

CHAPTER 2
BOYS & THEIR BODIES

HOW A BOY'S BODY GROWS

Puberty is when a boy's body goes through several physical changes. The changes mean your body is continuing to grow and becoming physically that of an adult. There is no exact schedule of when puberty begins. Boys usually begin between the ages of 11 and 12, but can start earlier or later.

The physical changes of puberty begin at different ages but are the same for every boy and usually happen in the same order:

1. **Testes and scrotum growth** begins between ages 10 and 14 and finishes developing between the ages of 14-18. As testicles get larger, the skin on the scrotum reddens or darkens, and wrinkles. The testes also begin to produce sperm.
2. **Pubic hair** begins growing between ages 10 and 15 at the base of the penis. Long curly hair shows up first and gets rougher and curlier as it spreads over the scrotum and up the stomach area.
3. **Growth spurts** usually happens between the age of 11 and 15. Boys usually grow 3-5 inches taller in a one year period. Your voice will begin to deepen because the larynx (voice box) is growing too.
4. **First ejaculation** (when semen comes out of the penis) will usually happen between the ages of 12-14, about a year after the testicles begin to grow.
5. **Voice changes** happen in two stages. Early voice changes may happen before a boy's first ejaculation. The deep tone to the voice comes in after underarm hair and full growth is reached.
6. **Facial hair** starts to grow at about the time the underarm hair grows. Facial hair begins to grow at the corners of the upper lip; it spreads to form a mustache over the entire upper lip; which spreads to the upper part of the cheeks; and then finally a beard is the last to grow.

Emotional and social changes during puberty are normal because your body is changing quickly. You may feel confused, excited, uncomfortable, or worried. It's important that you learn to deal with your feelings instead of unleashing your frustration on your friends and family. Some of the emotional and social changes that may happen include:

- Difficulty finding the words to explain how you feel about things
- The need to "be tough" and keep your feelings bottled up inside of you
- The need to express your feelings physically because you don't know how to express them



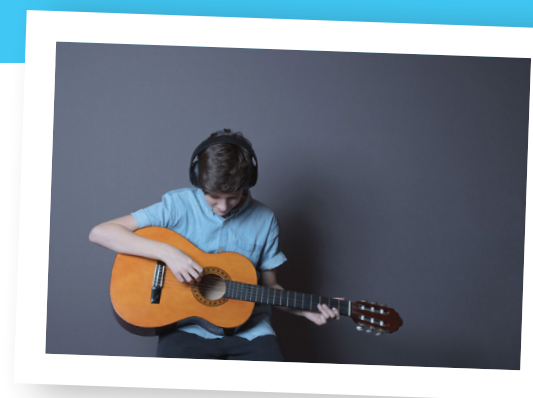
DID YOU KNOW

As you go through puberty, you will need to take better care of your body and you may need to begin using different products to control your sweat and body odor, pimples on your face, and other things. Check out the Taking Care of Your Body sections for more information.

GUY TALK: TAKING CARE OF YOUR BODY

During the teen years your body grows and changes all the time. Your hair and skin may become oily or drier, you have hair in places where you didn't before, you may sweat more, or you may have odor in areas where you never had it before! All these changes are normal signs that your body is growing into adulthood.

Taking care of yourself is important. Products for personal hygiene can be found at drug stores or grocery stores in the health & beauty sections. Here are some tips to make sure your body stays healthy so you feel good about your growing body.



Acne is caused by overactive oil glands in your skin. The oil mixed with dead skin and bacteria clog and irritate the pores in your skin and create raised bumps called pimples.

- You can reduce the amount of pimples you get by washing your face every day with a mild soap or a facial cleanser.
- Acne products can help give you some relief. Products that contain benzoyl peroxide are the best because they help reduce oil and get rid of dead skin.
- Many hair products contain oils that can make acne worse so keep gels and hair sprays away from your face as much as you can.

Body Odor is caused by sweating, which is natural and healthy. It's your body's way of cooling down. When sweat mixes with the bacteria on your skin it can cause your body to smell. Take a bath or shower daily with soap, giving your body a good lather every time and making sure you wash your armpits and genital areas well.

- Wear deodorant and/or antiperspirant every day. Deodorants prevent underarm odor; antiperspirants work to reduce the amount of sweating. Some products contain both a deodorant and antiperspirant. They come in roll-ons, solids, gels and sprays.

