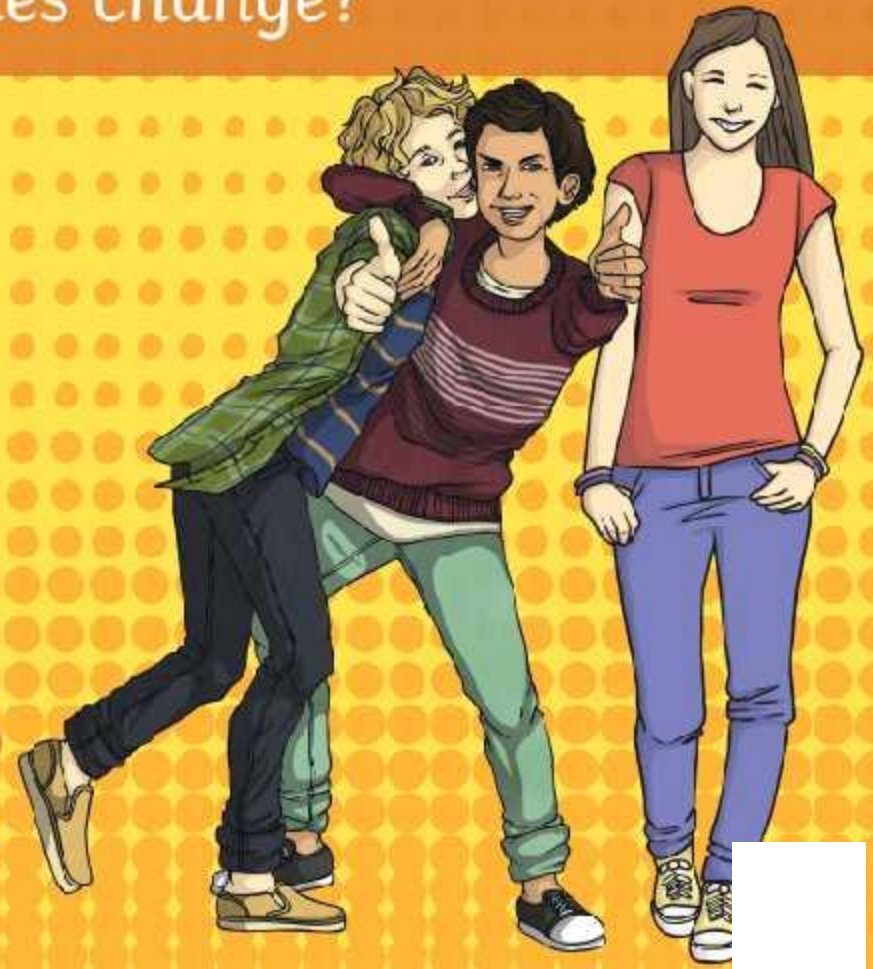
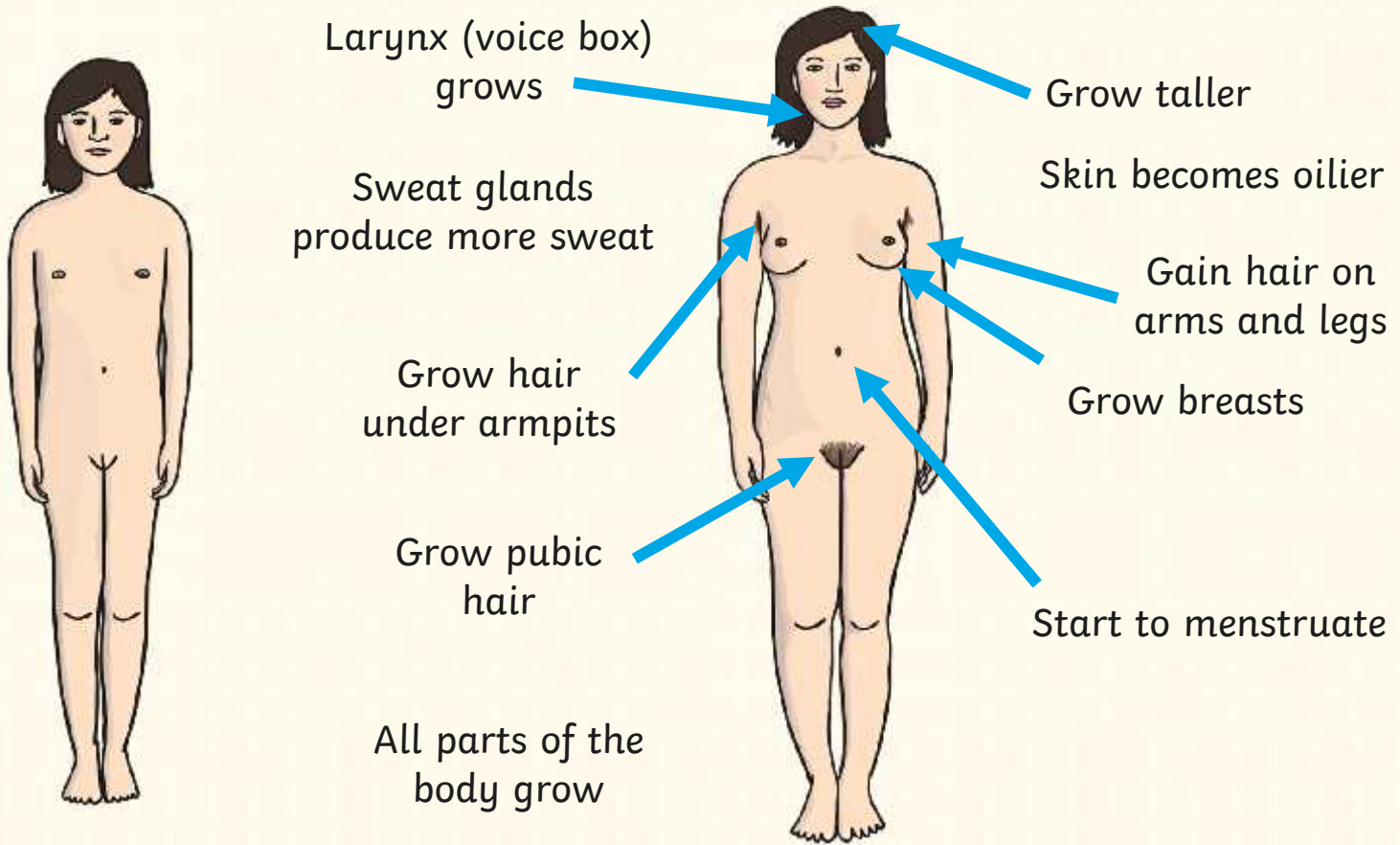


Puberty

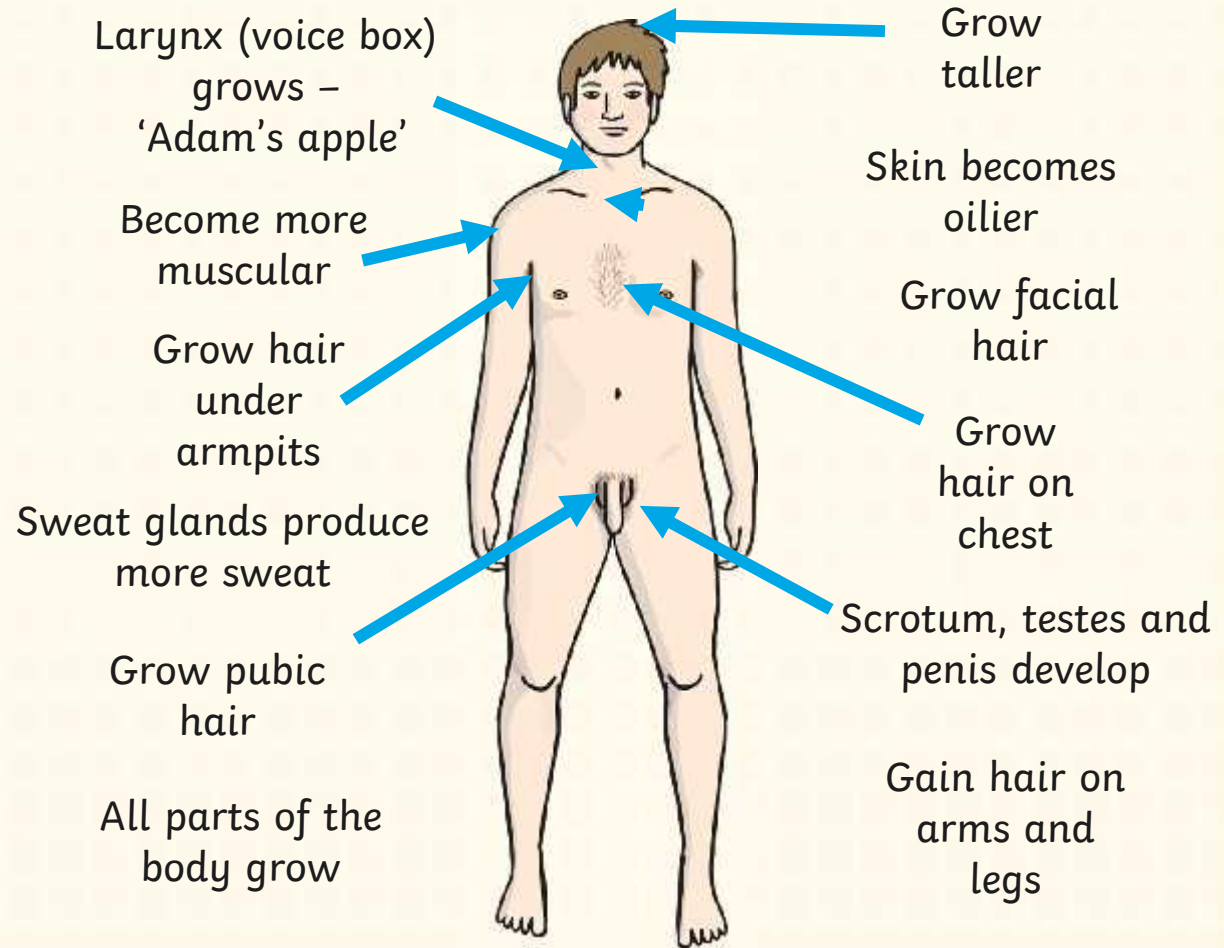
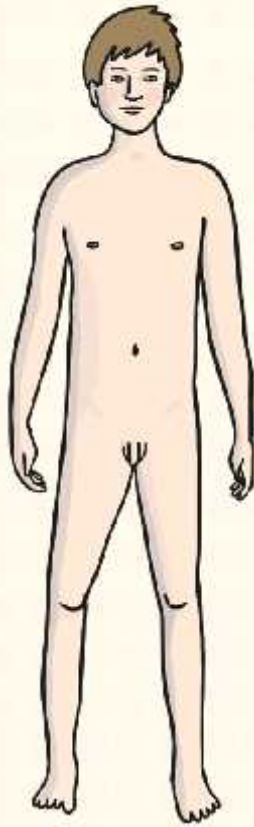
How do our bodies change?



Puberty for Girls



Puberty for Boys



Puberty – A Closer Look

Now we're going to look at a few aspects of puberty in a little more detail.

Everyone goes through puberty. Every adult has already experienced it and every young person will get there soon, and yet...

**...we still get embarrassed
and don't like talking about it!**

So to help you out, boys and girls might want to look at this next section separately!



Puberty for Boys

There are lots of signs that a boy is growing up. Most boys begin puberty somewhere between the ages of 9 and 14 – but it's different for everyone. Your body will start to change when it is ready and everyone grows at his own pace!

Larynx - Voice

Your voice will gradually deepen but until this settles down you could sound croaky and produce some interesting sounds! This is your voice breaking.

Sweat

Hormones can make you sweaty and spotty – good personal hygiene (washing and deodorising) is all important.



Hair

Armpits, legs, arms, face, chest and the pubic region all become more hairy.



Height

Your body keeps growing until you reach a height that you will stay at. You may become more muscular too.

Penis, Scrotum and Testicles

Your penis and testicles grow. They may sometimes feel uncomfortable and due to your body producing more hormones (testosterone is one of these), you might get erections when you least expect them!

Emotion - Hormones

The extra hormones may also cause you to have mood swings but this will improve in time as your body grows and you come to understand it.

Wet Dreams

You start producing sperm which may be ejaculated (released from your penis) during sleep – don't worry, this is perfectly normal!

Puberty for Girls

Puberty for girls starts between 8 and 14. It happens at different times for different girls but your body will begin to change when it is ready.



Growing

Your breasts will start to get bigger, your hips will start to get wider and you may find that some girls are growing taller than the boys. This is because boys' puberty begins a little later than girls but most of them will catch you up.



Sweat Glands

Sweat glands become bigger and more active, causing you to sweat more. Personal hygiene (washing) is important and you may want to start using deodorant/antiperspirant when this happens.

Hair

Hair will begin to grow under your arms and in your pubic region. The texture of the hair on your head may also change a little due to hormones.

Emotion - Hormones

The hormones in your body that cause changes to occur during puberty may also affect your mood. You may have highs and lows and feel a bit more emotional especially near the time of your period.

Menstruation

Otherwise known as 'periods', this monthly bleeding will start at some time during puberty and is part of your body's monthly cycle. The average is to have a period every 28 days which lasts 3-4 days, but they can be anywhere between 24 and 35 days apart and last 1-7 days.

You may get period pains. This can feel like a tummy ache but lower down and, like tummy ache there are different types of pain – sometimes it is just a dull ache and sometimes it can be cramps. Again this is different for different people.

Discharge

Discharge is a fluid produced by your vagina.

It should be colourless or white and is your vagina's way of keeping clean and healthy. You may notice it before you start your periods, and also in between periods.

Questions? Questions?



Remember...
puberty is not a secret!

Every adult or older teenager
has already experienced it,
so if there's anything you
feel worried about,
they will probably understand.



