

# Puberty in Boys:

## A simple guide

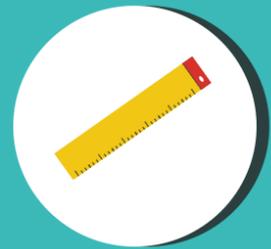
Created for you, so you feel confident and ready for the changes you will experience during puberty!



### PHYSICAL CHANGES of PUBERTY



Taller, bigger & stronger



Penis & testicles will get bigger



Voice gets deeper



Hair on face, pubic area, and other body areas

## WHAT'S UP DOWN THERE?

### Why is my penis getting hard?

- Ⓞ This is called an erection
- Ⓞ Erections are when blood vessels in your penis fill with blood
- Ⓞ This can happen even without thinking about sexual things
- Ⓞ Don't worry, unwanted erections are normal, and usually stop as you get older!



### I wake up with sticky underwear, why?

- Ⓞ This is called a "wet dream", or a nocturnal emission
- Ⓞ Wet dreams happen when you ejaculate in your sleep
- Ⓞ This happens during puberty, and you will grow out of it as you get older

### Does penis size matter?

- Ⓞ No! Not at all. Penises do vary in length and shape, but not as much as you may think.



OKAY! GOT IT.  
BUT WHAT  
ABOUT  
SHAVING?

AND WHY AM I  
THE SHORTEST  
GUY IN CLASS?

Around age 16  
boys notice facial  
hair.



Ask someone  
you trust to  
show you the  
ropes! Shaving  
can be tricky at  
first, so it's nice  
to practice with  
someone.



Girls mature  
faster than boys.



Boys will go  
through growth  
spurts.  
Remember,  
everyone is on  
their own  
schedule!

About 2 years  
after you notice  
girls are taller,  
you will begin  
to catch up!



## 3 THINGS TO REMEMBER DURING PUBERTY:



### Healthy Eating

Your body needs fuel! Eat lots of fruit, veggies, eggs, meat, whole grain bread and cereals.



### Get lots of sleep

When you go through puberty, your body needs lots of rest. About 8-9 hours a night.



### Be Active

You can go for a bike ride, dance to your favourite song, whatever gets you moving & having fun!

Video Resources: Always Changing Puberty Education videos



- ① [Always Changing and Growing Up | Co-Ed Puberty Education Video](#)
- ① [Always Changing and Growing Up | Boys Puberty Education Video](#)
- ① [Always Changing and Growing Up | Girls Puberty Education Video](#)



Resources for your child:

- ① [Puberty in Girls: A Simple Guide](#)