Boyz Will Be Boyz

How do I change from being a boy into a man?

What happens to my feelings?

What happens to my body?

Click here - er, I mean, flip the page to find out more!

This is a time called puberty!

We are going on a journey to explain what happens so that you won't feel so confused. We'll also answer any questions that you might have.

Don't forget, if you have some questions that are not answered in the booklet, remember that you can always ask an adult!
You've come so far already. You can do a lot of things for yourself. What happens next?

Well not exactly. We all grow at different rates. It's perfectly normal and nothing to worry about. The changes that happen to your body will happen at a time when it's right for you!
Why Do These Changes Happen?

Hey, do you know what hormones are?

Yeah, they make your willy grow!

And they make your voice break!

Do they? That sounds painful!

Oh yeah... they make you hairy as well!

Boy's hormones are called testosterone.

Our bodies change due to little messages sent out by the brain called hormones. These hormones make your penis and testicles grow. Your testicles produce more hormones which bring about other body changes such as body hair.

Before puberty

After puberty

The penis and connected organs.

Bladder, prostate gland, urethra, testicle, scrotum, foreskin.

Does Everybody Sweat?

Did you know that everybody sweats but not everybody smells?

Er... um... actually you do!

Well, you can take a bath regularly...

... wash your hair, change your pants and socks every day...

... and use a deodorant!

Are Hormones Smelly?

Do these hormones smell, then?

No... what are you talking about?

I wish somebody would come and talk to me!

Oh... I wondered why nobody would sit by me! What can I do???
Hormones (yes them again!) make your penis and testicles grow to produce sperm and semen. Your penis becomes erect (stands up, goes hard) all by itself, sometimes for no reason at all and that’s quite normal. Semen is the white, sticky substance that contains sperm and comes out of your penis. Semen can also be clear and watery or thick and custard-like. Sometimes semen is released at night; this is called a wet dream - your body’s way of making sure that your testicles are working correctly - very nice and very normal.
Hey boys - girls have hormones too - different ones called oestrogen. Funny name - and they produce eggs too! Amazing, eh? Their feelings get a bit muddled too. Sometimes they are all friendly and nice and the next day they don't want to talk to you - sound familiar?

Moody? - Not me!

Yes, you!

So what about girls? Well, for a start they are born with thousands of tiny eggs inside them. When they start to have periods it means that every month an egg is moved from where it is stored in the ovary, through the fallopian tube, to the womb. If the egg was fertilised by a man's sperm then it would grow into a baby.

Sometimes a period can be a little bit painful for girls, and they can get moody or be easily upset, so it's very important to consider girls feelings as well as your own and other boys.

Hey! Have you got my number?

Natter! Natter!

Hey! What are you looking at?

Woo! Giggle!

I used to be able to chat to girls but I don't know what to say now! - Wonder how they feel?

Wish he'd say hello to me! He probably doesn't like me anymore what with my spots, braces and greasy hair!

How do you find the courage to speak to girls?

Fly on!

COR! LOOK! More girls are getting on!

Natter! Natter!

Feelings, moods... Cramps, a little bit of white stuff that comes out of your - you know, vagina! Then a little bit of blood!

Yuk! Is there loads? Do you flood?

How do you know when you're about to start?

Not usually... It's slightly different for everybody!

Sanitary towels, panty liners... but you can also use tampons! They fit inside you! There's not much blood and it's over in a few days!

Sanitary pad (external use)

When does it start again... the next week?

Tampon (internal use)

What do you use?

No - is there something wrong with me?

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Sanitary pad (external use)

When does it start again... the next week?

Tampon (internal use)

No! About every month! I write it in my diary to keep track!

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