BOYS

Check out the Bare facts
And all the Hairy Bits
Puberty is when you change from a child into an adult. Over a period of about two years all sorts of changes take place to your body, mind and emotions. Puberty can begin any time between 10 and 17 - everyone develops at different times and at different rates, so don’t worry if you think you are being left behind.

These are some of the things that may happen:

You will grow taller (5 - 12 cm a year) and your body will change shape

Your voice will deepen but for a while your voice will be squeaky at times, then go deep again.
Shoulders broaden
and muscles develop
Your face will look
more adult.

You may feel moody
or angry
feeling no-one understands you.
You are growing into an adult,
away from your family,
becoming more independent.
Your genitals will grow bigger. This means that you will be able to produce sperm and father a child.

Sometimes during puberty you may get an erection [your penis (willy) goes hard] for no apparent reason. This is normal.

It is also common to ejaculate (release semen/sperm) during your sleep. If you find a wet spot on your sheets or pyjamas don’t worry, this is normal.

Remember everyone goes through puberty.
You may get spots and your hair may get greasy and need washing more often.

You will grow hair on your body:
- Pubic hair (around your penis)
- Your arms and under your arms
- Your legs
- Your chest

You will grow hair on your face (upper lip and chin)