

PUBERTY 101

FOR BOYS



MORE THAN A FUNNY WORD

Puberty usually happens between the ages of 9 and 17.

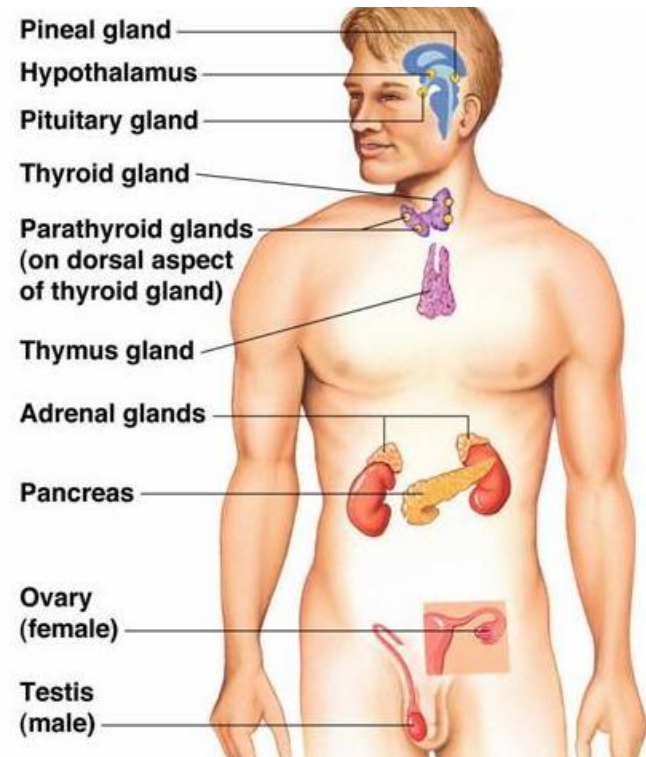
It can take several years.



TIME TO CHANGE – IT'S ALL ABOUT THE HORMONES

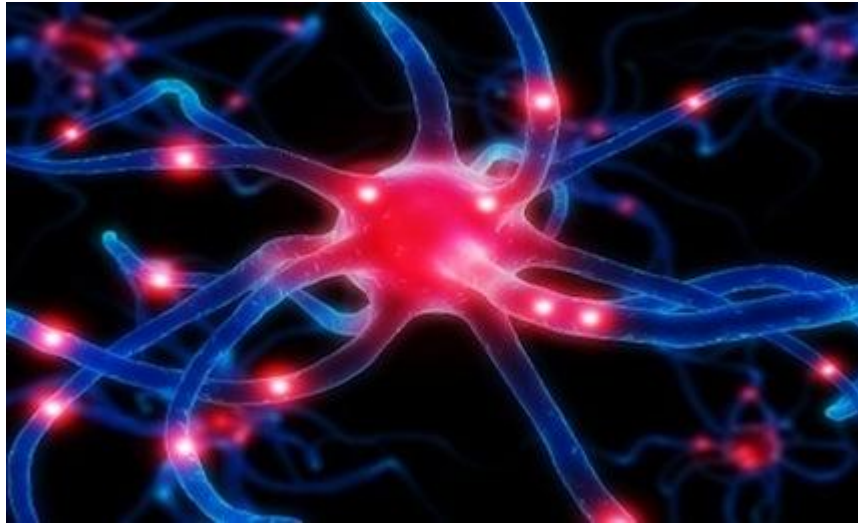
As part of the endocrine system, glands manufacture hormones.

Hormones are chemicals that carry messages from glands to cells within tissues or organs in the body.



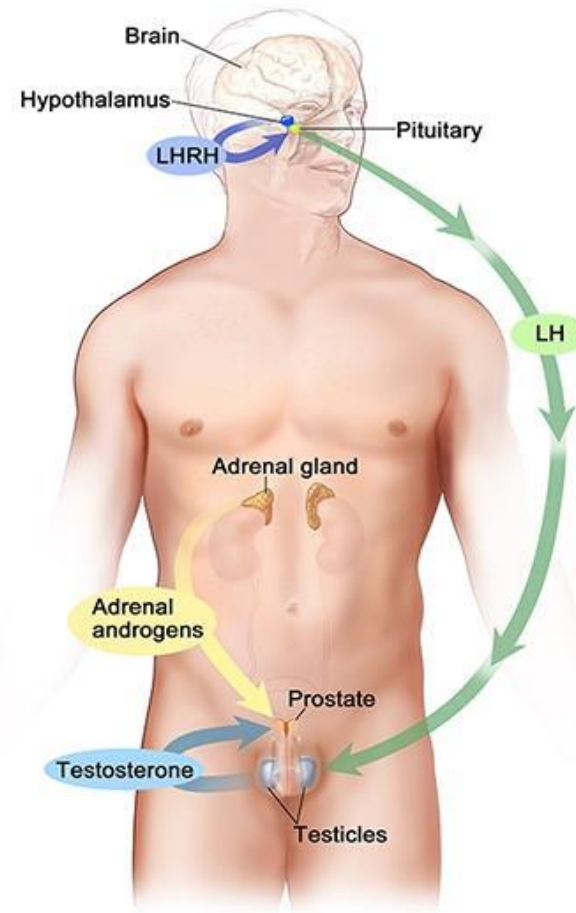
TIME TO CHANGE – IT'S ALL ABOUT THE HORMONES

When your body reaches a certain age, your brain releases a special hormone that starts the changes of puberty.



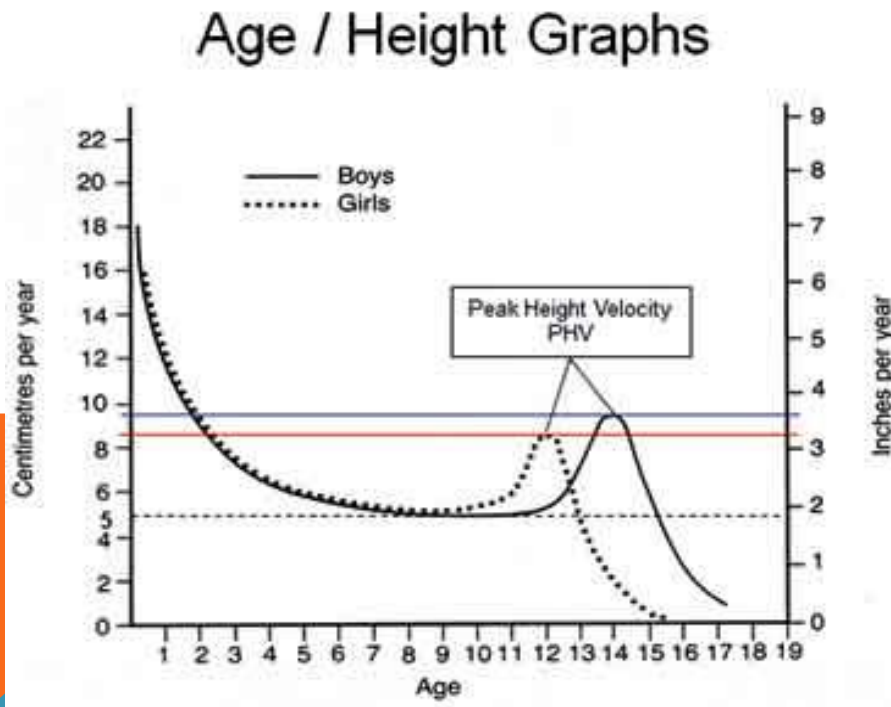
HORMONES

Testosterone is the hormone that causes most of the changes in a guy's body during puberty.



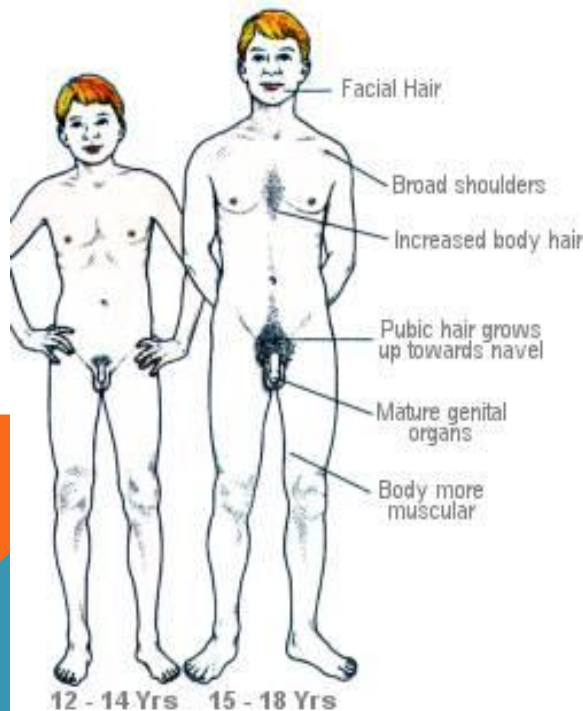
IT DOESN'T HURT.....IT'S JUST A GROWTH SPURT

A growth spurt is just that: Your body is growing, and it's happening really fast!



TAKING SHAPE

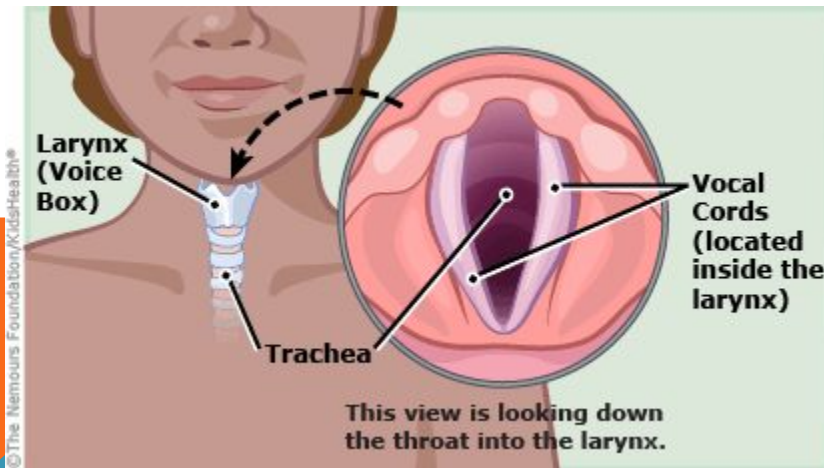
Guys' shoulders will grow wider, and their bodies will become more muscular. Their voices will become deeper.



TAKING SHAPE

Another area that grows during puberty is the larynx or voice box, in the throat.

When the larynx grows larger during puberty, sometimes it sticks out at the front of the throat.



TAKING SHAPE

With all this growing and developing going on, many teens notice an increase in body fat.

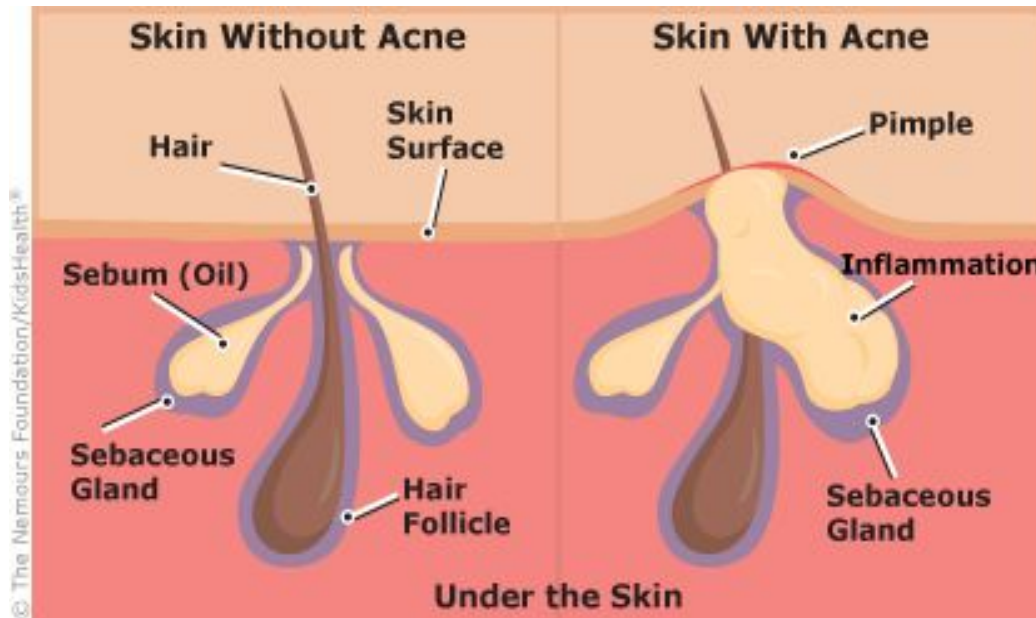


TAKING SHAPE



ABOUT FACE

One of the first changes that comes with puberty is acne, or pimples.



WHAT CAN I DO ABOUT ACNE?

Wash your face once or twice a day with warm water and a mild soap or cleanser.

Don't scrub your face.



WHAT CAN I DO ABOUT ACNE?

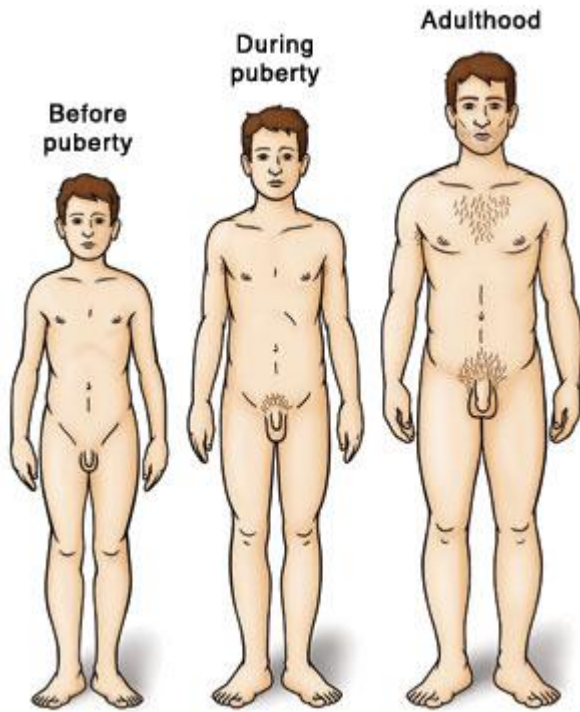
Wash your face after you've been exercising and sweating a lot.

Try not to touch your face.

Don't pick, squeeze, or pop pimples.



HAIR, HAIR, EVERYWHERE



Guys and girls both begin to grow hair under their arms and in their pubic areas.

Eventually, guys also start to grow hair on their faces



SWEAT AND BODY ODOR

Sweat is made almost completely of water, with tiny amounts of other chemicals like ammonia, urea, salts, and sugar.

Sweat cools you through evaporation



PUTTING THE P.U. IN PUBERTY



SO FRESH AND SO CLEAN



wiseGEEK



wiseGEEK



wikiHow

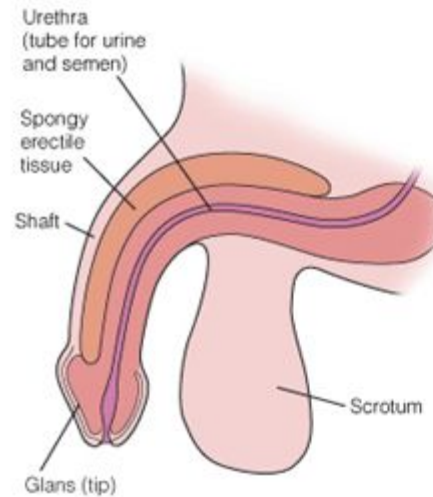
PUTTING THE SCENT IN ADOLESCENT



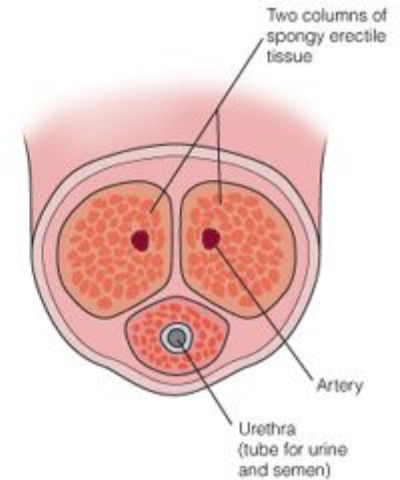
ERECTIONS

An erection is what happens when a penis fills up with blood and hardens.

The penis will become bigger and stand out from the body.

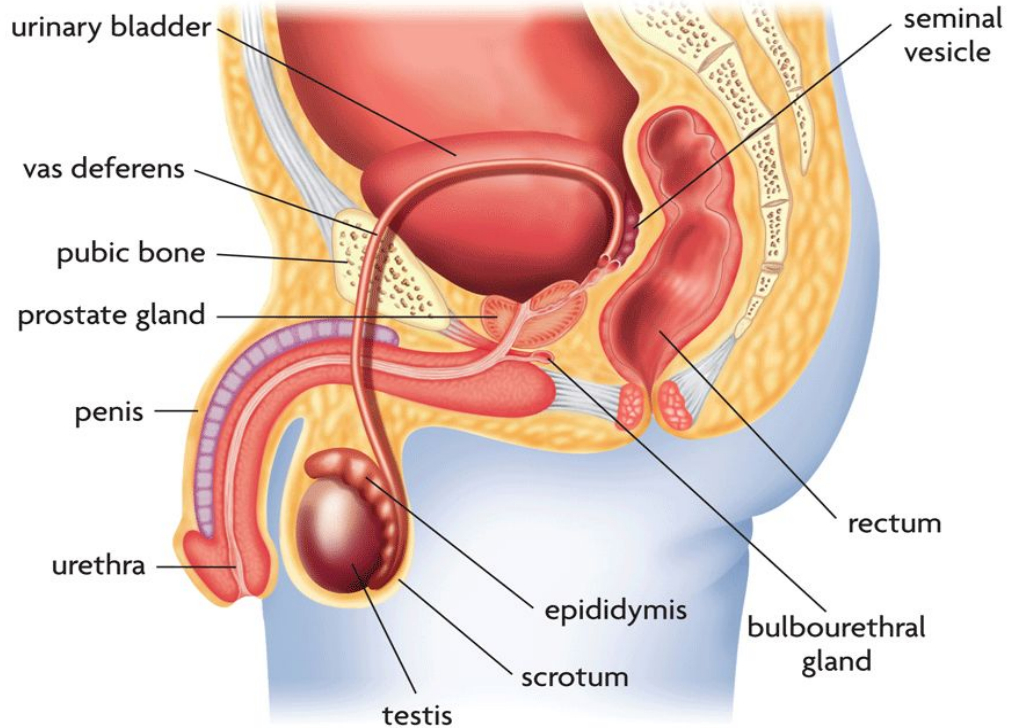


Penis has spongy columns that fill with blood when a man get an erection



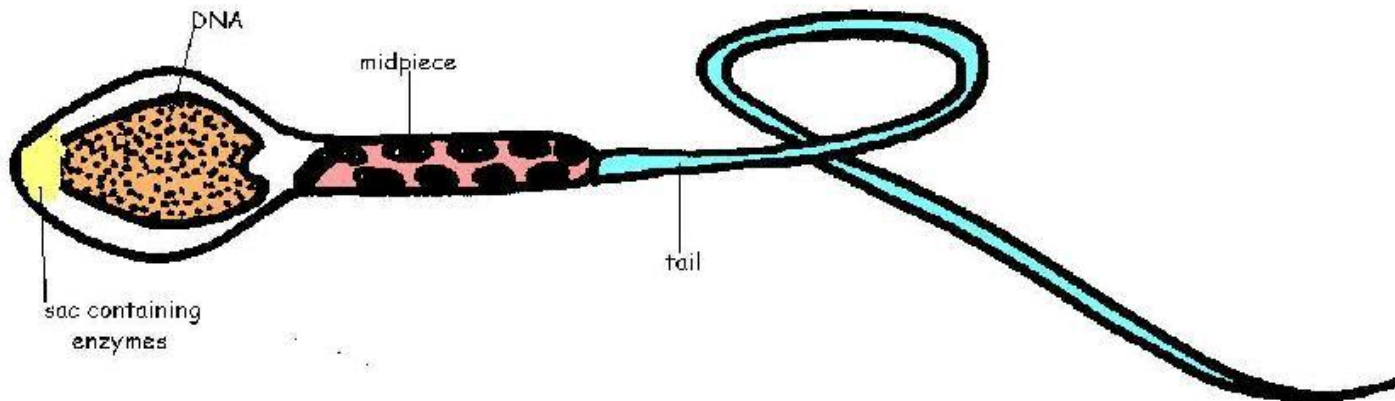
The picture shows a cross-section of a penis

EJACULATION, SEMEN AND SPERM



SPERM

Men produce an average of 525 billion in a lifetime



EMOTIONAL CHANGES



BODY IMAGE AND SELF-CONFIDENCE

When you like your body as it is, right now, you boost your body image and your self-esteem.



WHAT CAN I DO ABOUT BODY IMAGE

- Accept your body.
- Don't body-shame yourself.
- Find the things to like about your looks.
- Be aware of your body.
- Focus on what your body can DO.



BULLYING

Bullying is a big problem. It can make kids feel hurt, scared, sick, lonely, embarrassed and sad. Bullies might hit, kick, or push to hurt people, or they might use words to call names, tease, or scare them.



What can you do?

If you are being being bullied, tell an adult.

CYBER BULLYING

- Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person.
- You don't have to suffer in silence. In fact, you absolutely should report any upsetting texts, messages, posts, or emails.



TALK TO A TRUSTED ADULT



USE YOUR RESOURCES

