

Puberty

How do our bodies change?



twinkl

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!**



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)!

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.

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.



