



When boys grow up



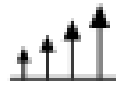
Getting ready for puberty



Puberty is when a



boy



grows



and



changes

into an adult

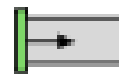


man.



Lots of

things will



start

to happen



at this



special



time.



Growing up is



not



naughty



and is



not



a secret.



People who

care for



you

will



help



you

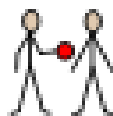
to

understand

what is



happening.



This could be

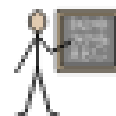
your



family,

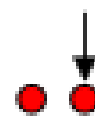


carers,



teachers,

or



another

adult such as a



doctor

or

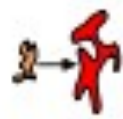


nurse.

Parts of boys' bodies will grow and change.



What



changes

can you



see

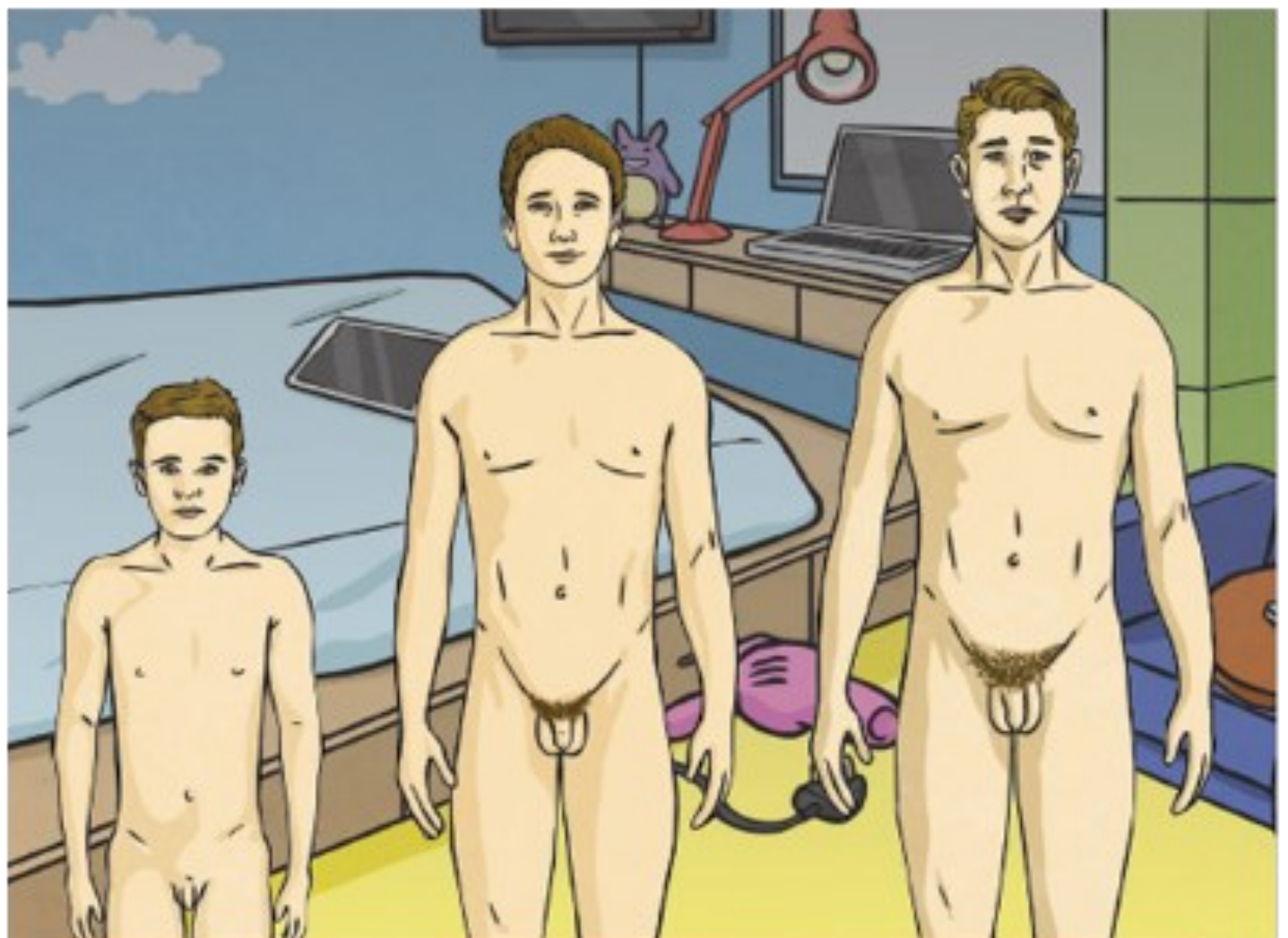
in the

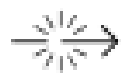
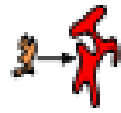


picture



below?

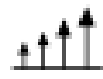




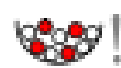
Some of the changes which will happen during puberty are...



Growing taller



Facial hair starts to grow



Hair and skin get more oily



grows in



Hair grows in armpits, on chest



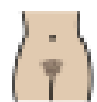
and on



arms



and legs



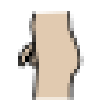
Pubic hair



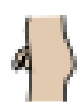
grows



around



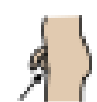
penis



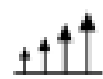
Penis



and



testicles



grow



bigger

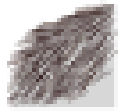
During puberty a boy's voice box grows. This will also

make a lump on his throat grow called an Adam's apple.



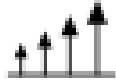
Boys' voices will change and sound different as they grow.

We call this 'voice breaking'.



Hair

will start to



grow

on



different

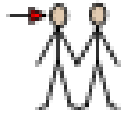
parts of



boys'



bodies.



They



might



notice



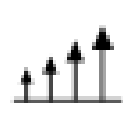
a beard



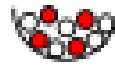
and



moustache



growing.



Some



men

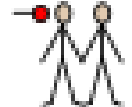


choose

to



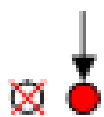
keep



their



facial hair.



Others



may

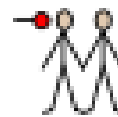


choose

to



shave



their



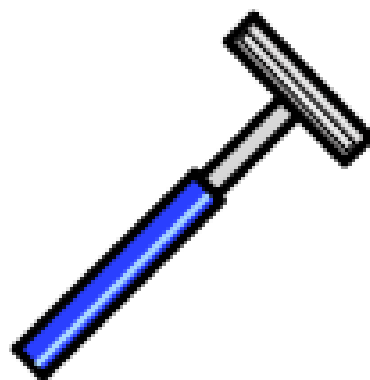
facial hair



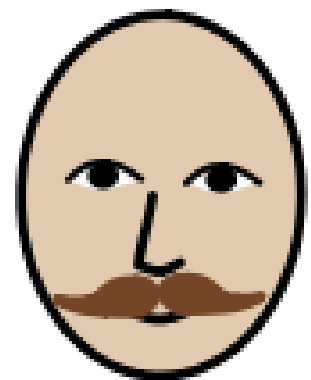
off.



beard






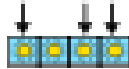



razor








moustache

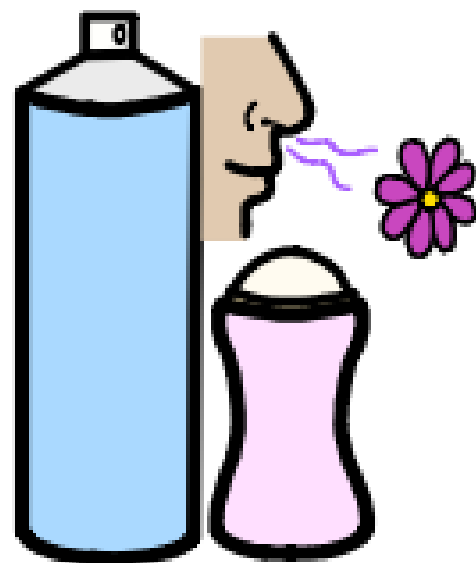
   
Keeping clean is important during puberty.

     
You will sweat more now. You might need to have a bath or

     
shower more often to keep yourself fresh.

    
Deodorant or antiperspirant used on your armpits can help to stop


bad smells



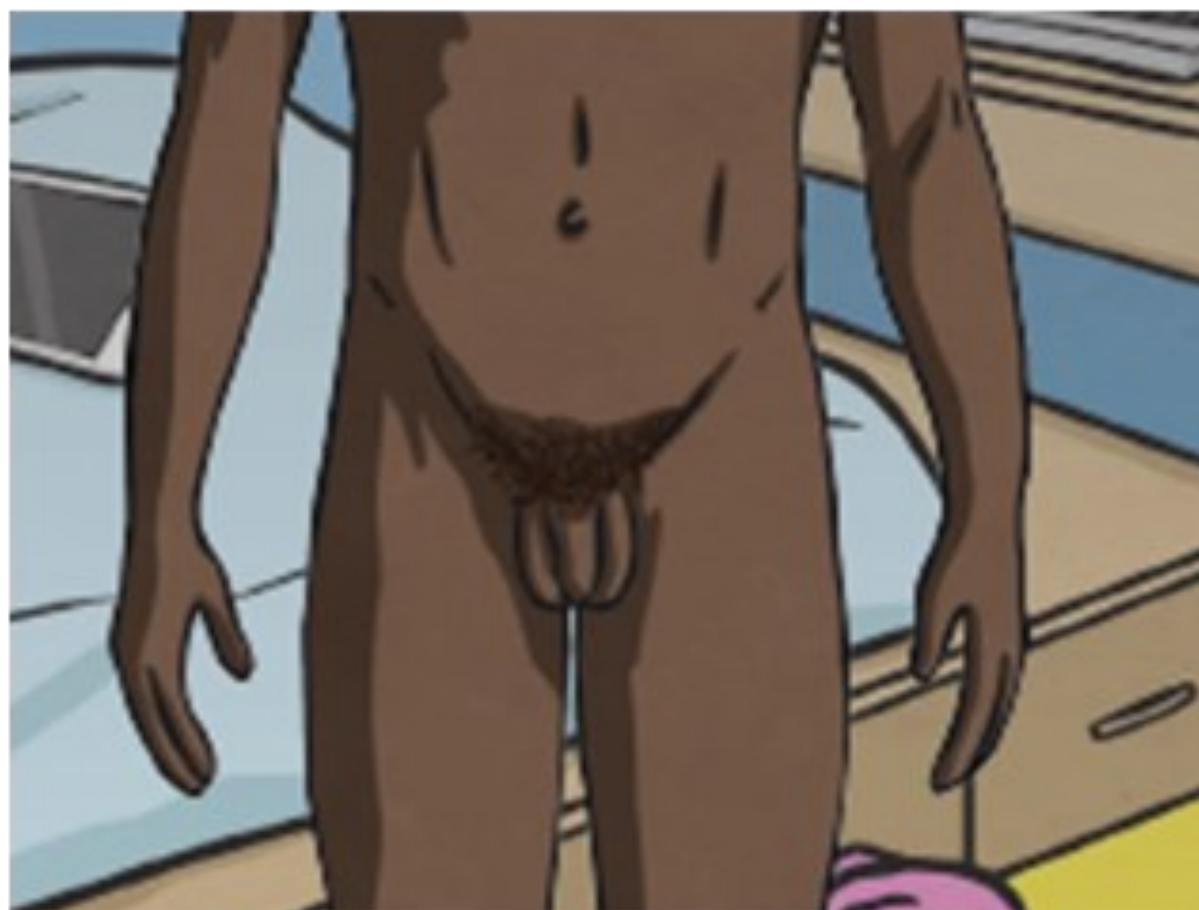
deodorant

As boys' penis and testicles grow their testicles will start to

make sperm. This is their body's way to get ready to help

make a baby. Their body will still get ready for this

even if they choose not to have babies in the future.

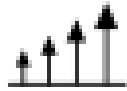




When boys' testicles make sperm this might sometimes come out of
 their penis while they are asleep. They might find some
 white sticky fluid in their pants when they wake up. This is
 called a wet dream. This is not naughty and they should
 ask for help to clean up and get changed if they need it.



All



this

growing



and



changing

will sometimes



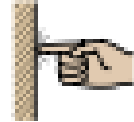
make



boys'



penises



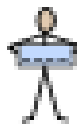
hard

for



a little

while.

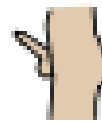


This is

called

an

erection.



It is

not



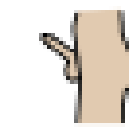
naughty

or



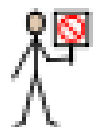
bad

to have an



erection

but it is



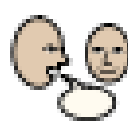
private.



Boys



can

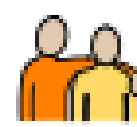


tell

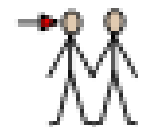


someone

who

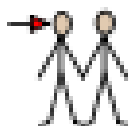


looks after



them

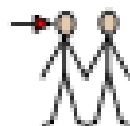
if



they

are worried

but

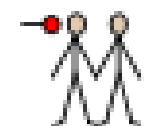


they

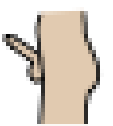
should not



show



their



erection

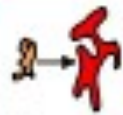


to

other



people.



Changes

during



puberty

can



make

you



feel

more



sad

or



grumpy

than usual. People who



care for

you



can



help



with this

but it is



normal

to have



lots of



different



feelings

at this



time.

If you are



worried

you



should



let

an



adult



know

this.

