

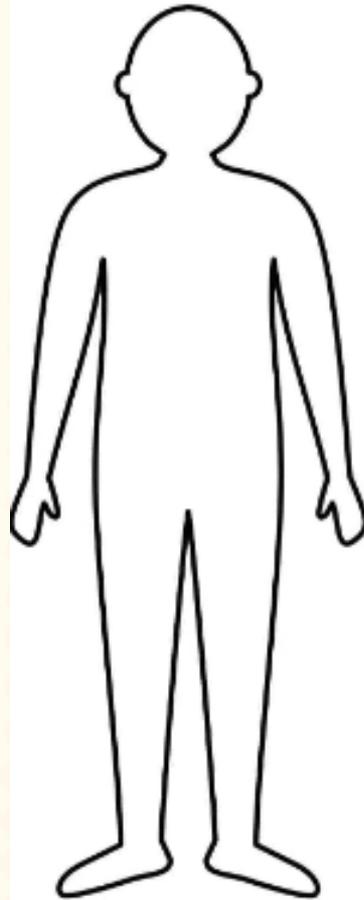
Date

L.O: to explain how a boy's body changes during puberty.

Recap

Name at least 5 changes that girls go through during puberty.

What male body parts do you know?



Puberty for Boys

Most boys begin puberty between the ages of 9-14 – but everyone is different.



Boy's and girl's bodies will change when it is ready, and everyone is different!

Can anybody think of any changes that a boy's body may go through?



Boy's changes during puberty

They will become more muscular and taller.

A boy's skin will become more oily, and you may get spots.

Their sweat glands will produce more sweat.

Grow hair under their armpits.

They'll grow facial hair.

Their voice will deepen but until this settles down they could sound croaky and produce some interesting sounds! This is the voice breaking. Boy's may find this embarrassing, so remember to be kind.

Boy's changes during puberty

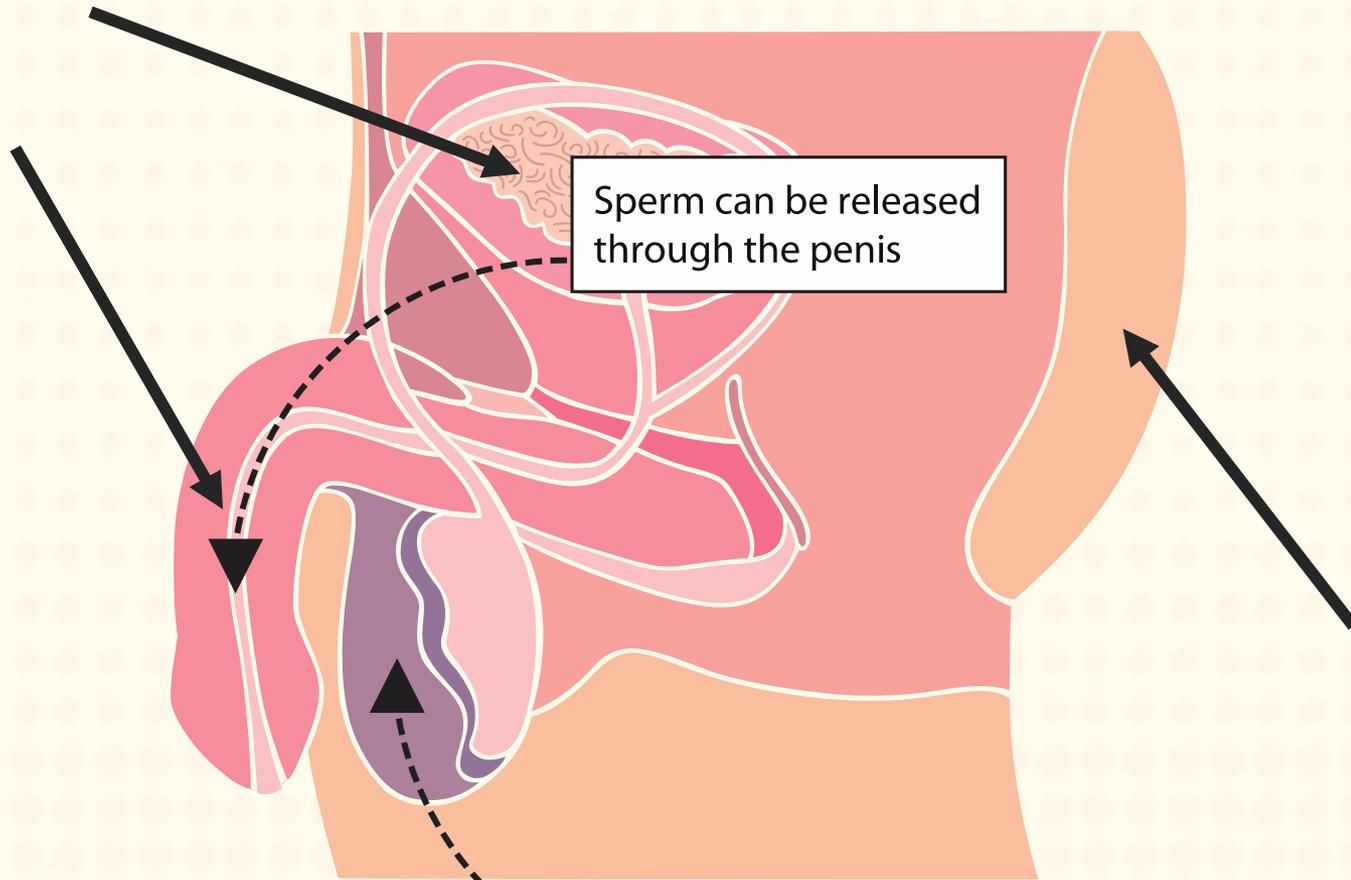
They will grow hair on their chest.

Their penis and testes will grow.

The hormones that control these changes may make them more grumpy and they may have mood swings.

They will grow public hair near the penis.

They'll grow hair on their arms and legs.

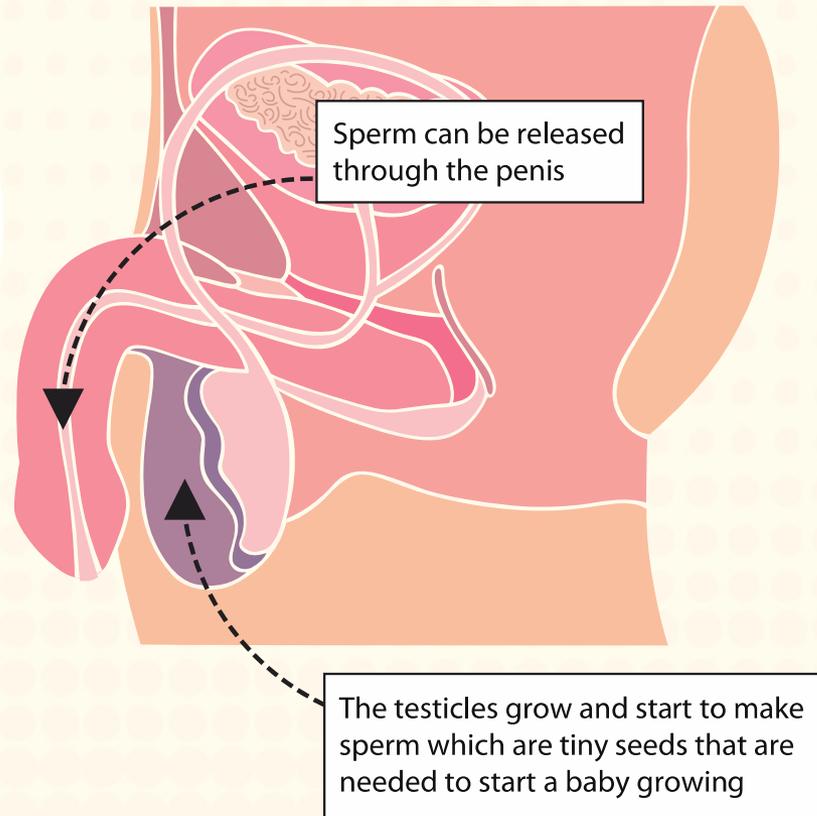


Sperm can be released through the penis

The testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing

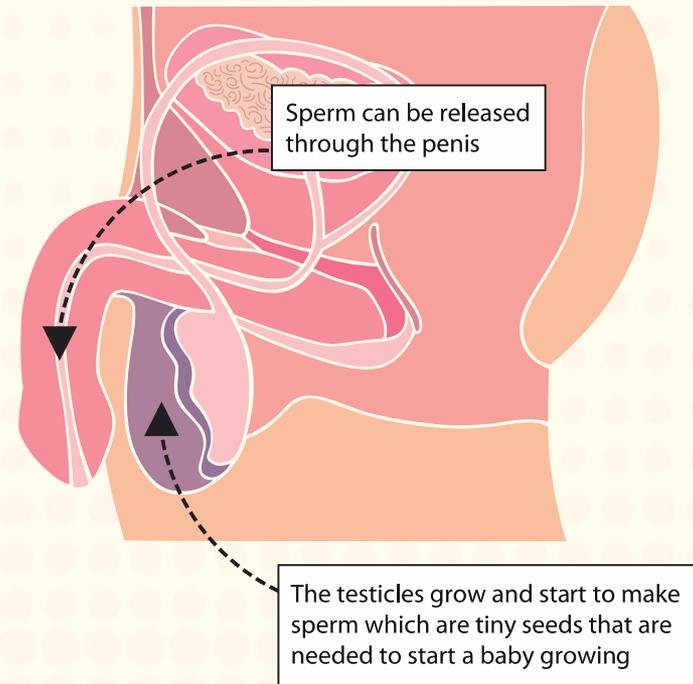
What is an erection?

You start producing sperm which may be ejaculated (released from your penis) during sleep – don't worry, this is perfectly normal!



What is a wet dream?

Your penis and testicles grow. They may sometimes feel uncomfortable and due to your body producing more hormones (testosterone is one of these), you might get erections when you least expect them!



Questions? Questions?



Remember...
puberty is not a secret!

Every adult or older teenager
has already experienced it,
so if there's anything you
feel worried about, you can speak
to a trusted adult or older friend.



Plenary

Boys, Girls or both?

