

PUBERTY

Your voice will deepen, but for a while your voice will be squeaky at times, then go deep again.



You may get spots.



You may feel moody and angry and feel no-one understands you. You are growing into an adult, and becoming more independent.



Notes

If you need more information or a question answered, talk to someone you can trust.



ChildLine 0800 1111

Lucinda & Godfrey
Growing & Changing

PUBERTY

for Boys



by Godfrey

PUBERTY

for Boys

Introduction

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.

You will grow hair on your body:

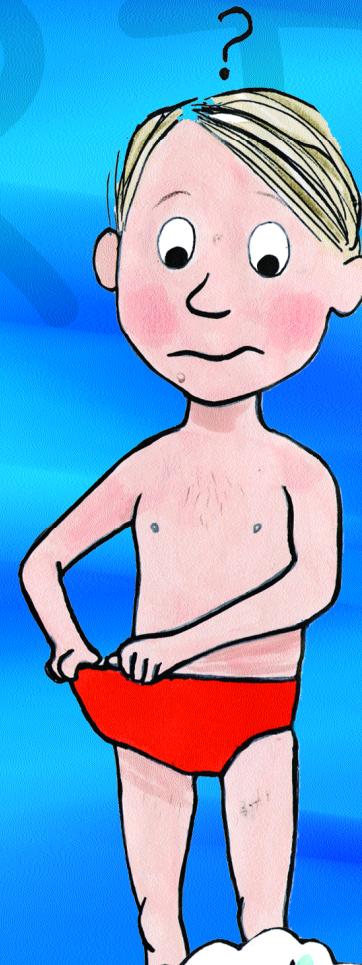
- Legs
- Armpits
- Arms
- Chest
- Pubic Area

You will grow hair on your upper lip and chin.

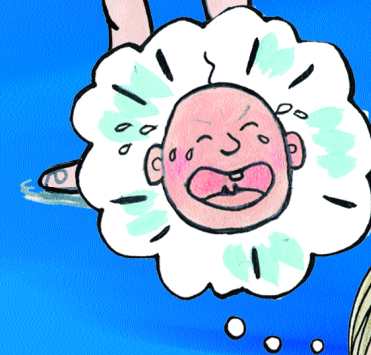
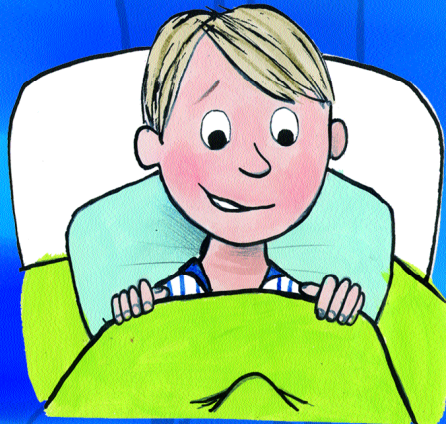
You will grow taller (5-11cm a year) and your body will change shape.

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

Your penis and testicles will grow bigger. This means that you will be able to produce sperm and father a child.



It is also normal to ejaculate in your sleep. This is called a wet dream.



Waaah!

