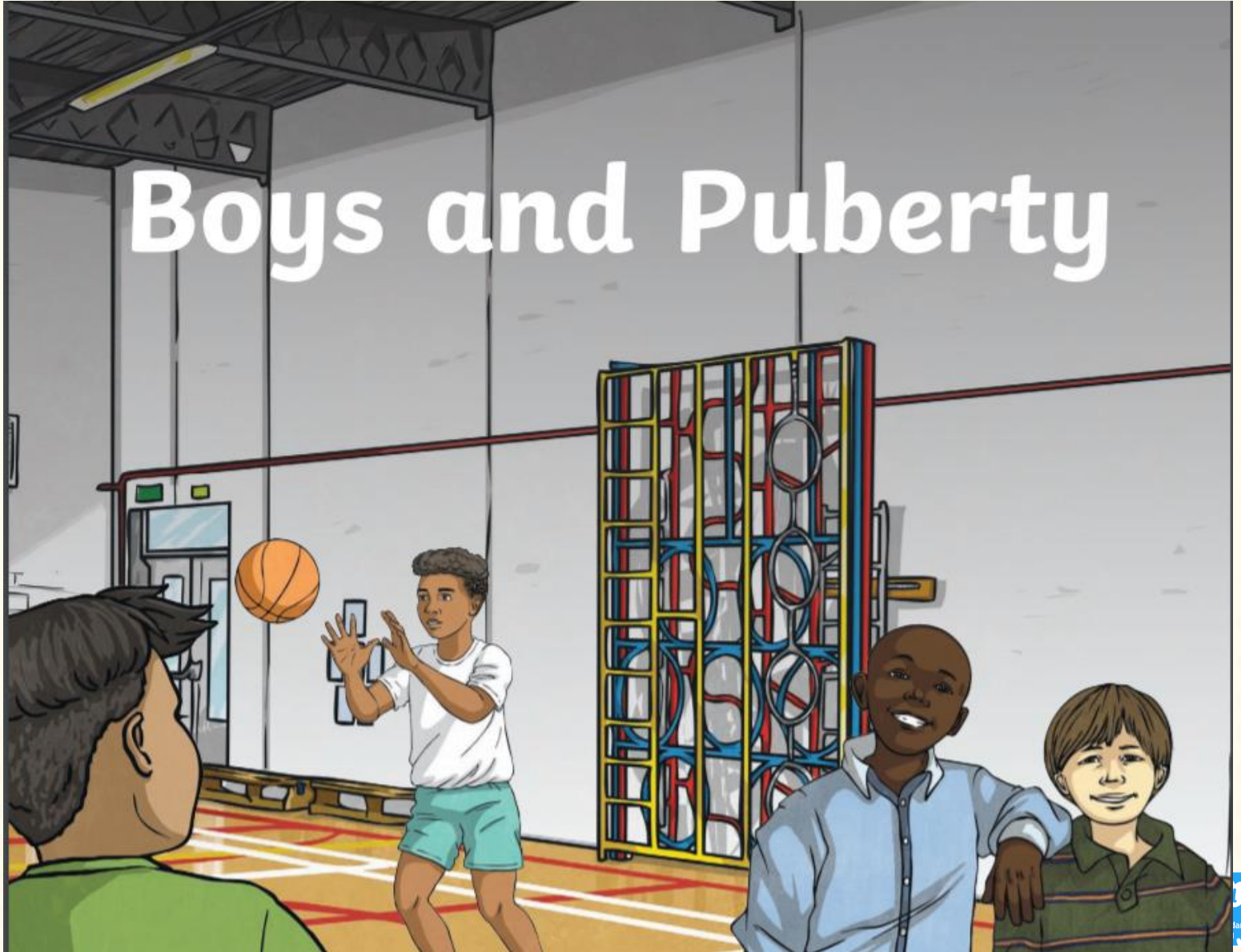


# Boys and Puberty



# Ice Breaker Bingo

Everyone has a body. Everyone's body changes.

It's important to have the confidence to ask questions. It's important to make time to listen to each other. This game will help you do both!

**Play It!** Can you find a classmate to answer each of these questions?

Remember, you can only use each person once.



# Ice Breaker Bingo

Find someone who...

can whistle loudly	likes cats better than dogs	has freckles	likes to dance
can touch their toes	is an only child	doesn't like pizza	was born in another country
has been on an aeroplane	can play an instrument	can click their fingers	can't do a cartwheel
can tie shoelaces	likes a cup of tea	can wiggle their ears	has a birthday in the same month as you

# Ground Rules

Feeling relaxed? Good!

Before we begin, here are some ground rules to help us learn and be confident.

What ground rules do you think we should have?

Why are ground rules important?

## Ground Rules for SRE

- G** Giggling is okay!
- R** Respect what others say; no put-downs.
- O** Okay to pass on a question or activity if something feels too private.
- U** Understand others' feelings, be sensitive, listen and respect their differences.
- N** No personal questions or stories from pupils or teachers.
- D** Discuss puberty topics responsibly outside the classroom.
- R** Remember to ask questions if you are unsure about anything.
- U** Use the correct names for body parts - ask if you can't remember.
- L** Let the teacher know if you want to speak to them privately.
- E** Encourage others to participate and get involved.
- S** Speak for yourself; use 'I' statements and don't refer to others by name or by pointing.

# Ground Rules

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Giggling is okay!

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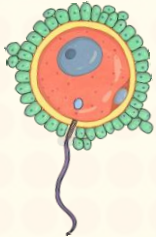
**Discuss It:** Do you agree with each statement?

# Human Development

As we grow older, our bodies change. This is called **puberty** and is an important part of the human life cycle as our bodies mature so that we can reproduce as adults.

What stage in the cycle are you at?

What change will happen to you next?



**fertilisation**

**infancy**

**childhood**

**puberty**

**early adult**

**middle age**

**old age**

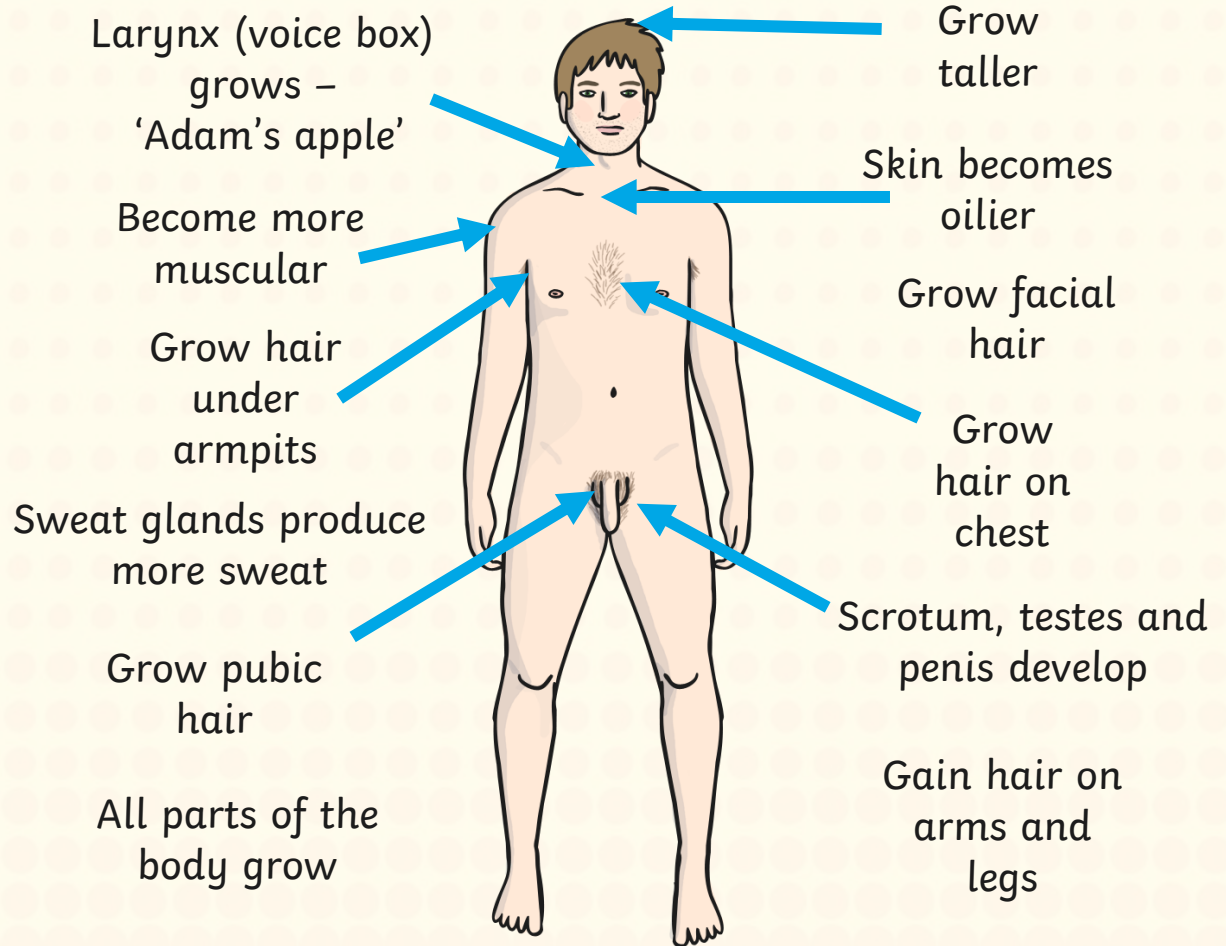
Now we're going to look at a few aspects of puberty in a little more detail. Everyone goes through puberty. Every adult has already experienced it and every young person will get there soon, and yet...

**...we still get embarrassed and don't like talking about it!**

There are lots of signs that a boy is growing up. Most boys begin puberty somewhere between the ages of 9 and 14 – but it's different for everyone. Your body will start to change when it is ready and everyone grows at their own pace!



# Puberty for Boys



Remember that everybody's body looks different!

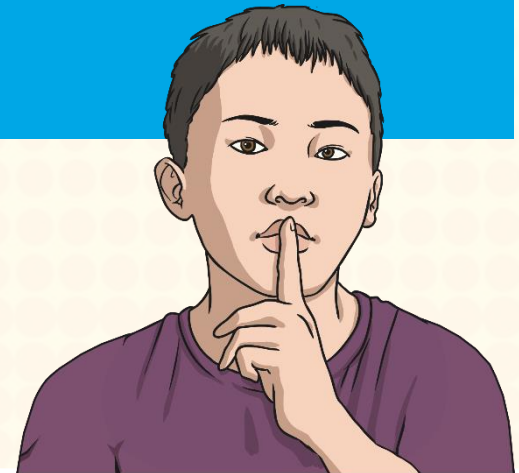


# Puberty – A Closer Look

Now we're going to look at a few aspects of puberty in a little more detail.

Everyone goes through puberty. Every adult has already experienced it and every young person will get there soon, and yet...

**...we still get embarrassed  
and don't like talking about it!**

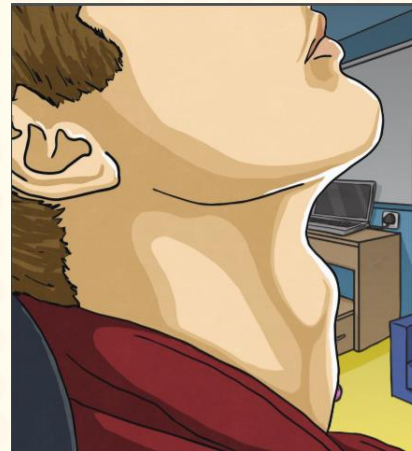


# Puberty for Boys

There are lots of signs that a boy is growing up. Most boys begin puberty somewhere between the ages of 9 and 14 – but it's different for everyone. Your body will start to change when it is ready and everyone grows at his own pace!

## Larynx - Voice

Your voice will gradually deepen but until this settles down you could sound croaky and produce some interesting sounds! This is your voice breaking.



# Sweat

Hormones can make you sweaty and spotty – good personal hygiene (washing and deodorising) is very important.



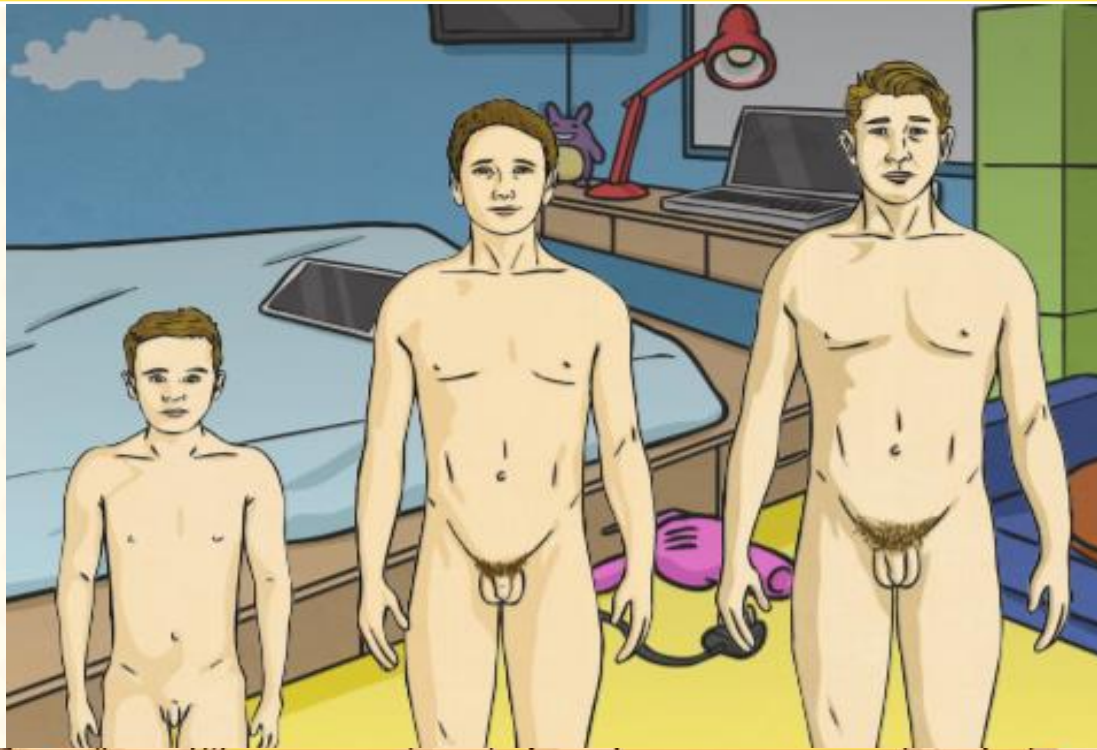
# Hair

Armpits, legs, arms, face, chest and the pubic region all become more hairy.



# Height

Your body keeps growing until you reach a height that you will stay at. You may become more muscular too.



## Growth

During puberty, boys go through a growth spurt and can grow up to 8cm in one year. Your body keeps growing until you reach a height that you will stay at. You may become more muscular too. Boys' breasts might swell slightly. This is due to hormonal changes and is completely normal. It is only temporary.

# Penis, Scrotum and Testicles

Your penis and testicles grow. They may sometimes feel uncomfortable and due to your body producing more hormones (testosterone is one of these), you might get erections when you least expect them!

## **Hormones**

Puberty starts when your brain tells your body to start releasing new hormones into your blood. These hormones travel around your body and cause lots of changes to happen.

## Emotion - Hormones

The extra hormones may also cause you to have mood swings but this will improve in time as your body grows and you come to understand it.

## Emotions

The extra hormones may cause you to have mood swings but this will improve in time as your body grows and you come to understand it.

## Wet Dreams

You start producing sperm which may be ejaculated (released from your penis) during sleep – don't worry, this is perfectly normal!



# Questions? Questions?



Remember...  
puberty is not a secret!

Every adult or older teenager  
has already experienced it,  
so if there's anything you  
feel worried about,  
they will probably understand.



