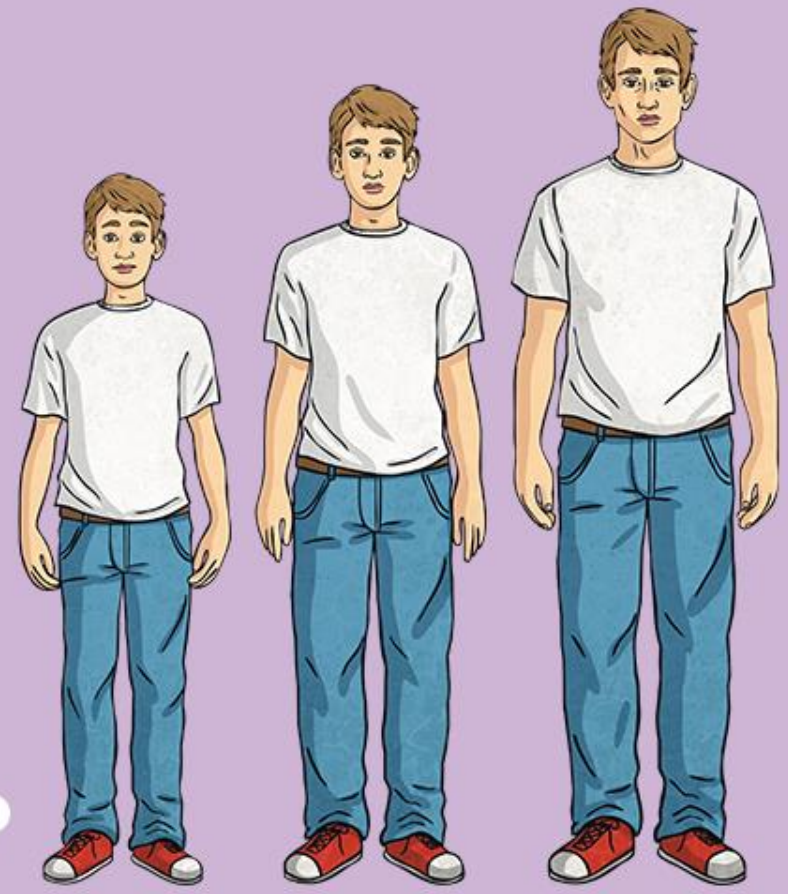
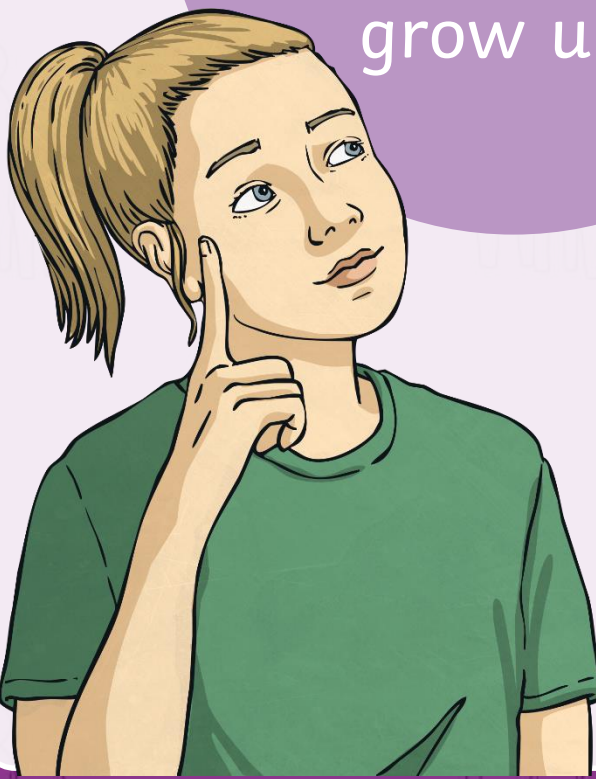


# Changes in Boys



A cartoon illustration of a young girl with blonde hair in a ponytail, wearing a green t-shirt. She is looking upwards and to the right with a thoughtful expression, her right hand raised to her chin.

What changes  
happen to boys'  
bodies as they  
grow up?

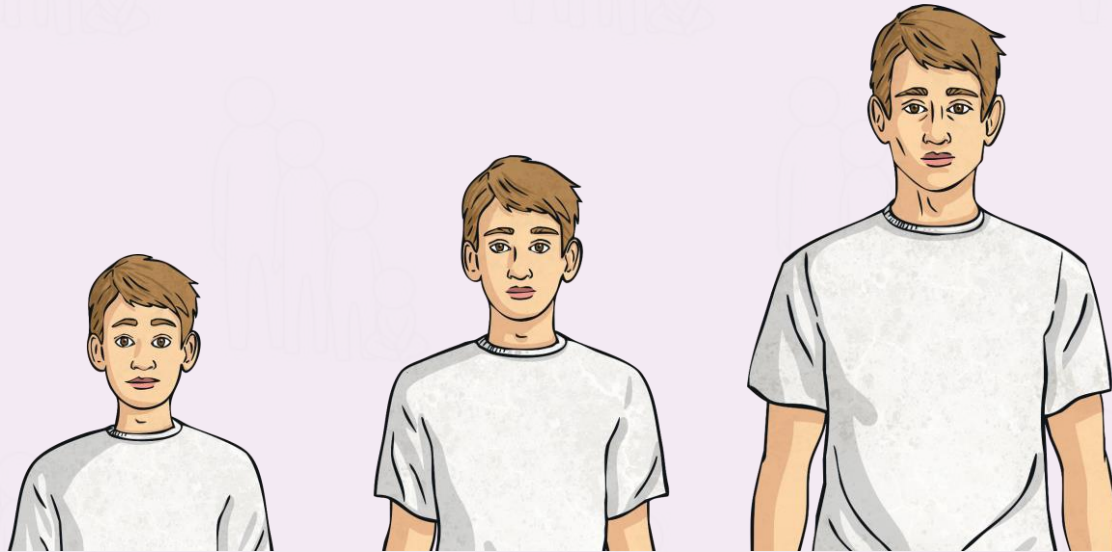
A cartoon illustration of a young boy with brown hair, wearing a teal hoodie and blue pants. He is standing with his left hand on his chin and his right hand in his pocket, looking upwards and to the left with a thoughtful expression.

Why do  
these  
changes  
happen?

# Male Bodies

Think about yourself or boys you know that are your age.

Now think of men you know, like your dad or an uncle.



What are the differences between the boys you know and the men you know?

Can you list three differences between boys and men?

# Male Bodies

Boys' bodies start changing from around the age of 12, but it can be earlier or later.

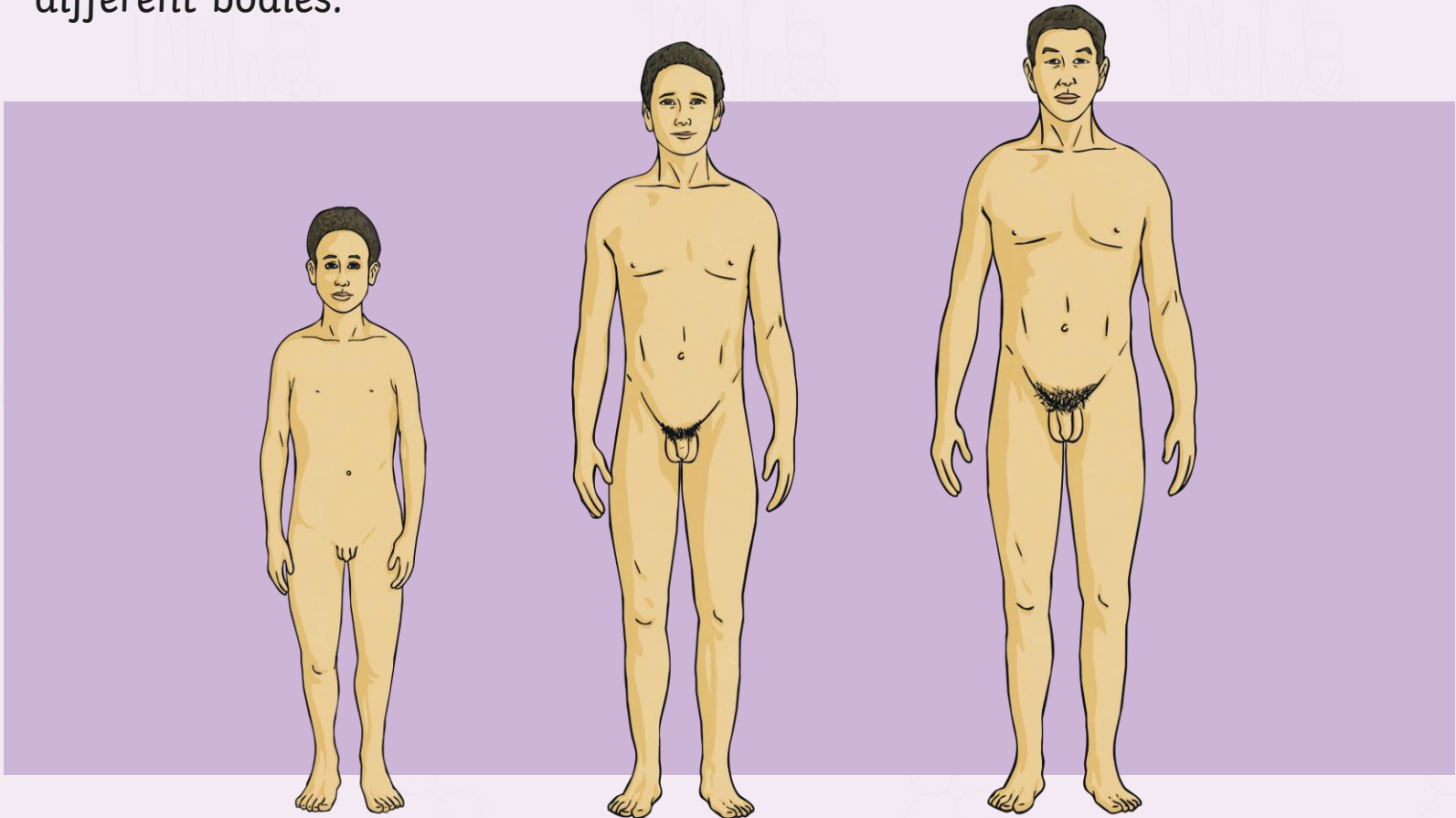
The changes don't all come at once, they happen over a few years.

It's good to know about the changes that are going to happen before they happen. That way you won't get any surprises!



# Male Bodies

Look at the pictures and see if you can spot the changes between the different bodies.

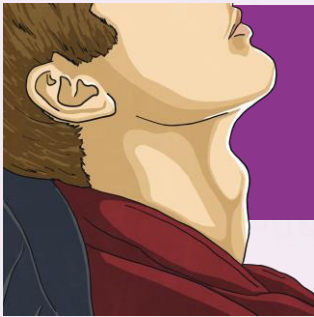


# Changes in Boys

The growing your body does when you are a teenager, from a boy into a man, is called **puberty**. Let's take a look at the changes you can expect to see as you become a teenager...



# Changes in Boys



You may notice you are getting an Adam's apple – this is your voice box getting larger, which makes your voice deeper.

Your testicles will grow bigger and your penis grows longer and wider. Sometimes you have increased blood flow to your penis which will cause it to become stiff for a period of time. This is called an erection.

You grow more hair on your body, such as under your arms, around your penis and on your chest.



Sometimes at night, your penis will release sperm in your sleep. It will feel like you have wet yourself. This is called a wet dream and is completely normal.

Your body will grow bigger and stronger.





Your body will start to sweat more – and that means you get more smelly!

Washing more often is a good idea and you might want to start using a deodorant to keep you smelling fresh.



You may find your hair is more greasy.

You start to grow hair on your face.



You may get spots on your face or other parts of your body, such as your chest, back or shoulders. This is called acne.



It's best to leave spots alone. Keep clean and maybe try treating acne with special spot cream.



# Changes in Boys

Many people experience mixed up feelings and mood changes. This is caused by chemicals in our bodies called hormones. It can be very difficult for children and their parents to deal with.



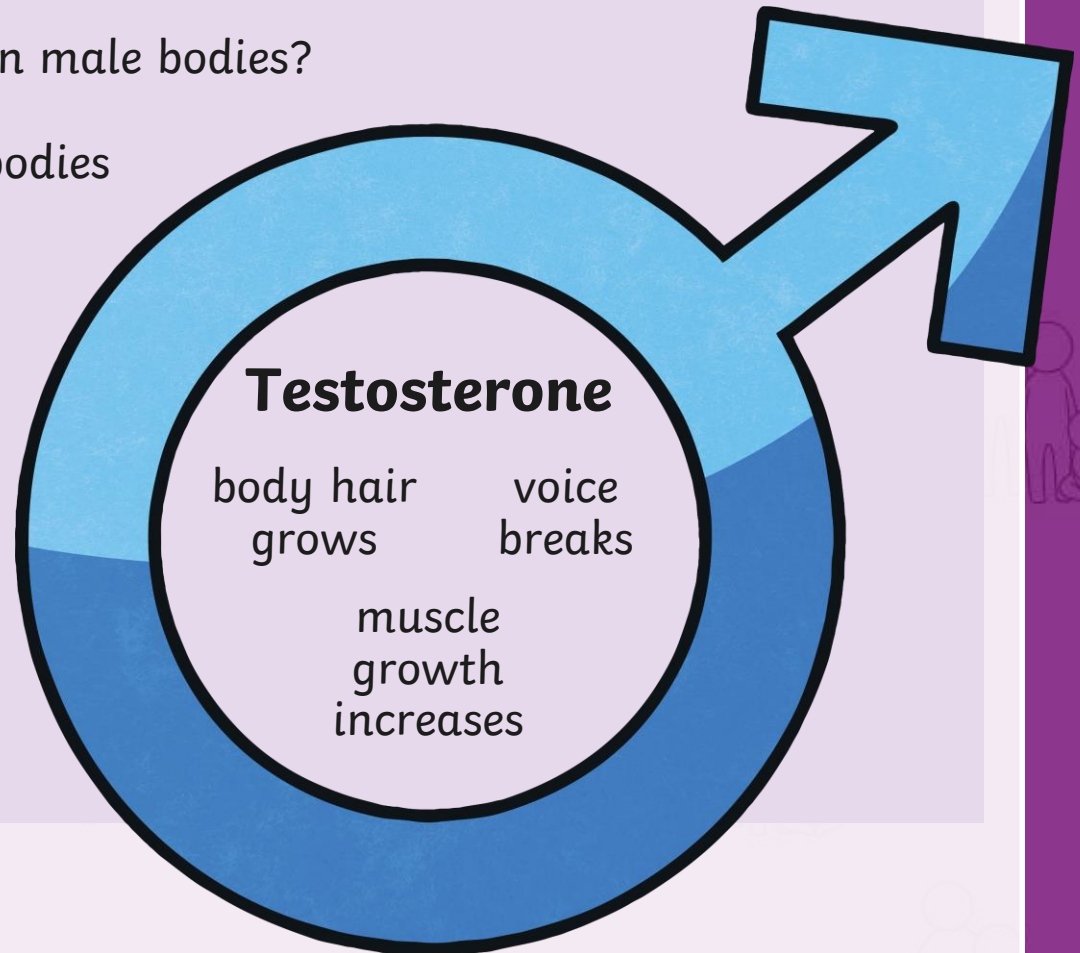
One minute you have lots of energy and the next you feel so tired that you just want to be left alone to 'veg out'.

# Why Do These Changes Happen?

What causes these changes in male bodies?

At the time of puberty, our bodies start to produce a **hormone**.

The hormone that the male body produces is called **testosterone**.



# Activity

Look at the word mat and describe the changes boys go through.

Example:

Boys begin puberty around the age of 12 but it can be earlier or later than this. During puberty, boys produce a hormone called testosterone which causes lots of changes in the body. Boys' voice boxes grow so that their voice can get deeper. This creates an Adam's Apple in their neck. The penis and testicles also get bigger. Sometimes the penis will have increased blood flow which makes it go stiff (called an erection) and sometimes it will release sperm during sleep (called a wet dream). As boys go through puberty, their bodies will grow taller and they will grow more hair, particularly under their arms and on their groin. Boys will also start to sweat more.