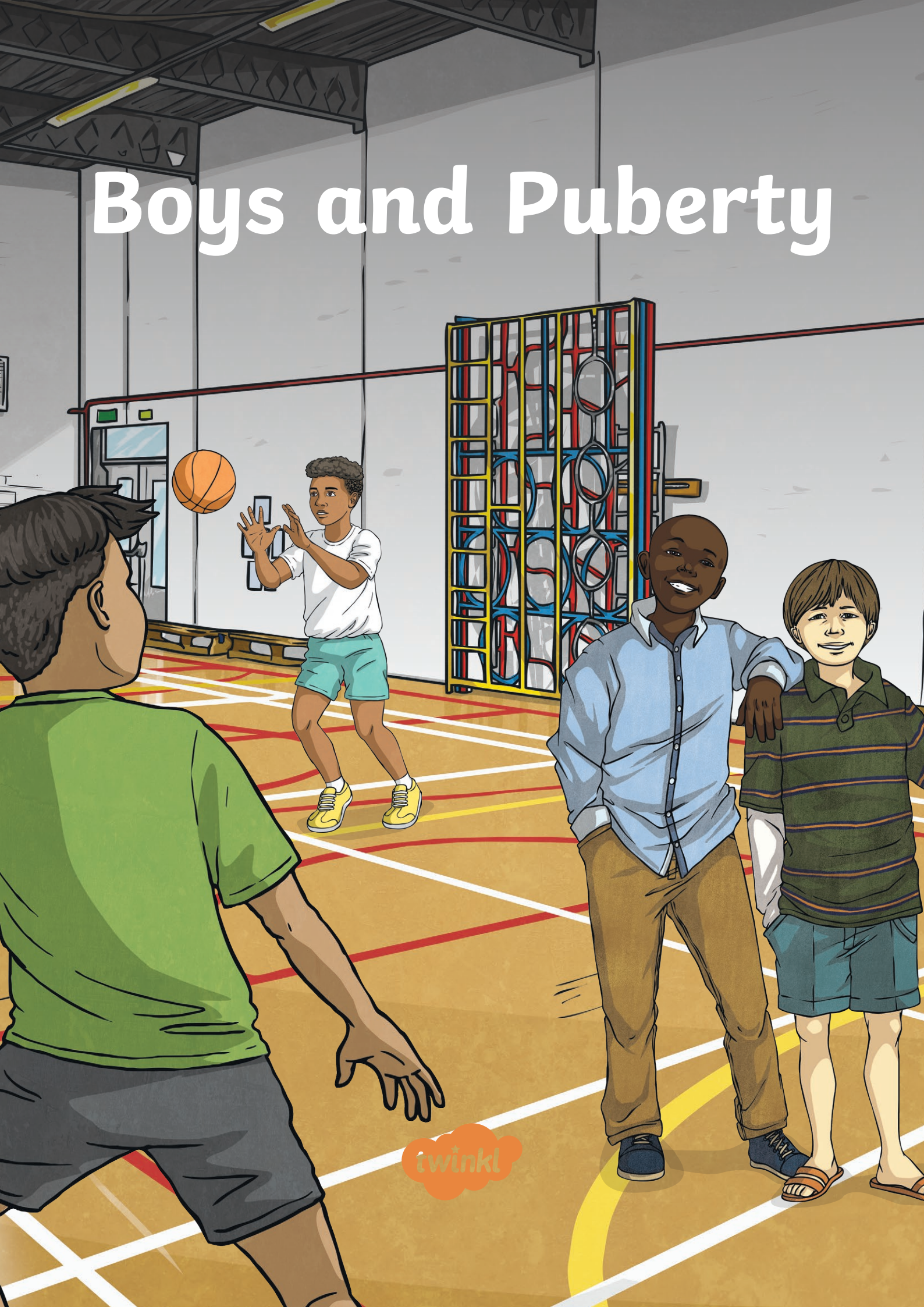
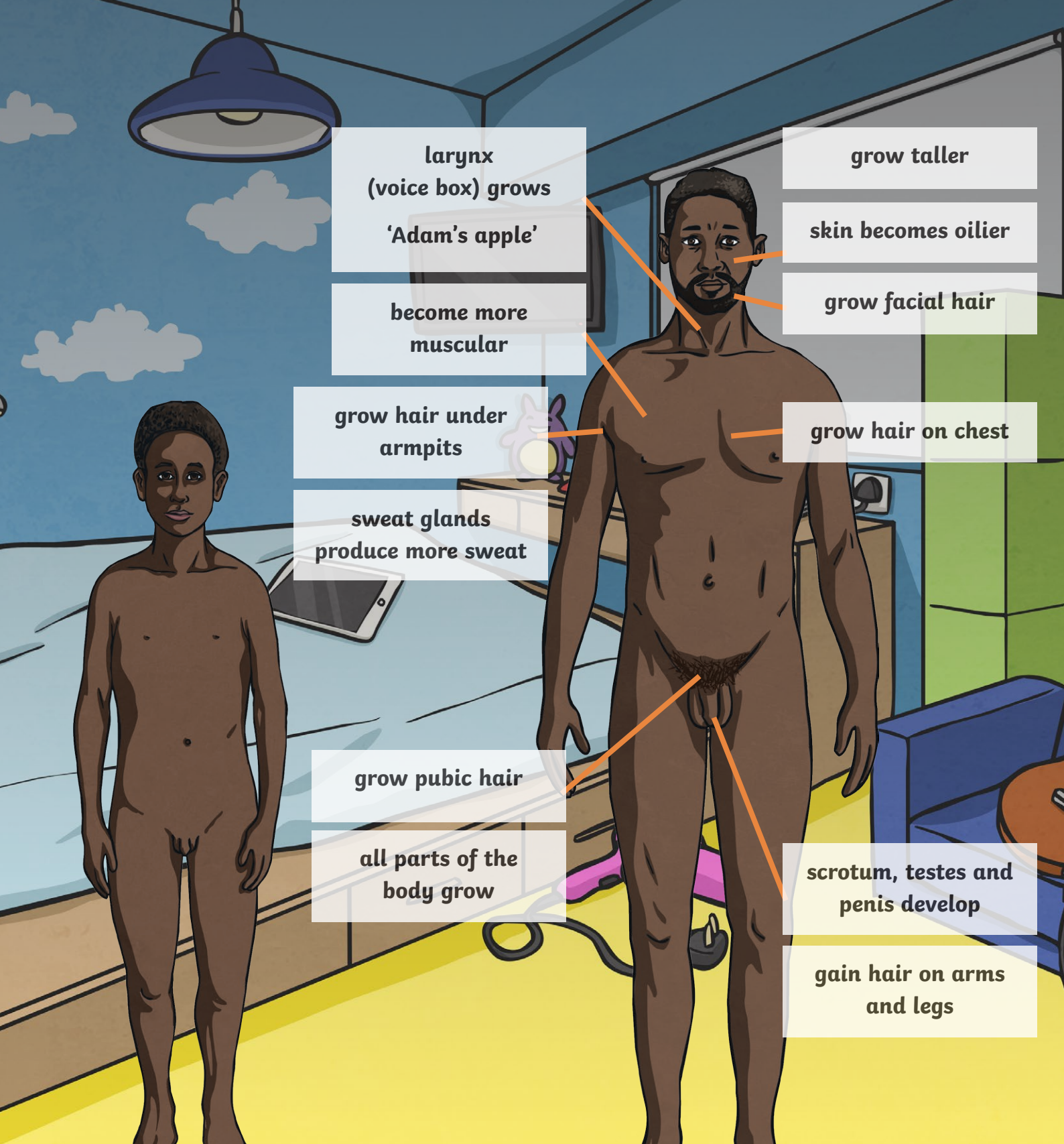


Boys and Puberty





**larynx
(voice box) grows
'Adam's apple'**

grow taller

skin becomes oilier

**become more
muscular**

grow facial hair

**grow hair under
armpits**

grow hair on chest

**sweat glands
produce more sweat**

grow pubic hair

**scrotum, testes and
penis develop**

**all parts of the
body grow**

**gain hair on arms
and legs**

Remember that everybody's body looks different!



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!

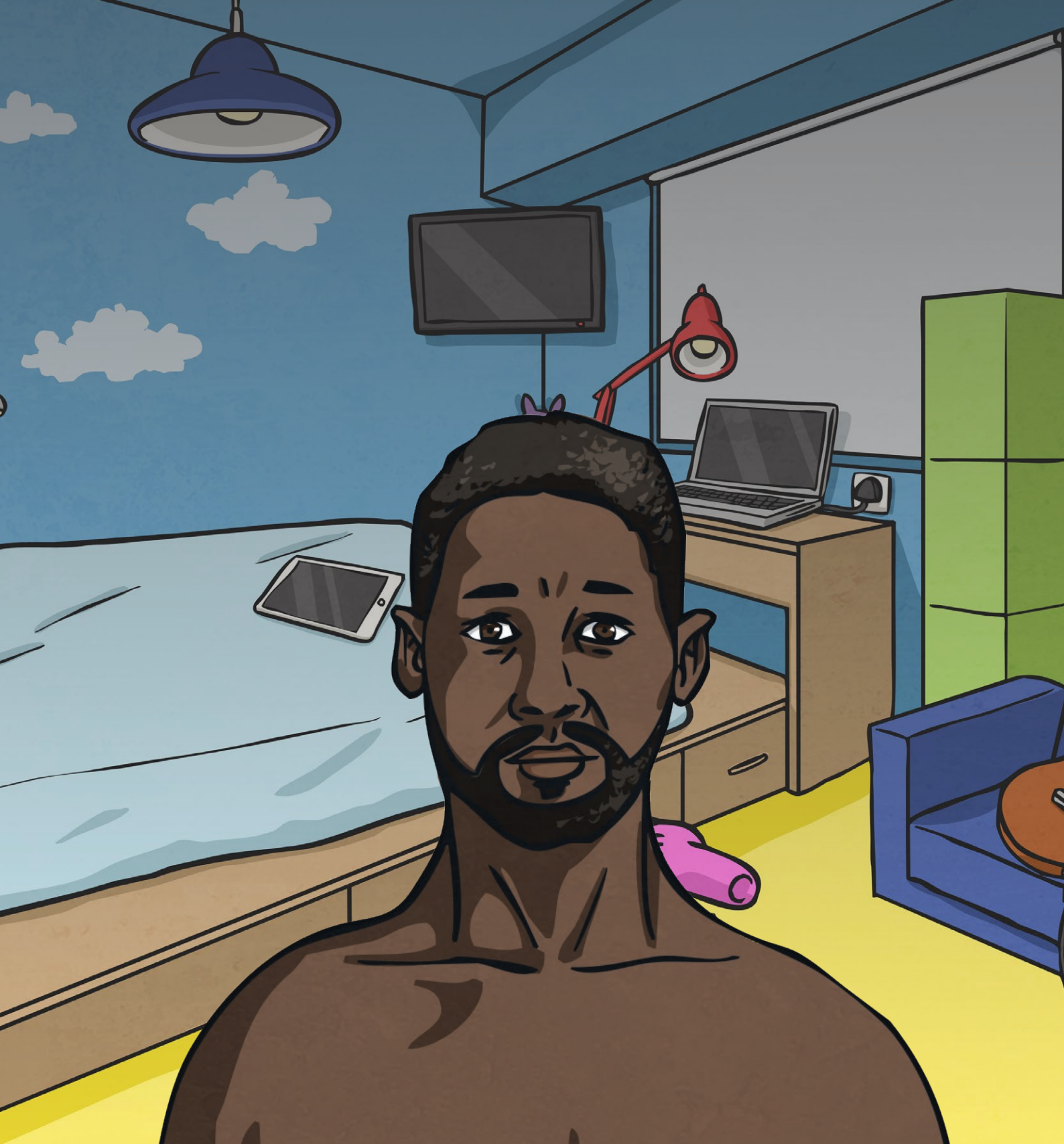


There are lots of signs that a boy is growing up. Most boys begin puberty somewhere between the ages of 9 and 14 – but it's different for everyone. Your body will start to change when it is ready and everyone grows at their own pace!



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.



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.



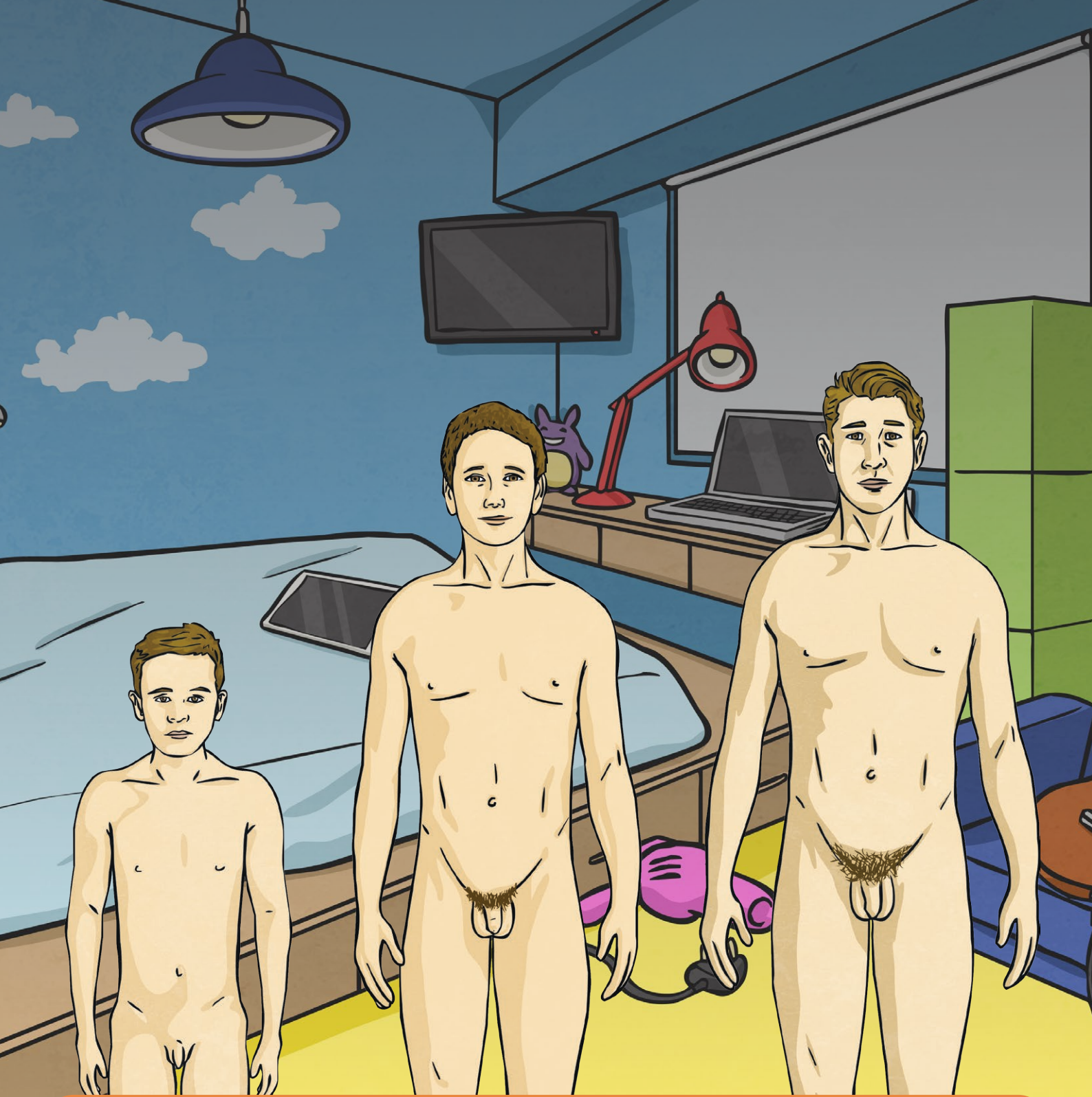
Penis, Scrotum and Testicles

Your penis and testicles will 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!



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.



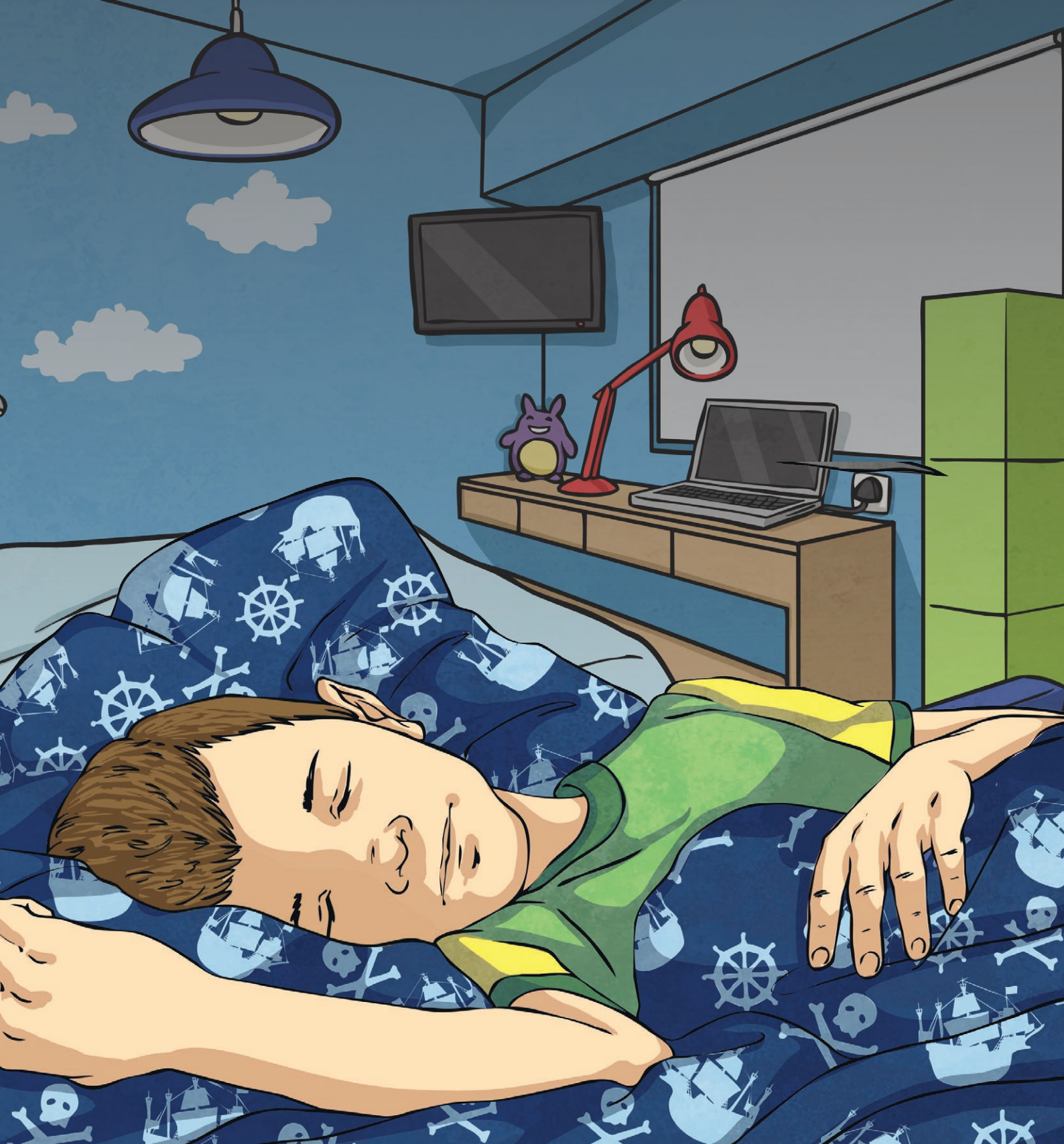
Growth

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.



Hair

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



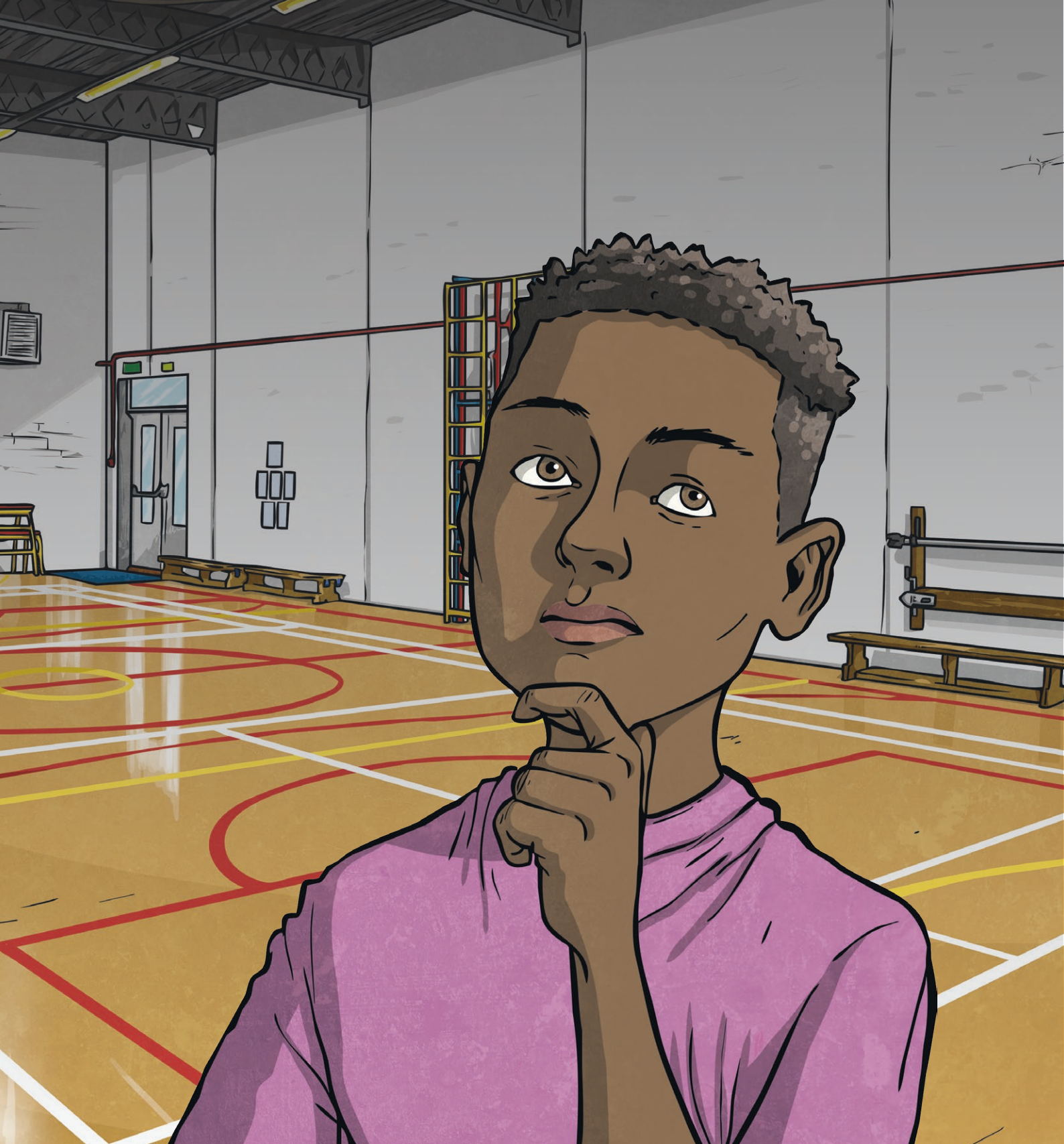
Wet Dreams

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



Sweat

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



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.

