

It's different for every boy.

Puberty is natural and normal.

Relationships

Puberty can be a time of changing relationships between family and friends.

It is also a time when you might experience loving or sexual feelings as well as attraction to other people.

Later on in puberty some people form sexual relationships. These relationships should be healthy, safe and fun.

Safe sexual relationships include consent (both people saying yes), being old enough, using condoms and other contraception.

Finding your voice

During puberty your voice will change and become deeper. This is a slow process where the larynx, or voice box, grows and the vocal cords stretch. Your voice may go between squeaky and deep. This is usually known as your voice breaking.

Body image

Your weight might change during puberty. Some people put on weight and others lose weight.

Magazines, the web and media sometimes seem to tell you what you should look like. They might show that being fit with big muscles is important but that isn't always true. Making sure you eat healthy foods and get regular exercise helps whatever size you are.

Don't feel shame to talk to
someone you trust.

Get the facts about puberty.

Disclaimer

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Boys to men

A guide to puberty and what to expect

Puberty will start at the time that is right for each person.

What is puberty?

Puberty is a time when you begin to change into being an adult. The changes affect the way you look, feel, think and relate to other people. Some changes might feel great, while others may be a bit confusing or feel uncomfortable.

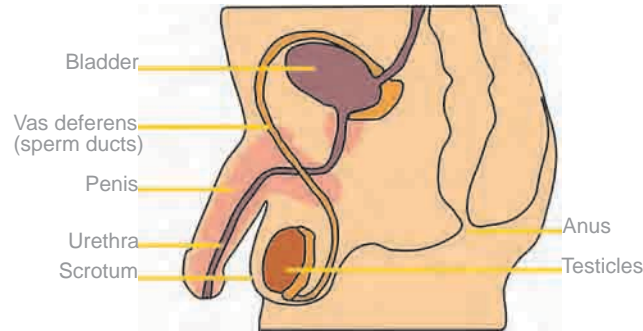
Puberty usually happens between the ages of 9 and 16. Many boys will notice changes around the age of 12 or 13.

What happens at puberty?

You will go through physical, emotional and relationship changes. Body chemicals called hormones make these changes happen. The male hormone is called testosterone. Some changes include:

- hair starts growing under your arms and near your penis and testicles
- hair starts growing on your face
- you might get pimples
- you might get mood swings
- your voice changes and becomes deeper
- you will start growing taller and may go through growth spurts
- your shoulders and chest get wider
- erections (penis gets hard) happen more
- sperm starts being produced in the testicles and the penis can ejaculate
- you start noticing sexual feelings

Puberty is natural and normal. Speak with an adult you trust, like parents, aunty, uncle or a school nurse if you have questions or want to know anything.



Keeping clean

During puberty you will perspire or sweat. It is important to wash your body and face each day.

Wash your clothes and use a deodorant.

Your penis also needs to be kept clean. If your penis has foreskin (uncircumcised), you will need to clean under it gently each day.

Most people get pimples during puberty. If you are worried about them, a chemist or doctor might be able to help.

Changing feelings

Hormones can cause mood swings. You might feel happy one minute and then sad or angry the next. These changes can be confusing and it is important that you talk to a person you trust about your feelings.

Sometimes doing something like exercise or having time out in your room can help.

Mood swings won't last forever.

What can you do to help yourself feel better?

It's all part of growing up.

The penis and puberty

Erections

An erection or stiffy is when your penis gets stiff. This is normal and every boy gets them. They may happen for no reason and at any time, like on the bus, at school or out with friends. Sometimes they happen because you are thinking about someone or something that gives you sexual feelings.

Masturbation

Touching or rubbing your penis or testicles is called masturbation. Masturbation is a way to find out about your body and how it is changing. It is meant to feel good. It is a private activity and needs to be done in a private area like your bedroom or bathroom. It is normal to masturbate.

Semen and ejaculation

Sometimes when you have an erection you might ejaculate semen or cum. Semen is whitish fluid which carries sperm. Ejaculation is when semen comes out of an erect penis. The amount of semen you ejaculate is about a small spoonful, so you can easily clean it up.

Once you start making semen it can be possible for a girl to get pregnant if you are having sex with her.

Wet dream

A wet dream is when you ejaculate semen from your penis while sleeping. Some boys have them occasionally, some have them all the time and some might not have them at all.