

# PUBERTY

A Boys Overview



# What is puberty?

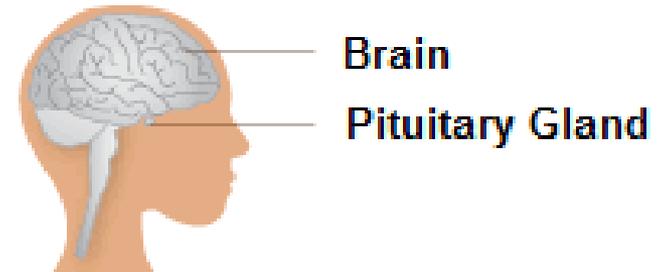
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**Puberty is the time when your body changes from being a child to a young adult.**

**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.



# Physical Changes

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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.

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

Usually starts between 8-13 years.

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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

# 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?

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- ❖ 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?

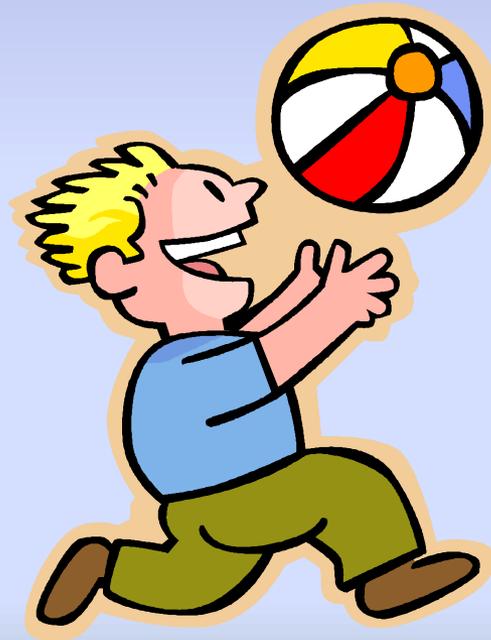
- ❖ Other friendships, new friends.
- ❖ Misunderstandings, arguments.
- ❖ Girlfriends or boyfriends.
- ❖ Choice of things to do together.
- ❖ The way they talk to you, making you feel bad about yourself.
- ❖ They do not listen to you, they only talk about themselves.
- ❖ Jealousy.

# Give and take with friends

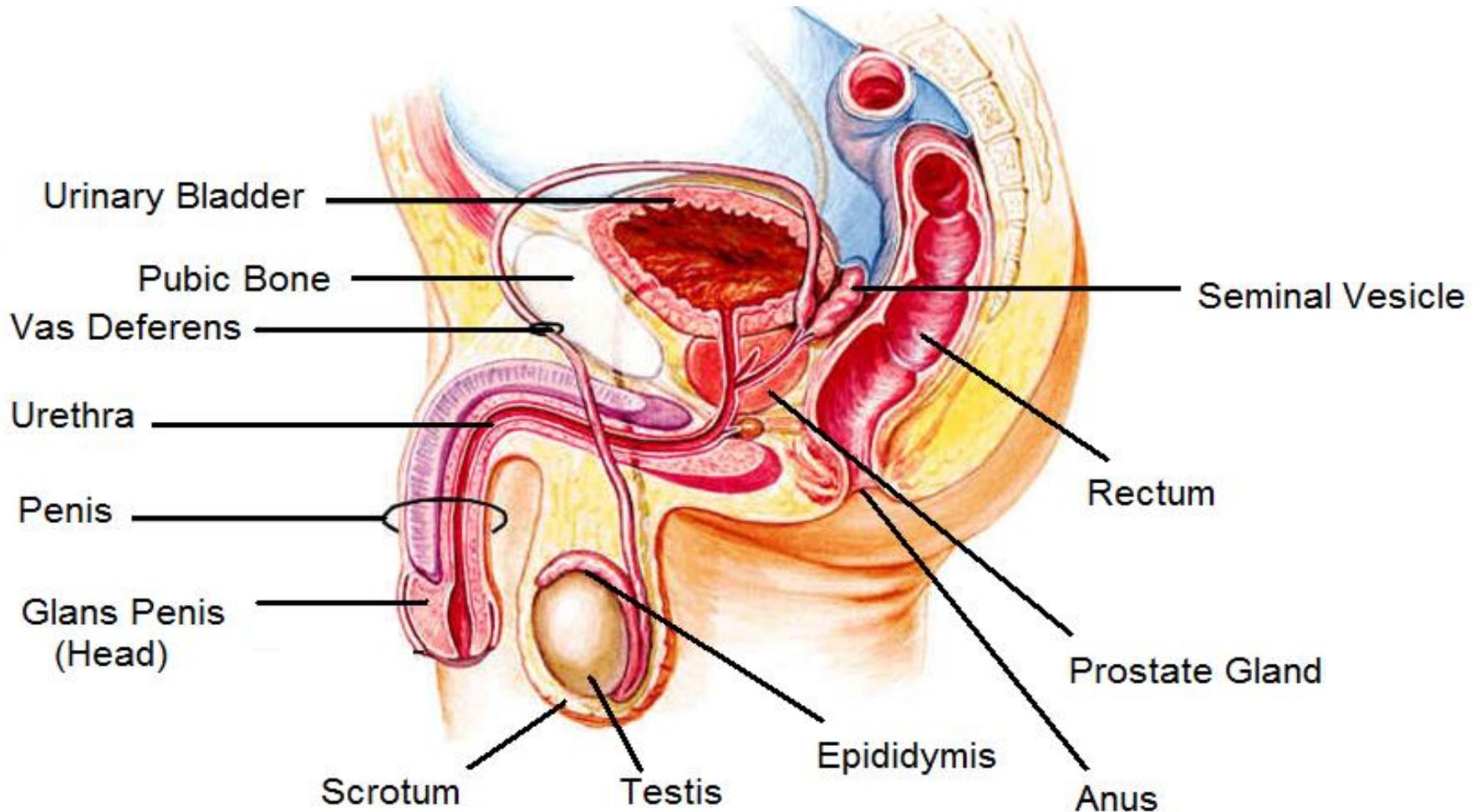
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- ❖ Try to **not demand too much** support and attention **without giving some in return**, they will feel resentful and used.
- ❖ Show **mutual respect**.
- ❖ Be **honest** with them.
- ❖ If you let a friend tell you **how to behave and what to do**,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

# BOYS

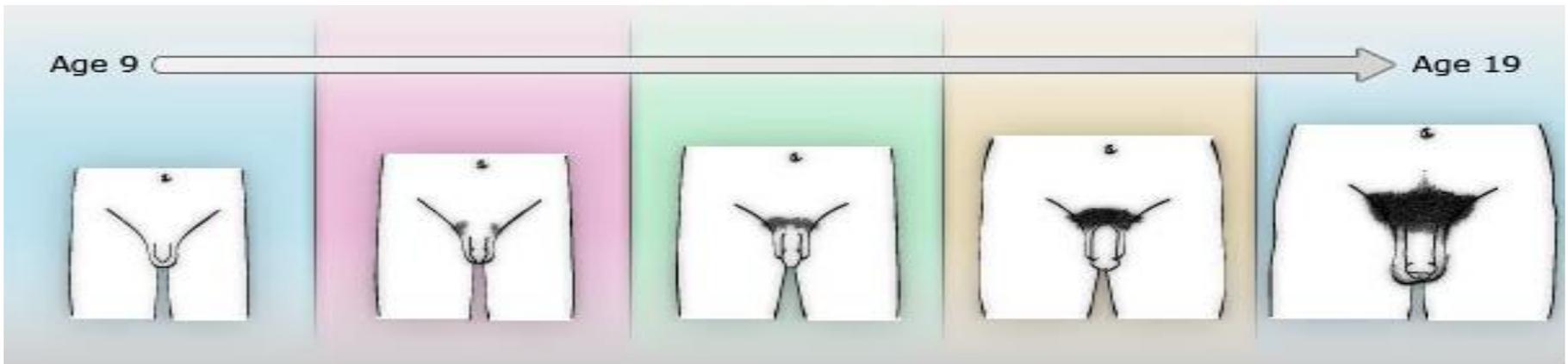


# Male Reproductive System



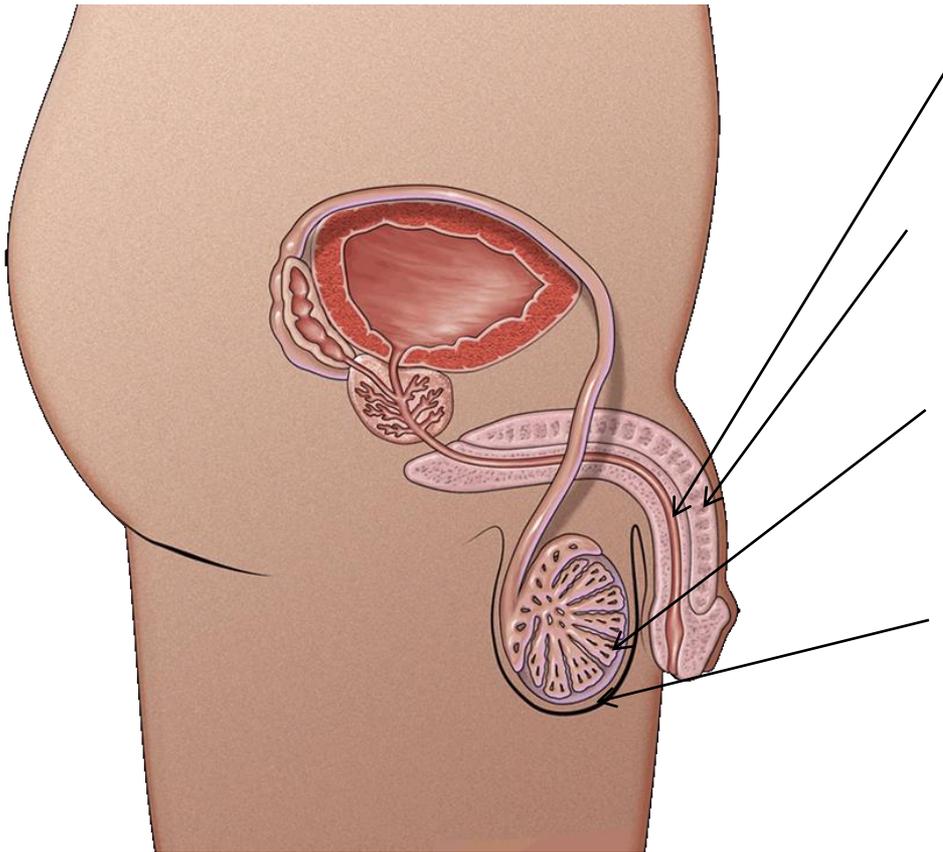
# Penis and Testicles

- 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

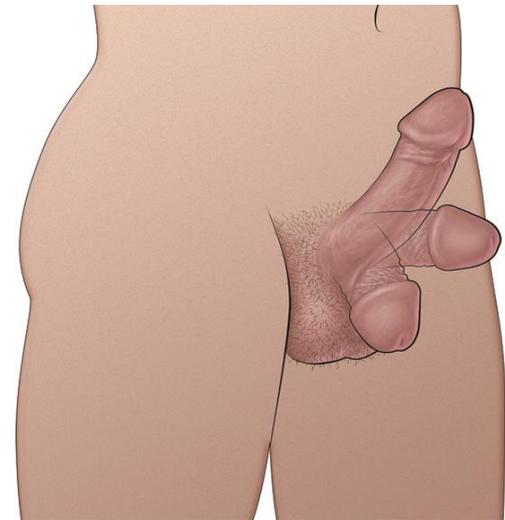
- Usually two, one hangs lower
- Sometimes called balls or nuts
- Where sperm are made

## Scrotum

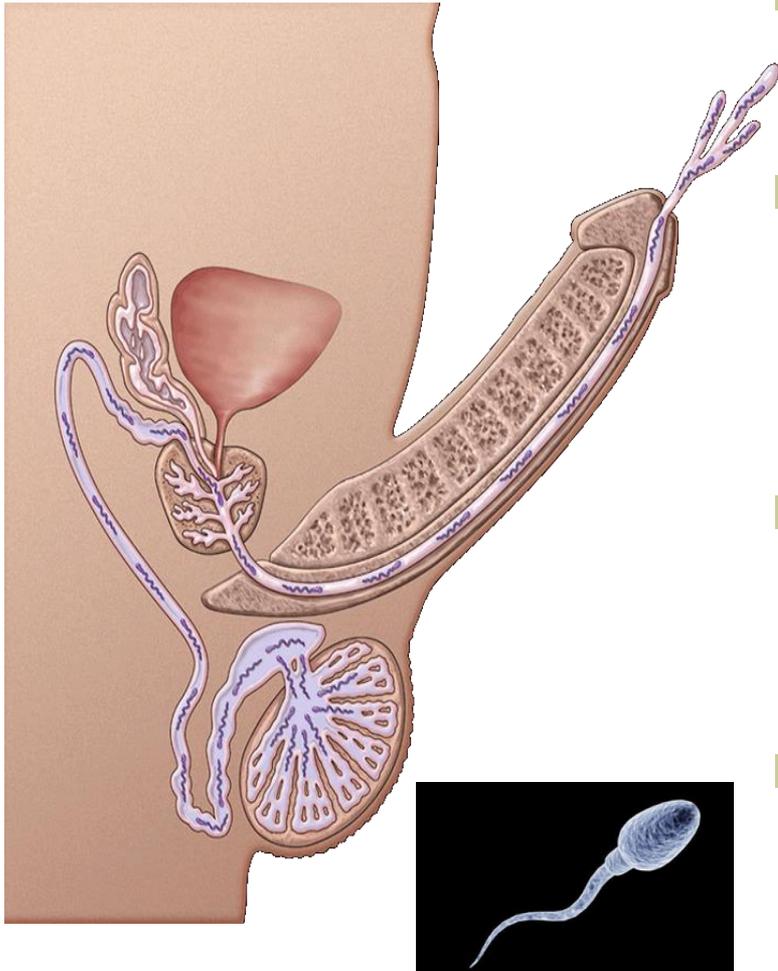
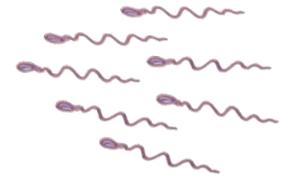
- Bag of skin that holds testicles
- Keeps them at right temperature to make sperm, slightly cooler than body's temperature
- Gets bigger and baggier and turns a darker colour

# 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



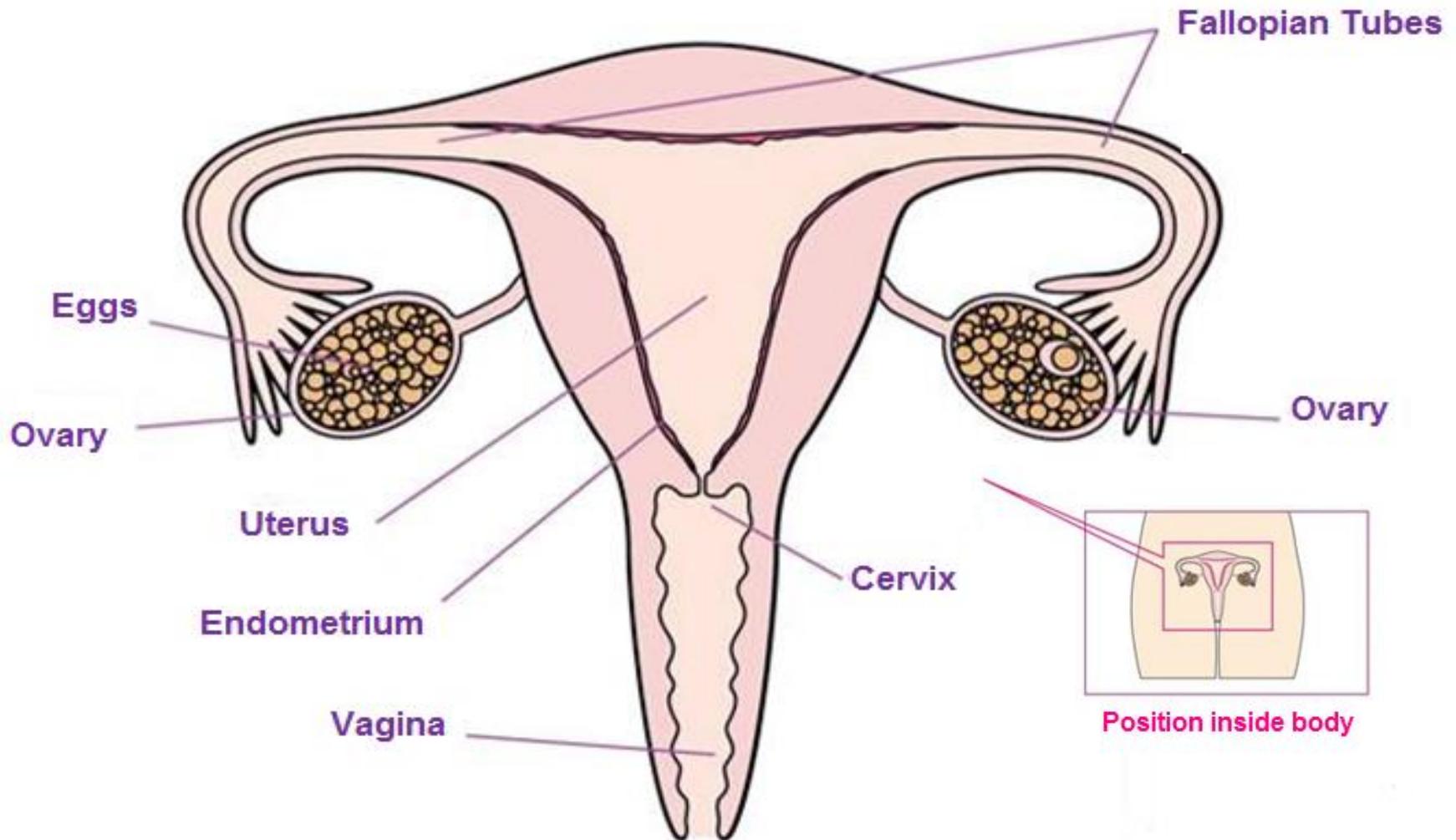
- Sometimes you can **ejaculate when you are asleep**.
- This is called a nocturnal emission, more commonly known as a “**wet dream**.”
- It happens **without you knowing** about it, and it’s not necessarily because you are dreaming about sex.
- You may notice that your pyjamas or sheets feel **wet or 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.

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# GIRLS



# The Female Reproductive System



# What are Periods?

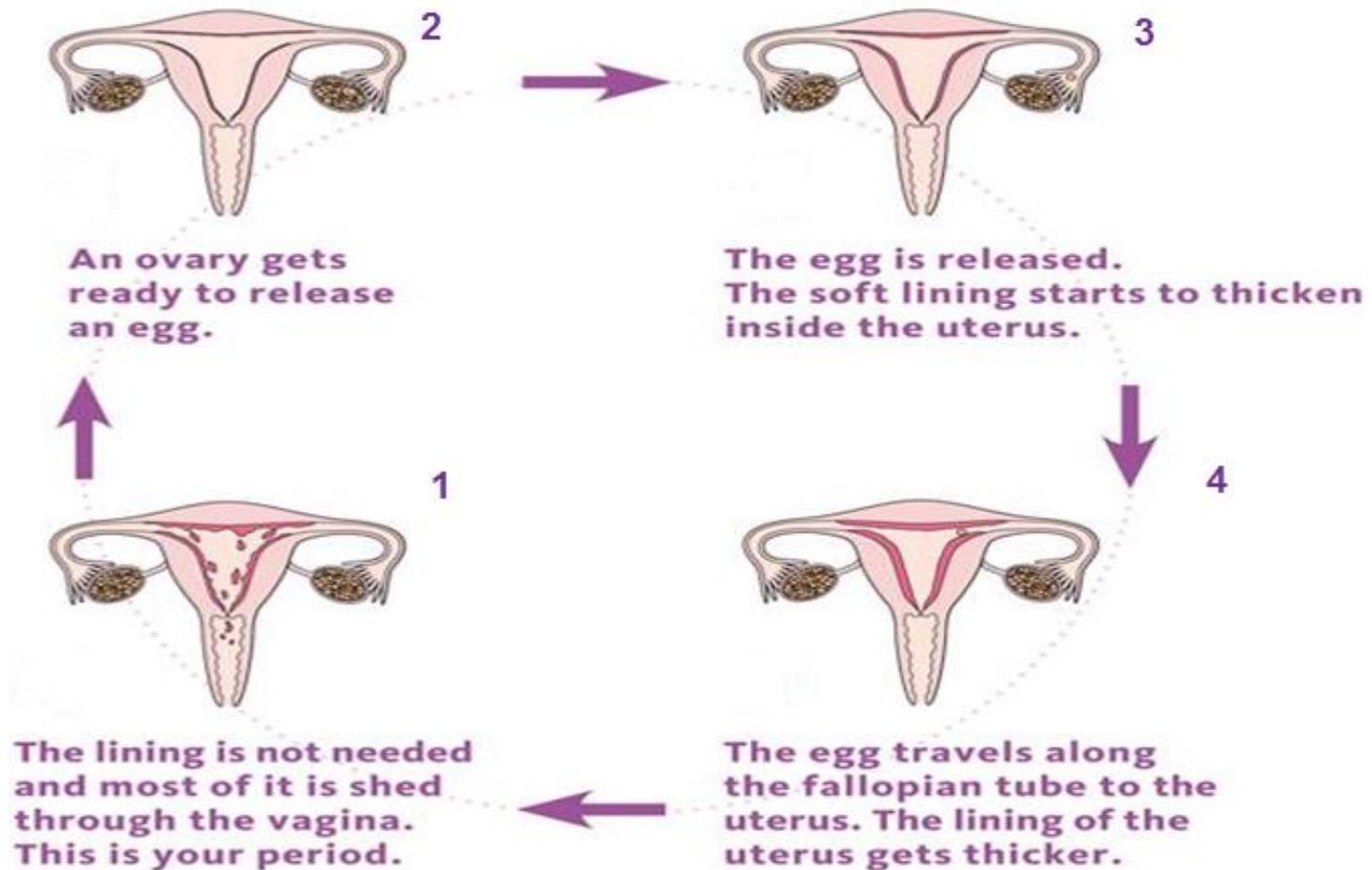
Periods (menstruation) happen due to the **hormones changing** in your body.

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

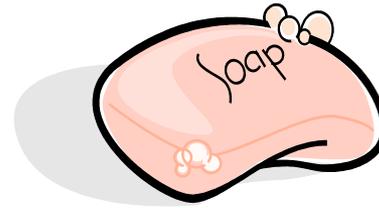
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Bleeding can last between **3 and 8 days**.

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

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- 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?

