



Signs your body is changing:

- During puberty, your body will grow faster than at any other time in your life, except for when you were a baby.
- Most boys go through these changes from the ages of 9 to 16, but everyone develops at their own pace.
- Your voice may be changing and you may be growing more hair on your face and body.
- You experience wet dreams and may be unable to control erections.
- You may become more emotional, moody or angry for no reason.
- You may notice spots or pimples appear.



Looking after yourself:

- It helps to know about the changes that puberty causes before they happen.
- Talk to an adult you trust about the way you feel.
- Shower regularly and wear a clean change of clothes every day.
- Don't get stressed out if you are developing at a different rate from your friends - everyone develops at different times.
- Your school will talk to you about the changes you are going through.
- Get enough sleep.



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growing up for boys

"Some of my friends look like grown-ups, but I still look like a kid - I guess we all grow up at different speeds."

You may have noticed, or will soon notice, changes in the way you look and feel. This is called puberty and everyone goes through it.

There isn't just one sign that you are growing up, there are lots of them, including your voice changing, producing sweat, becoming stronger and hair sprouting everywhere! It is also normal for teenagers to have more spots and acne, so don't worry.

It's important to take good care of yourself, get enough sleep, eat healthy food, get plenty of exercise and keep clean by showering daily and using a deodorant or anti-perspirant.

An erection can happen at any time, even when you are sleeping. Sometimes you might wake up and you have had a wet dream - this is a sign you are developing into a man. If you have any pain or are worried about your penis or testicles it is important to tell someone, maybe you have a dad, older brother or doctor you can talk to.

You may be a bit confused by new feelings and emotions, one minute you may have lots of sexy thoughts and another you might feel sad or angry - it will all seem a bit strange, but it's normal!

