

The amazing thing about puberty

What is Puberty?

Puberty is the name for when your body begins to develop and change. A boy's body will start changing when he's between 10 and 15 years old. Some boys start puberty early and some start later. The important thing to remember is that everyone goes through it. There is no need to worry about how fast you are growing because no matter what, you will grow.

All boys become men eventually.

What's happening to my body?

When puberty starts, your voice will begin to deepen. At the same time hair will begin to grow under your armpits and on your private parts. This is called pubic hair.

You will also start to grow hair on your face. You will begin to grow a moustache and beard this will mean that you will have to start shaving! Your penis will grow bigger. You may get pimples. This is all perfectly normal and happens because of hormones.

Hormones are chemicals produced in small amounts in our bodies in order to coordinate processes such as growth. These changes mark the change of a boy into a man.

The Penis

The Penis and testicles commonly called balls start to grow. The penis becomes longer and wider. Your testicles, which hang under the penis, will begin to produce sperm. Boys begin to get erections or 'hard ons' (this is when the penis fills with blood becomes hard) when they think about sex or sometimes for no other reason at all. This can be embarrassing and confusing.

Don't worry because it will pass and you will be able to control your erections so that it will not happen so much at random when you are older.

Sperm

These are tiny organisms, which swim in a fluid called semen. Sperm is released from the penis when a boy has an ejaculation. Ejaculation is when semen-containing sperm comes out of a boy's penis. It happens when a boy has an orgasm. Orgasm is the point someone reaches when they are sexually excited. A boy can release millions of sperms in one ejaculation.

Only one of these sperms is needed to fertilise an egg in a woman's womb to make a baby.

Sometimes semen is released from the penis during sleep. This is called a wet dream.

Wet dreams

Do not Panic! Wet dreams are normal and harmless. Many boys including grown men experience wet dreams. Boys may have on their minds images of the pretty girls they admire, having sex with this girl or just fondling. When he wakes up he finds he has semen smeared on his private parts. The semen often wets the sheet, and boys may wake up in a wet patch, this is why it is called wet dream.

Zits, Spots, Pimples

Pimples are very common and are a normal part of puberty. Pimples are caused by the over production of oils by glands under the skin. Pimples can occur on the face, back, chest and bottom areas. Pimples will go away eventually so don't worry.

What you do about it

- Don't make pimples spread by squeezing them
- Wash your face twice a day with soap and water
- Don't scrub your face hard with a face cloth – you will make pimples worse
- Eat fresh fruit and vegetables and drink lots of water; they keep the pimples away
- Use lightly medicated soaps and facial washes to keep away bacteria.

Remember good personal hygiene is the best way to avoid or fight pimples.

Survive Puberty

With all these changes going on in your body puberty can seem like a nightmare. You might feel confused or have feelings that you've never had before. These feelings might make you feel bad tempered and easily upset. You might have new and confusing feelings about sex. Suddenly girls are rather cute and interesting, and they start to show an interest in you too.

Don't get stressed out because every adult male has gone through it. It simply means you are on your way to being a man!



Boys *and* Growing Up!

