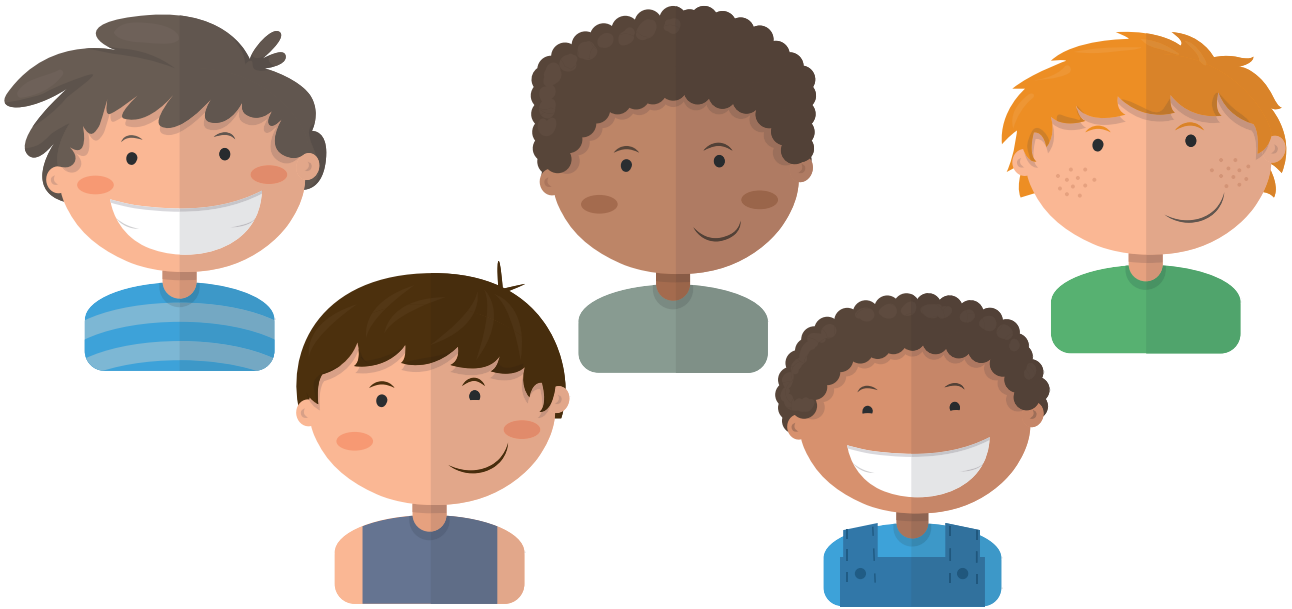


# All about you!



## Boys, boys, boys.



# Boys, Boys, Boys!

Girls aren't the only ones who go through puberty. It happens to boys too although of course not all the same things happen to them!

Puberty for boys starts from age 11 upwards. You might notice that some girls seem to be changing more quickly than boys. It's quite common to see girls getting taller and their bodies changing while boys seem to stay the same. But don't worry they soon catch up.

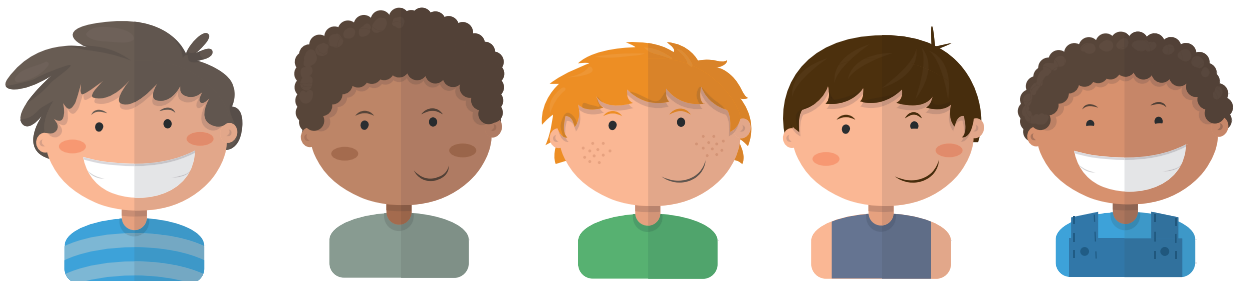
## Do hormones cause a lot of changes for boys too?

Yes, the hormone that is mainly responsible is called testosterone.

**Boys go through many changes the main ones are:**

- The body grows taller
- The body grows broader the shoulders and chest in particular grow bigger
- The body may sweat more
- Hair may become more greasy
- Skin may become more greasy and spots may develop
- Hair starts to go under the arms on the legs in the pubic area around the base of the penis, on the face and sometimes on the chest
- The voice starts to get deeper though it may be a bit squeaky to begin with
- The penis and testicles become bigger and sperm start to be produced
- Emotional changes

But don't worry all these changes won't happen overnight and they may all happen at different times so don't worry if your friend starts to develop more than you. Remember we are all individual!



## Sperm

Sperm are the male reproductive cells in the same way that the eggs in a woman's ovaries are the female productive reproductive cells. They are stored in your testicles which hang behind your penis, (you may call this your willy).

Sperm look rather like tadpoles with what appear to be a head and a tail. They swim in a milky fluid called semen, but they are too tiny to see. A drop of semen the size of the full stop at the end of this sentence would contain more than 1000 sperm.

## Erections

Sometimes for no reason at all, blood rushes to the many tiny blood vessels in the penis. This makes it expand and get harder and stand away from the body. This is called an erection.

## Ejaculation

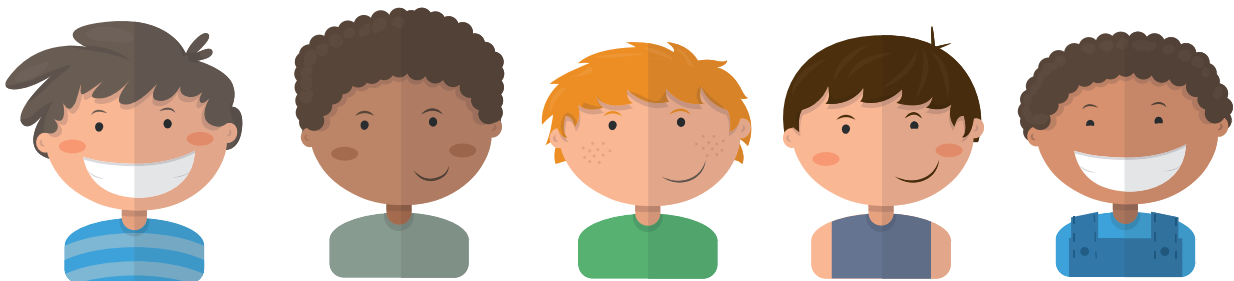
When a male has an erection, the muscles at the base of the penis can expand and contract, pushing the semen out of the body through the penis. This is called ejaculation.

## Wet Dreams

Sometimes boys ejaculate in their sleep without knowing anything about it. This is called a wet dream. **It is completely normal and happens to all boys during puberty.**

Many boys aren't given much information about what happens to girls during puberty. In fact, girls and boys go through some similar physical body changes of puberty such as pubic hair growth, increase of sweat, greasy hair and skin and emotional changes. The only main differences are girls have **periods** and develop **breasts**. Boys can often pick up wrong information from each other.

**Remember boys, be sensitive, you're not the only ones who will go through puberty in your class.**



# Up and down

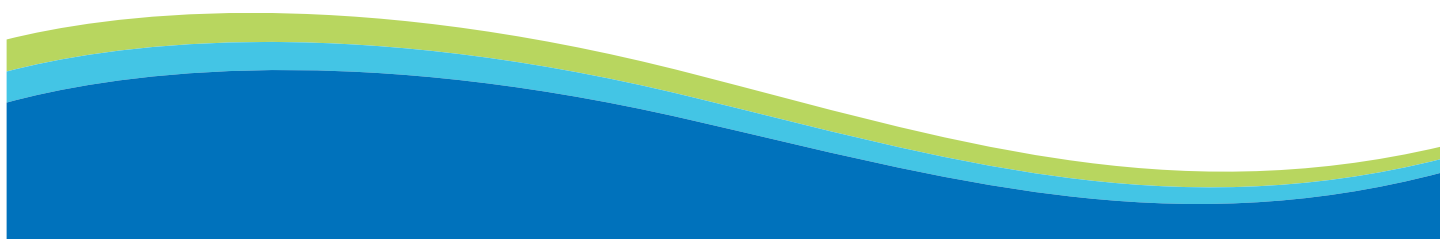
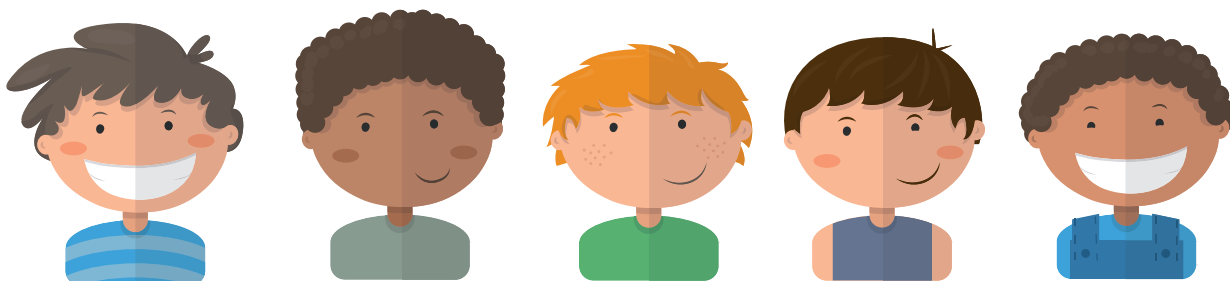
Puberty can have its confusing and difficult moments. There are so many changes going on with your body sometimes you can't wait to be an adult and at other times you may still want to stay a child, and this can be confusing. You may be worried that classmates will be unkind and tease you about the way your bodies look and change during puberty. The only thing to remember at times like this is that everyone is special and is going through a very important stage in their life and it will happen to them. Puberty starts at different times for different young people only your body can decide when it is the right time for you.

## Why do I sometimes get upset and angry very easily?

It is perfectly normal to feel like this at times during puberty. You may have some worries about the way your body is changing. Also, the hormones which cause the physical changes in your body also can affect your emotions. This is partly why you can sometimes get really upset about something that would not usually worry or bother you. But don't worry this is perfectly normal and it's okay to feel all these different emotions, in time you will learn how to express your emotions in a way that is positive and remember there is always someone to help.

## Do you find that you argue more these days?

Well it's not surprising you're growing up and becoming more independent. This often means that you disagree or argue more particularly with your family, carers, guardian or friends. This is a normal part of growing up, but it can cause problems if you cannot express your emotions in the right way. Many parents, carers, guardians and friends take time to adjust to the new changes that you are showing. A bit of patience and understanding by everyone helps to keep this calm. It is very positive to talk about how you are feeling and not to keep it all stored up inside of you. You may want to find ways to help like to go fishing, swimming or just go for a walk this can help with these feelings but in the first instance always talk with your trusted adult, teacher or school nurse and they can support you more with this.



# Feeling great inside and out

Your body is very special and needs to be looked after. There are lots of ways you can help to keep yourself clean and healthy so that you look and feel your best. Remember when you feel clean all over you look great all over! And when you look great you feel great!

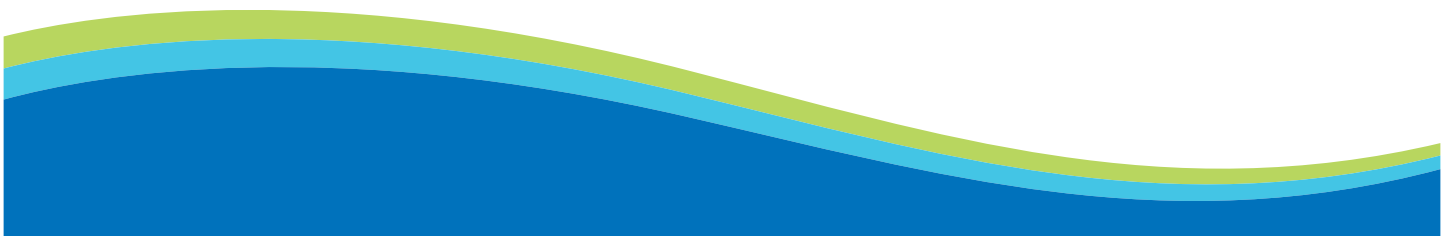
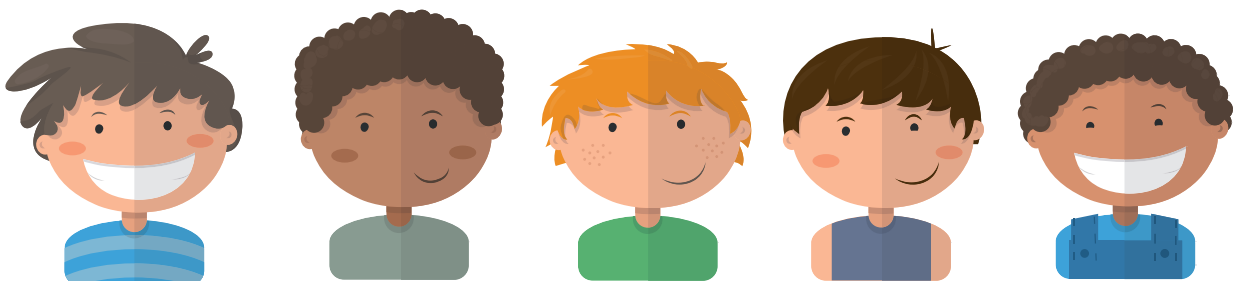
You grow more during puberty than at any other time in your life except for when you are a baby. To grow like this, you need lots of energy and you get your energy from the food you eat. This is why it is important to make sure you eat a healthy balanced diet and drink plenty of water based drinks.

You need to eat a wide range of foods to make sure you are getting all the goodness you need. Try to eat plenty of protein found in fish, meat, cheese milk, eggs and beans. You also need carbohydrates found in bread, pasta and cereals and plenty of fresh fruit and vegetables ideally 5 portions a day.

It is also important you get plenty of sleep as you grow more when you are sleeping. It would be more beneficial for you to remove any tablets, phone's from your bedroom and make your bedroom somewhere nice for you to sleep so that you get a good night's sleep. Make sure you come off your tablets, Xbox and games at least one hour before bedtime as this will help you relax more.

Do you want to look good and feel good? Do you want to have more energy? Then get active! Sport and exercise are great ways of keeping your body and mind healthy they help make you strong and supple and that can make your heart and lungs work better. There are lots of things you can do either with your family, friends or by yourself the secret is to find something you enjoy doing and keep at it. Here are some ideas for getting active. Maybe the best thing about them is that you'll hardly notice you're working out!

- Go rollerblading skating cycling hiking or swimming with family members or friends.
- Walk or cycle to school instead of taking the bus and remember to wear your helmet for safety.
- Walk up the stairs instead of using a lift.



- Take the younger sibling to the park with permission or playground play some ball games.
- Play football with your friends at the park but always remember to let your parent carer or guardian know where you are going.

## Feeling good in your skin

### Prevention

Prevention is always better than cure. You could try washing your skin daily with an antibacterial lotion or face wash to remove the grease bacteria and dead skin cells that cause spots. Although normal soaps are quite good at removing dirt from the skin, they may dry it out or leave a residue behind which may block the pores. Warm water and unperfumed soap will remove all the daily dirt and grease from your skin. So, it's important to wash your face with a clean flannel morning and night.

### Medicated face washes

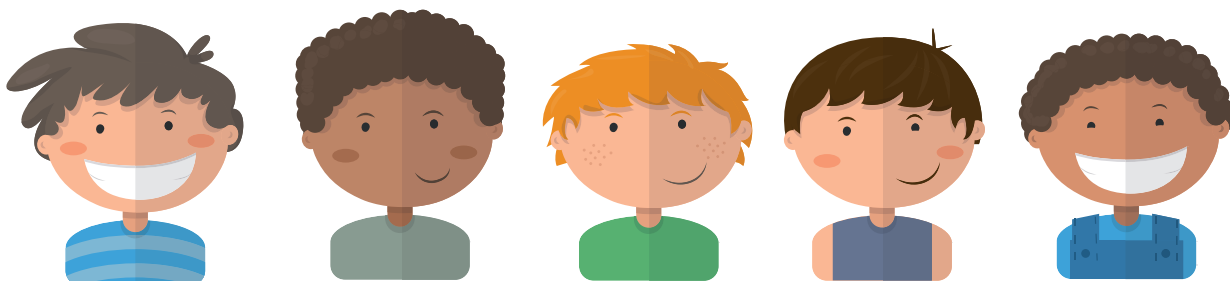
These are washes for cleansing your skin as they remove spot causing bacteria more effectively and avoid over drying. Most are developed for the more delicate skin on your face.

### Medicated lotions

These serve as a good substitute for regular lotions as they contain antibacterial ingredients. They can unclog pores by removing the daily build-up of grease under your skin.

### Medicated pads

These are convenient cleansing alternatives. They are usually pads that are pre-soaked in antibacterial solutions. Not only do they cleanse the pores they leave behind anti spot ingredients to help prevent new spots appearing.



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Even if you follow a good cleaning routine there may be times when you get the odd spot. If this happens use one of the range of products at treat spots.

**Don't worry** if you do develop spots don't let this knock your confidence or self-esteem. Other people don't notice them half as much as you do! If they get bigger and sore speak with your parent, carer or guardian and they can make an appointment with your doctor as this may be a condition called **acne** and they can prescribe appropriate medication and advise you.

## No Sweat

Just as some glands produce more oil your sweat glands produce more sweat which is called perspiration. Perspiration is normal and important it helps your body regulate its temperature.

You have two different kinds of sweat glands. The first type are called eccrine glands which produced perspiration that is clear and odourless. These glands start working as soon as you are born. The second type called apocrine glands and only become active when you start puberty. They produce a different kind of perspiration which can smell unpleasant when it comes into contact with bacteria on the skin. This smell is known as BO or body odour so it is important to shower or wash daily.

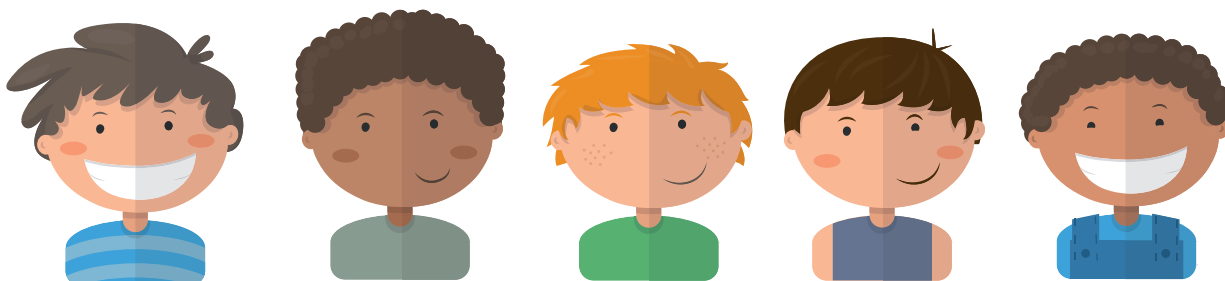
A lot of apocrine glands are located under your arms so many people use underarm deodorants or antiperspirants to control the smell. There are two different kinds of product you can buy.

## Deodorants

These are basically perfume's which mainly mask or cover up body odour. Body sprays are a type of deodorant.

## Antiperspirants

This helps stop body odour from developing by reducing underarm wetness and main cause of underarm body odour and are the best deodorants to use especially before and after physical activity.



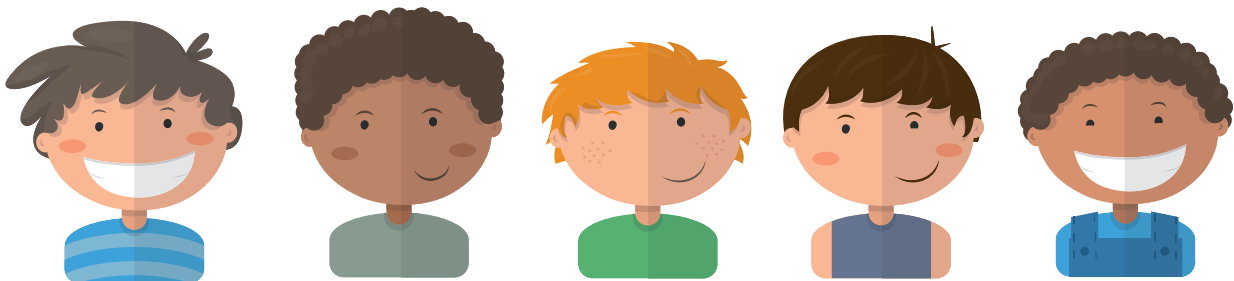
Deodorants and antiperspirants come in sprays and roll on's try them out and select the one that works best for you. But remember that your skin is sensitive, and it is probably best to use a non-fragranced antiperspirant only an antiperspirant will actually reduce the sweat. So, if you want to feel dry and smell good all day you could use an antiperspirant every day after you bath or shower and before and after physical activity.

## Remember

The first step to keeping clean is to wash! Daily washes or showers get rid of the dirt and oil on your skin and reduces the bacteria that can lead to odour. If you can't have a daily shower it is okay to have a wash standing up at the wash basin using a clean flannel and towel. Your clothes can absorb body odour as well so take a shower after physical activity and make sure you change into clean clothes.

Don't forget you're not on your own and there is lots of help and support through family, teachers, the school nurse and friends, it's always good to talk to your trusted adult in the first instance and just remember everybody in your class will go through puberty at some point. You will learn lots more about you and your body when you start high school through PHSE lessons.

## Remember you've got this!



If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email [wcnt.yourexperience@nhs.net](mailto:wcnt.yourexperience@nhs.net)