

All Change



Boys

Puberty starts when a gland just beneath the front of your brain - the pituitary gland - sends a signal for your body to start making some special chemicals (hormones). One of these hormones is called testosterone and it is produced in your testicles (balls). It is responsible for the many changes you will notice about yourself.

You will know you are starting to go through puberty when you start to grow taller. You will also notice that your body grows into a more manly shape. Don't worry if your friends seem to be growing more quickly than you. You'll soon catch up. Don't worry if this starts to happen to you but not your friends. They'll soon catch up.



Boys go through many changes during puberty

The main ones are:

- your body grows taller
your body grows broader
- your body may sweat more and you may develop body odour. Hair starts to grow under your arms, on your legs, in the pubic area around the base of your penis, on your face and sometimes on your chest
- your hair may become more greasy
- your skin may become more greasy and spots may develop
- your voice starts to get deeper
- your penis and testicles become bigger and sperm start to be produced.



Some of these don't sound like a lot of fun - who wants body odour, greasy hair and spots? But they are all normal, and they are often not as bad as you think they're going to be.