

What I Wish I Knew: PUBERTY IN BOYS

What is puberty? Puberty is the normal process when your body experiences changes that make it possible to eventually make a baby and become an adult.

When does this happen? Everyone goes through puberty at their own time, but usually between ages 9–15. Boys start puberty around 2 years after girls—so do not get frustrated if the girls in class seem to be maturing faster.

What causes these changes? When your body reaches a certain age, your brain releases a special hormone that starts puberty. Hormones are something your body makes and uses to control the functions of your body.

What happens to me during puberty? Hormones lead to physical and emotional changes like these:

Pimples

You may get pimples on your face and body. Washing your face gently with water and mild soap can get rid of excess face oil and help reduce pimples.

Voice Changes

Your voice will become deeper and thicker—but may first appear as a crack in your voice.

More Sweat

You will start to sweat more and may have body odor. This means you need to shower more often, maybe start using deodorant and take better care to keep yourself clean.

Hair Growth in NEW Places

You will grow hair under your armpits, on your arms & legs, around your penis & testicles, and on your face & chest. Some people choose to shave and some don't.

Changes in Body Shape

You might notice your shoulders, neck, and hips grow wider. Your arms, legs, and feet might grow faster than the rest of your body, and the jawline may become more defined. You cannot speed up or change how any of these grow.

Genital Growth

Your penis size and testicles will increase and get darker. You might have frequent erections, which is when your penis gets larger, hard, and feels good to touch. Erections are normal and sometimes lead to ejaculation (when semen comes out of the penis). Your semen contains sperm, which means that you can get a person pregnant BUT does not necessarily mean that you are ready to become a father.

New and Confusing Feelings About SEX

You might feel sexually excited (turned on) a lot or have more sexual thoughts than you used to. You may also begin to feel attracted to someone, who you identify as your crush.

Wet Dreams

Waking up to find your sheets wet is normal and can happen sometimes or not at all—both are totally normal. When a wet dream happens, this means that you had erections during your sleep and ejaculated. This happens with or without sexual dreams.

Mood Swings

Sometimes, you may feel overly sensitive and become easily upset because your feelings change quickly and randomly.



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