

PUBERTY

A Boys Overview



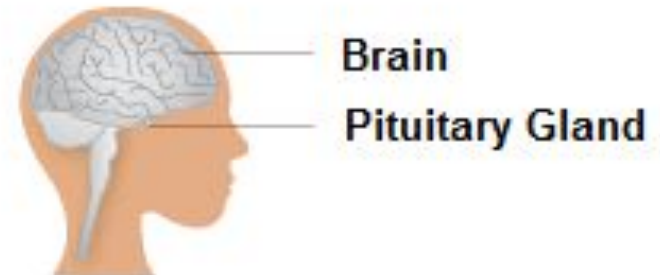
What is puberty?

Puberty is the time when your body changes from being a child to a young adult.

Your body is preparing itself to be able to reproduce (have a baby).

Why does it happen?

- Puberty starts when extra amounts of chemicals called hormones start to be produced in the body.
- The body produces the sex hormones **OESTROGEN**, **PROGESTOGEN** and **TESTOSTORONE** which are responsible for many different changes in the body.
- The brain and pituitary gland release the sex hormones that regulate the reproductive organs.



Chris's Story

Physical Changes

Physical changes happen because the body starts to produce chemicals called sex hormones; **oestrogen, progesterone and testosterone.**

Puberty happens anywhere between **8 and 18** years of age.

Physical Changes cont.

The female body mainly produces **progesterone and oestrogen** which start the changes of puberty.

Usually starts between 8-13 years.

The male body mainly produces **testosterone** which start the changes of puberty.

Usually starts between 10-15 years.

What changes happen to boys?

- Grow taller and heavier
- Bones grow bigger and heavier
- Nose and jaw get bigger and face gets longer
- Get more muscles
- Hair and skin can become oily and you may get spots
- Body sweats more
- Hair grows on the face, under the armpits, around the genitals (pubic hair).
- May get more hair on arms, legs and chest.
- Voice gets deeper
- Penis and testicles grow bigger and longer
- May have mood swings, sexual thoughts and feelings

Bodies activity!

Emotional Changes

It is not just your body that changes during puberty
– your **mind and feelings** change too.

Sometimes:

- You may feel **lonely and confused**.
- You may have **mood swings** (including irritability, tearfulness, overwhelming happiness and confusion).
- You may want **more independence**.
- You may also become **argumentative and bad tempered**.

What causes conflict with parents?

- ❖ Homework
- ❖ Clothes
- ❖ Games consoles (i.e. Wii, X-Box, Playstation)
- ❖ Internet usage
- ❖ Music choices and volume
- ❖ Friends
- ❖ Bedroom
- ❖ Choice of leisure activities

How to keep parents happy

- ❖ Keep them involved, **tell them** how you are feeling about things.
- ❖ Ask their advice, **listen** and if you disagree tell them why.
- ❖ Accept that they have the right to lay down some rules, be willing to **meet them halfway**.
- ❖ Try **not to lose your temper**, if you show them you can accept when they say no, may be they will be willing to say yes in the future.
- ❖ When going out, tell them **where and with who**, agree a time when you will return and **ALWAYS** let them know if you are going to be late.
- ❖ **Help more** around the house, without waiting to be asked!

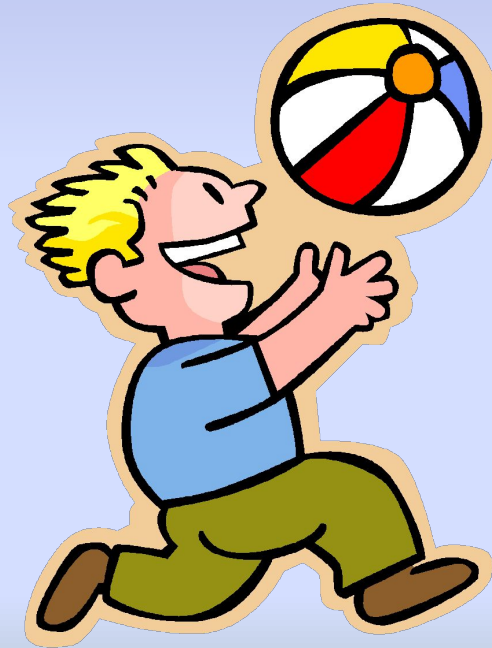
What causes conflict with friends?

- ❖ Other friendships, new friends.
- ❖ Misunderstandings, arguments.
- ❖ Girlfriends or boyfriends.
- ❖ Choice of things to do together.
- ❖ The way they talk to you, making you feel bad about yourself.
- ❖ They do not listen to you, they only talk about themselves.
- ❖ Jealousy.

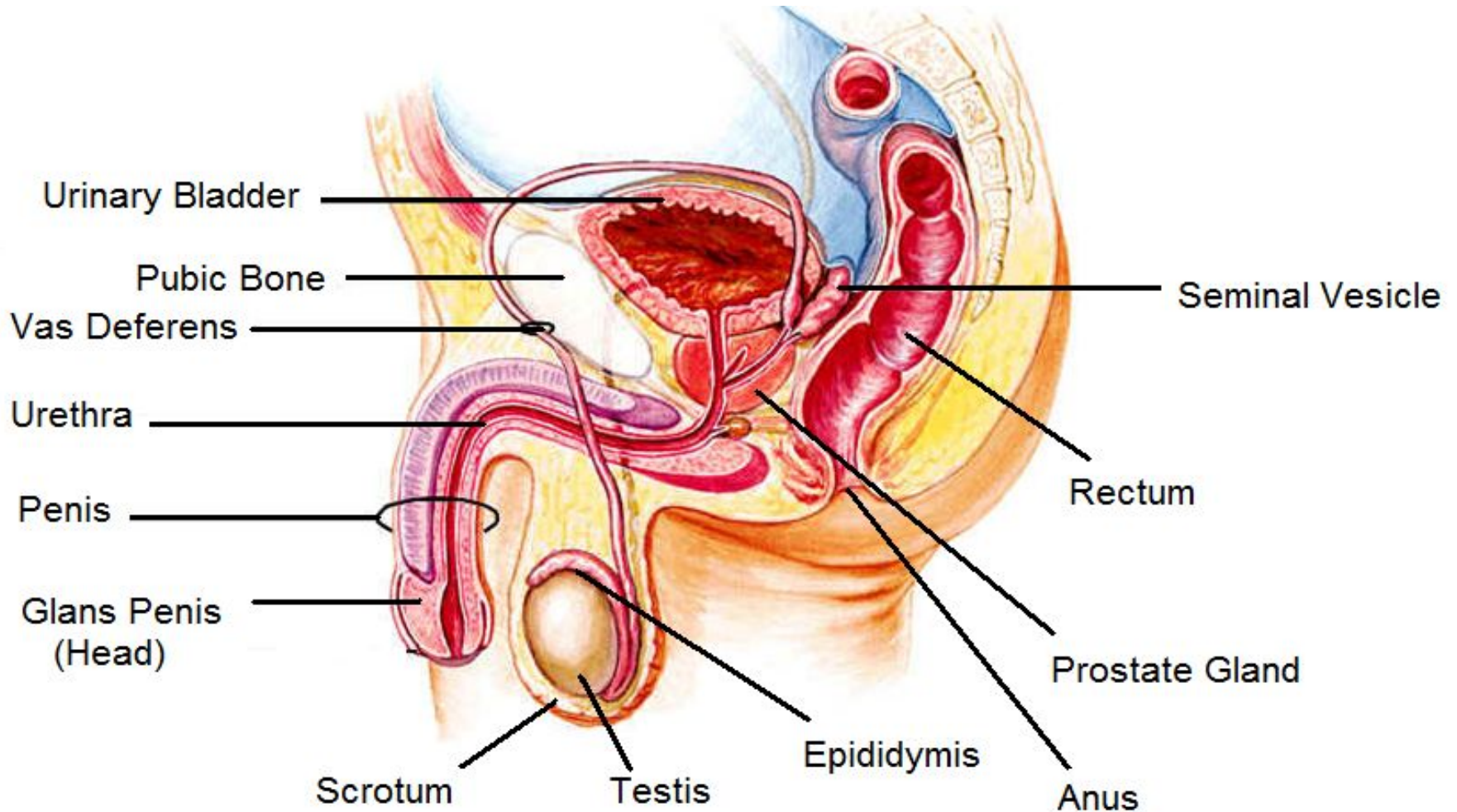
Give and take with friends

- ❖ Try to **not demand too much** support and attention **without giving some in return**, they will feel resentful and used.
- ❖ Show **mutual respect**.
- ❖ Be **honest** with them.
- ❖ If you let a friend tell you **how to behave and what to do**, then you are not being fair to yourself or to them.

BOYS

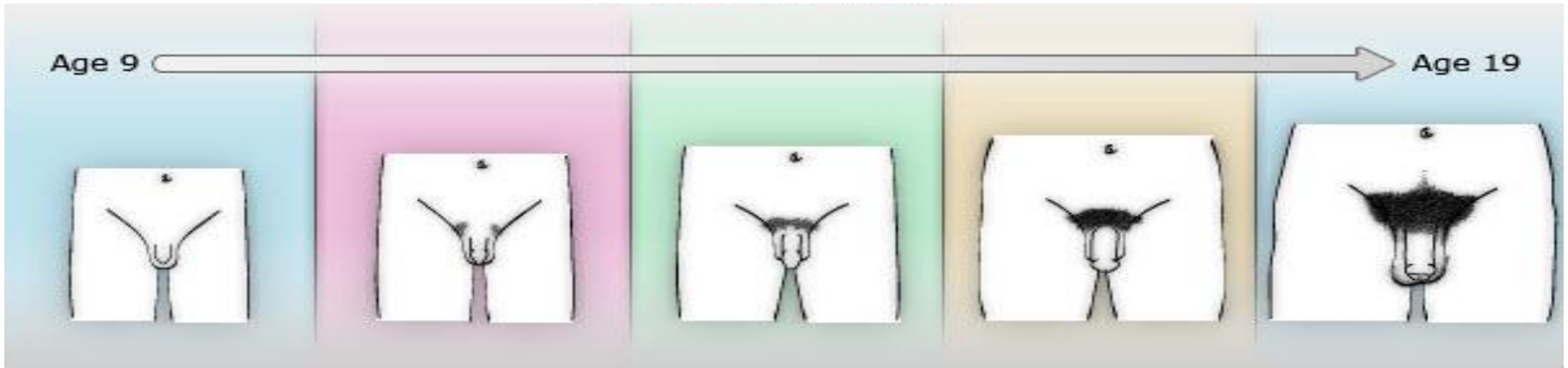


Male Reproductive System



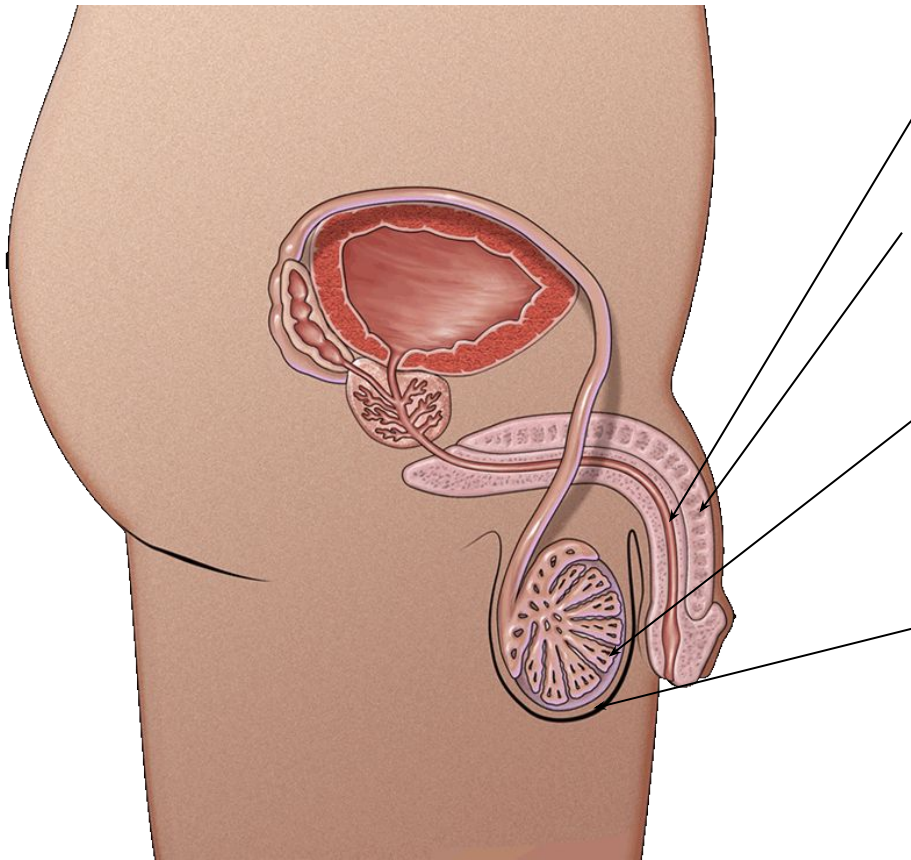
Penis and Testicles

- Your penis and testicles will **grow bigger and longer**. Sometimes one testicle grows faster than the other, and it is natural for one to hang **lower** than the other.
- **Pubic hair**, will also start to **grow at the base of the penis**. As you get older, this hair will grow **thicker and courser**.
- Penises come in all shapes and sizes and **all are very different**. Your penis also doesn't stop growing until you reach the ages of 18 to 21.



This diagram is only a representation. All boys' bodies look different and penises come in many different shapes and sizes.

Penis Anatomy



Urethra

- 📌 The tube through which urine and semen leaves the boy's body

Penis

- 📌 Tube-like organ that hangs outside the body
- 📌 Come in all sizes and shapes, determined by our genes

Testicles or testes

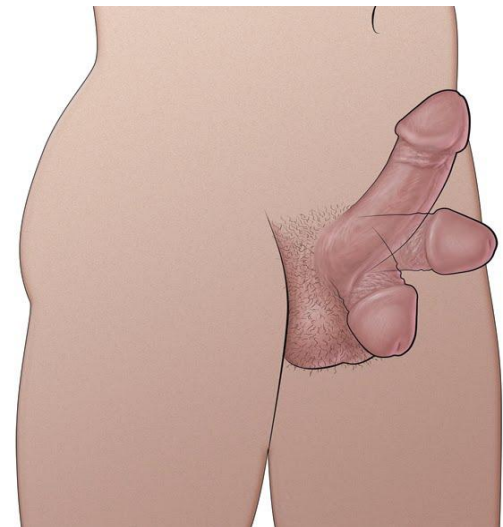
- 📌 Usually two, one hangs lower
- 📌 Sometimes called balls or nuts
- 📌 Where sperm are made

Scrotum

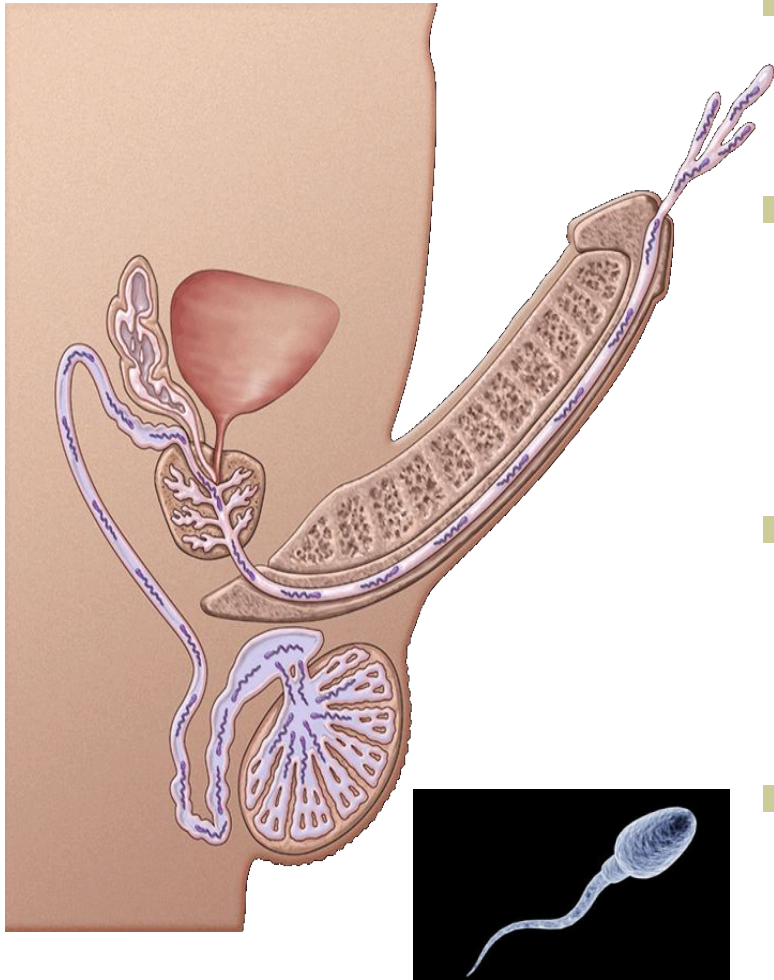
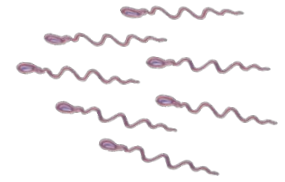
- 📌 Bag of skin that holds testicles
- 📌 Keeps them at right temperature to make sperm, slightly cooler than body's temperature
- 📌 Gets bigger and baggier and turns a darker colour

Erections

- An erection happens when **extra blood flows to the penis**. This causes the penis to **harden and lengthen**.
- Most erections are **not** straight, and tend to either curve upwards or to either side.
- Erections can **happen at any time**:
 - When you touch it
 - Have exciting/sexual thoughts
 - See someone attractive
 - Or for no reason at all!



Ejaculation



- Sometimes semen (sperm and fluids) spurts **out of the penis**.
- This is called an **ejaculation**. It happens when **muscles at the base of the penis start to expand and contract** (tighten).
- This pushes the semen **through the urethra and out through the tip** of the penis.
- But this won't happen every time you have an erection.

Wet Dreams

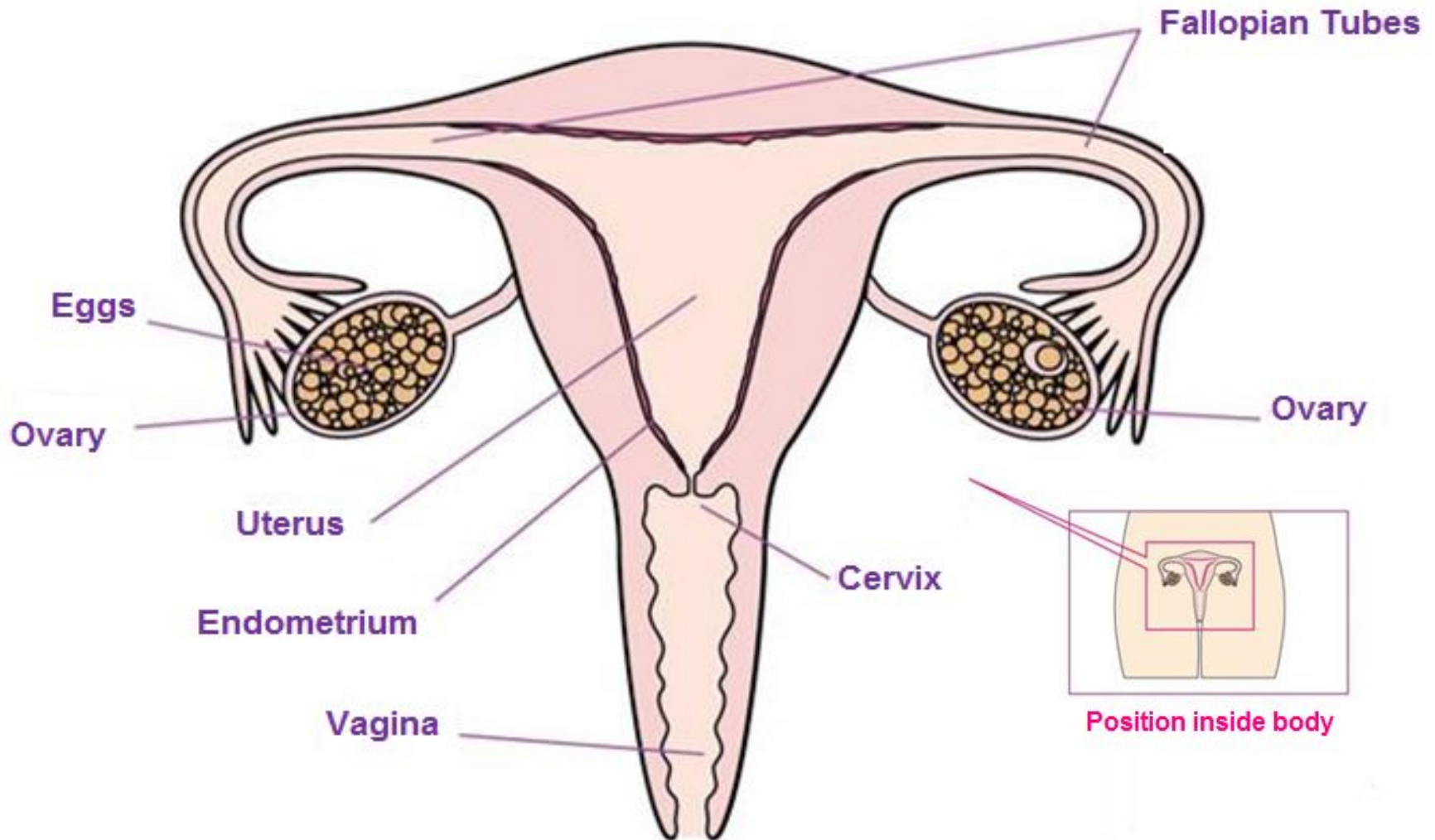


- Sometimes you can **ejaculate when you are asleep**.
- This is called a nocturnal emission, more commonly known as a “**wet dream.**”
- It happens **without you knowing** about it, and it’s not necessarily because you are dreaming about sex.
- You may notice that your pyjamas or sheets feel **wet or sticky** when you wake up.
- Most males experience wet dreams between the ages of **12 to 18**.
- **IT IS NORMAL!**
- You will experience wet dreams **less frequently as you grow older**, you will have more control over your body.

GIRLS



The Female Reproductive System



What are Periods?

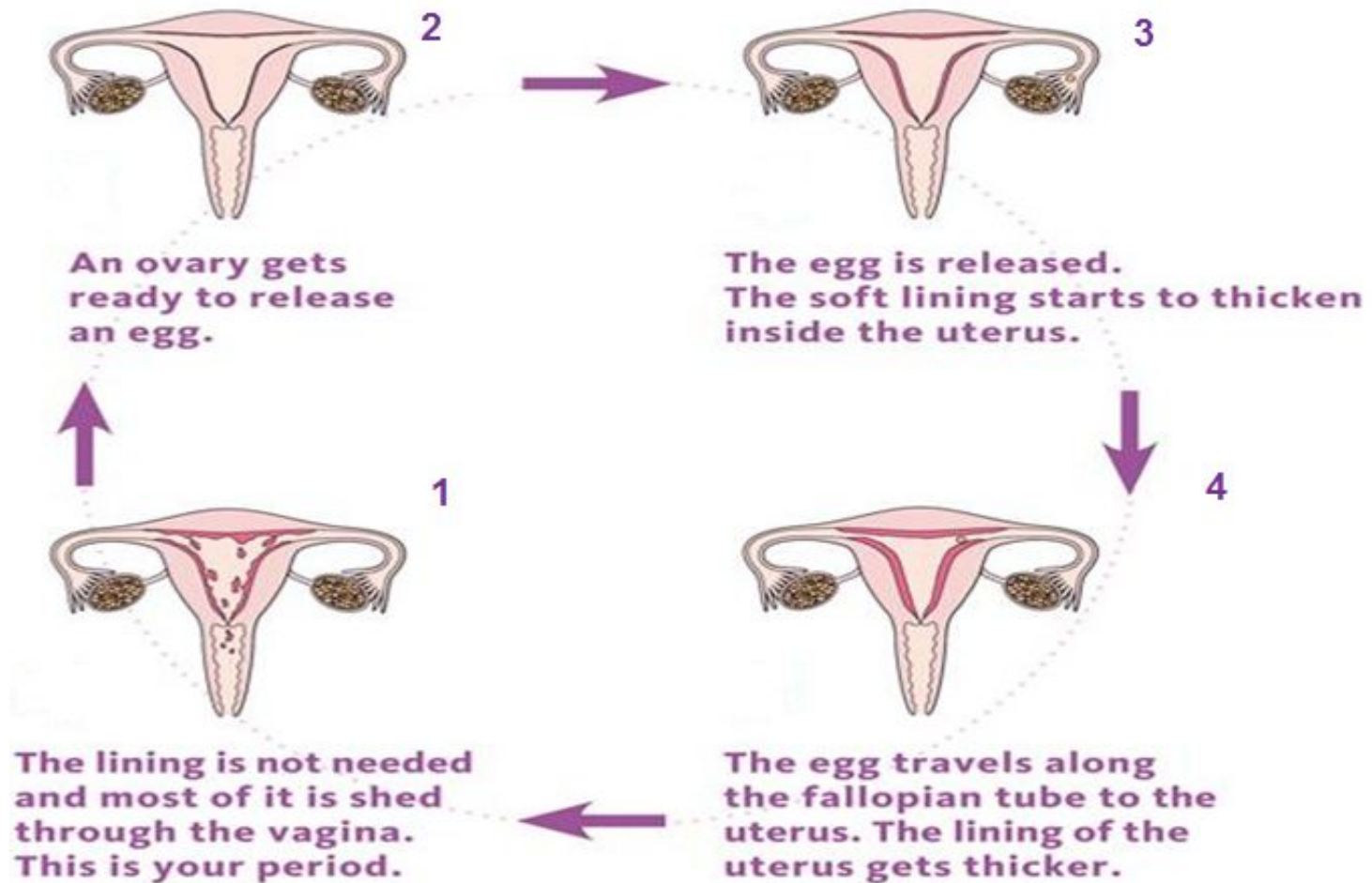
Periods (menstruation) happen due to the **hormones changing** in your body.

Even before birth, a girl has 1-2 million tiny eggs (Ovum) in her ovaries. When puberty is reached usually an **egg is released each month from her ovaries.**

The egg moves **from the ovary and along the fallopian tube and down into the (womb) uterus.**

If the egg is fertilised by sperm then a pregnancy will occur. If the egg is not fertilised then the **lining of the womb and the egg leave the body through the vagina;** this is called a period.

The Menstrual Cycle



The menstrual cycle is usually 28 days. However it can vary from between 23-35 days.

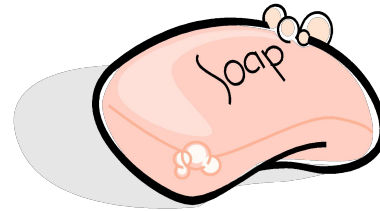
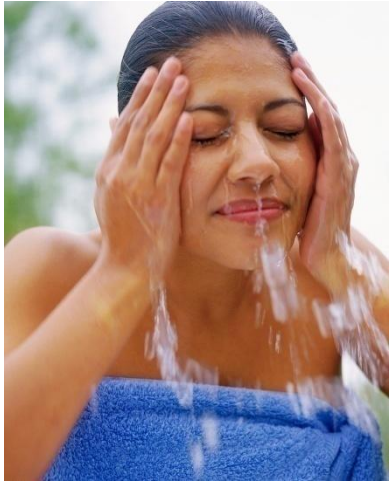
The Period

Bleeding can last between **3 and 8 days**.

The average blood loss is only around **80ml**
(roughly 3 tablespoons).

Periods happen **once a month** but a girls body takes **time do get into a routine** so for the first year or so the time between each period may vary.

Personal Hygiene What do we do?



Sweat



- Sweat is your body's **natural way** of helping you to **cool down**.
- Sweat can also some times **become smelly** when the chemicals it contains **mixes with bacteria** that live naturally on your skin.

Any Questions?

