

HAVING THE TALKS: BOYS + PUBERTY

Sample Language for Key Messages

There are 3 key messages to communicate with boys about puberty. Below is sample language you can use to convey those messages!

Key Message	Sample language
<p>1</p> <p>Puberty starts between ages 9-15; it's different for everyone</p>	<p>"Puberty is when your body changes in order to allow it to physically reproduce and become an adult. Everyone goes through it."</p> <p>"There are many physical, emotional and social changes that happen during puberty and it generally takes 5-7 years for all of the changes to be complete."</p> <p>"Puberty is not a race! Everyone will be different when it comes to when things start."</p>
<p>2</p> <p>It's normal to feel a lot of different things during puberty</p>	<p>"It's totally normal to feel embarrassed, uncomfortable, self-conscious and/or excited by all of the changes your body is going through."</p> <p>"Puberty can be a little confusing; there's so much going on! It's OK not to know things so just ask. I'll do the best I can to answer your questions and if there's something I'm not sure about we can look it up together."</p> <p>"Having an adult you trust to talk to about these changes is a good thing, whether that's me or [insert name of a trusted adult, e.g., teacher, coach, relative]."</p>
<p>3</p> <p>Several changes happen during puberty: hair growth, erections, wet dreams, sexual feelings</p>	<p>"Hair growth—on the face, under the arms, and in the genital area—is a normal part of puberty, though like everything else, it varies a lot in when it starts and also how much grows."</p> <p>"Erections may happen more often, and sometimes they will happen totally spontaneously, which I realize can be kind of embarrassing."</p> <p>"Part of puberty for boys is that testosterone tells the testicles to start making sperm, which means the semen that leaves the penis now contains sperm."</p> <p>"The term 'wet dream' refers to ejaculation that happens while you are sleeping. It's totally normal and is not something to be embarrassed about. It's also totally normal if you never have a wet dream too. Either way, don't stress about it."</p> <p>"During puberty boys' voices will change and it's totally normal for the voice to 'crack' every now and then."</p> <p>"This may sound strange but it's normal for there to be some slight breast growth during puberty—don't worry, it usually resolves on its own."</p> <p>"It's common to have occasional acne and your sweat may have a strong odor. Bathing regularly and considering using deodorant can help."</p> <p>"Mood swings and sexual feelings are totally normal things that happen during puberty."</p> <p>"You may feel like you want more privacy from parents and/or siblings and that is totally normal."</p>

