Boys...

Your guide to growing up
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During puberty your body starts to change

- you will grow taller and more quickly than you have in the past
- your body shape will change, your chest and shoulders become broader and your muscles will develop
- spots may appear on your face and body – try not to squeeze them and keep your skin clean
- your hair could become more greasy and will need washing more often
- your body starts to sweat more and you will need to wash more frequently
- hair will grow under your armpits, on your face, legs, chest and around the penis (the pubic area)
- your voice “breaks” and deepens and sometimes becomes squeaky for a short while
- your penis (willy) becomes thicker and longer and your testicles (balls) get bigger. The testicles start to make sperm and you will be physically able to father a baby
- don’t worry if your penis isn’t the same size as other boys, everyone is different. One testicle may look different to the other – this is normal too
- your penis may get an erection (when the penis goes hard) – this can happen any time but often in the morning – this is normal
- ejaculation is when sperms are released in a thick creamy fluid called semen, this can sometimes happen at night while you are asleep; this is natural and is known as a wet dream – it does not always happen to everyone but if you find a wet spot on your pyjamas or sheet try not to worry, this is normal
- your feelings could change from day-to-day – you might feel moody and think no-one understands you – don’t worry, after a while you will find these feelings easier to cope with as they settle down – this is due to the hormones changing in your body
- remember you can always discuss the changes that are happening to you so talk to a parent, carer, your school nurse or an adult you trust

Everyone goes through puberty but everyone’s body changes at different times so try not to compare yourself to your friends. Puberty doesn’t happen quickly it can take between two and four years – remember not everybody develops at the same age or at the same speed.

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Puberty is a time of change for your body. It is when you grow from a child into an adult. During puberty, because your body starts to produce chemicals called hormones, changes start to happen. These changes can begin any time between the ages of 10 and 17 years – everyone develops at different times and at different rates, so don’t worry if your changes start earlier or later than your friends.

Know the facts and what to expect.
Remember... Everyone goes through puberty!

If you are worried or have more questions always talk to an adult you trust who will explain these changes in more detail.

CHILDLINE
Tel: 0800 1111

www.childline.org.uk
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