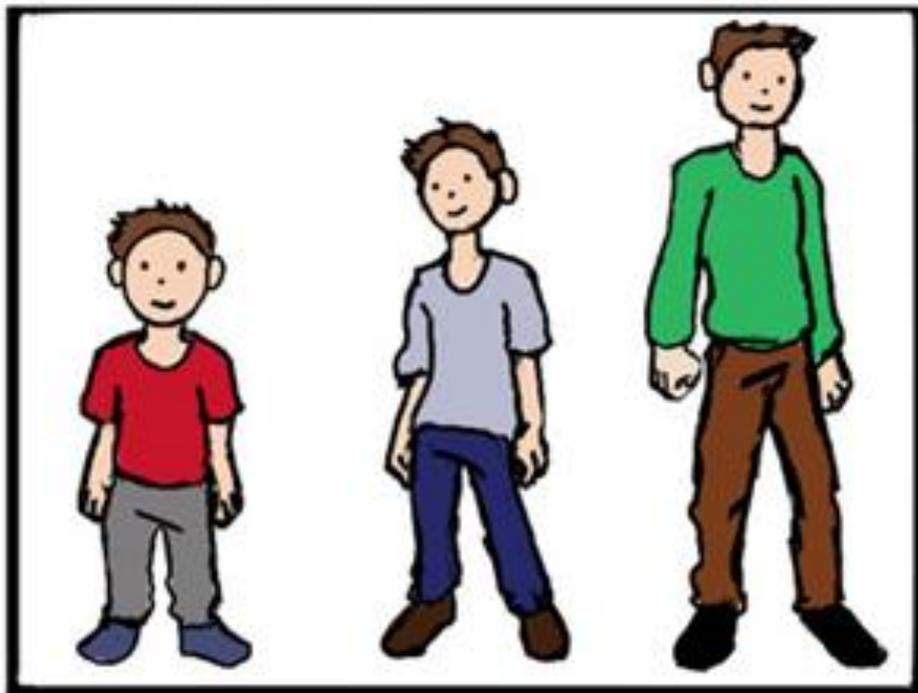


My name is _____.

And I am _____ years old.



Puberty is the time when your body changes from being a child to a young adult.



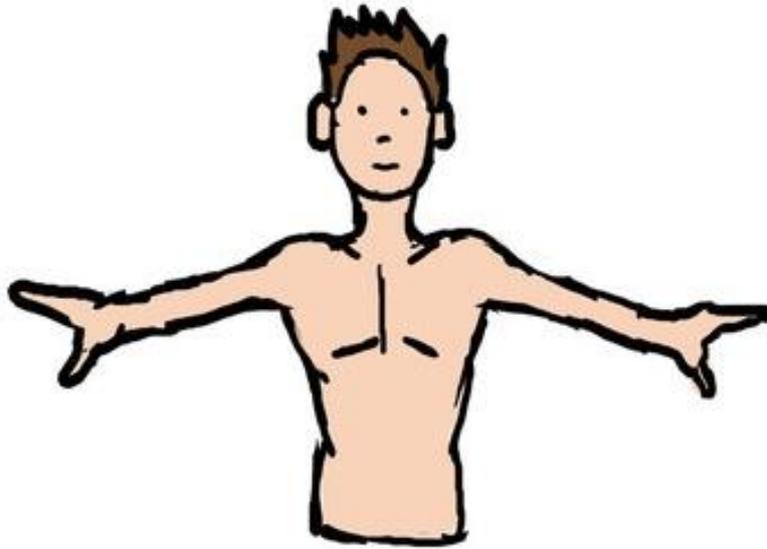
Puberty happens anywhere between 8 and 18 years of age.

Physical changes start to happen because your body makes chemicals called sex hormones in boys this is called testosterone and in girls they are called Oestrogen and Progesterone.

These changes can feel scary but it is ok to talk about them.



Some changes that might happen are

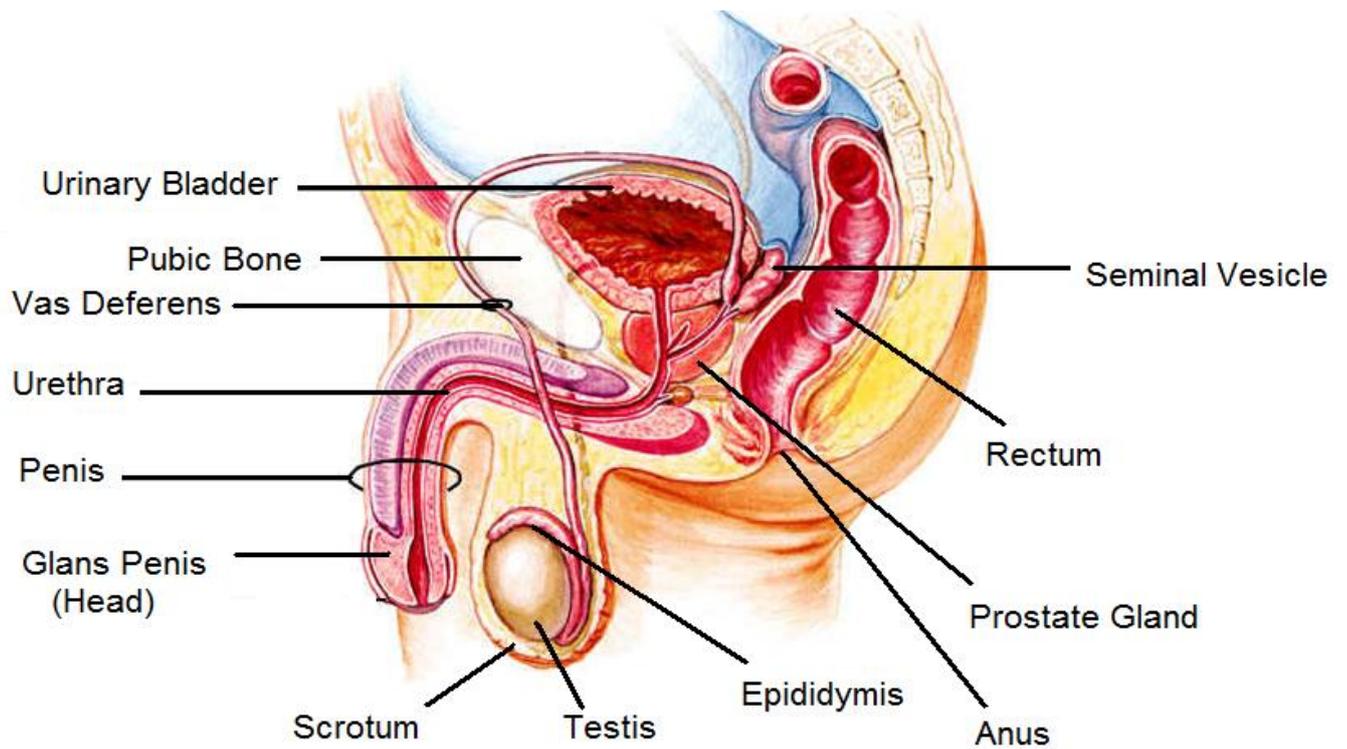


You may grow taller and heavier as your bones and muscles grow.

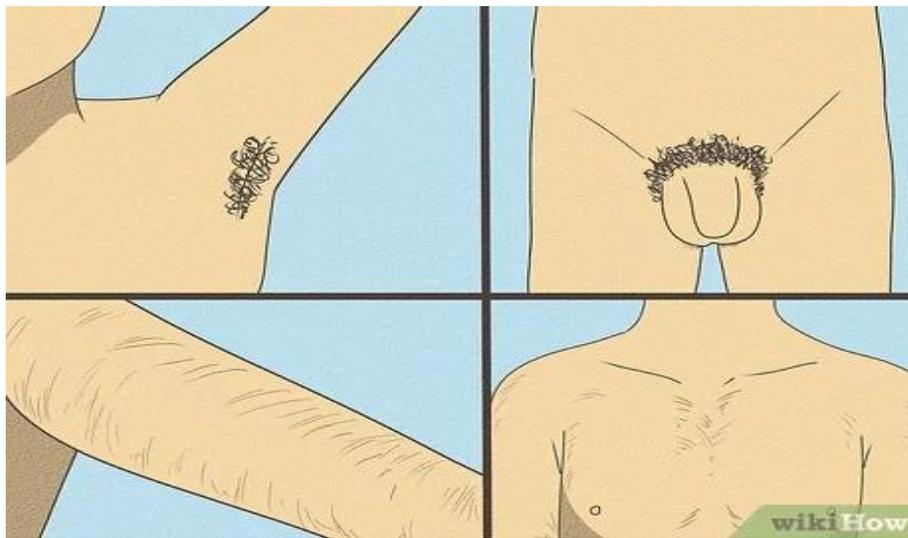


Your body may begin to sweat more and this could lead to you having a Body Odour (BO).

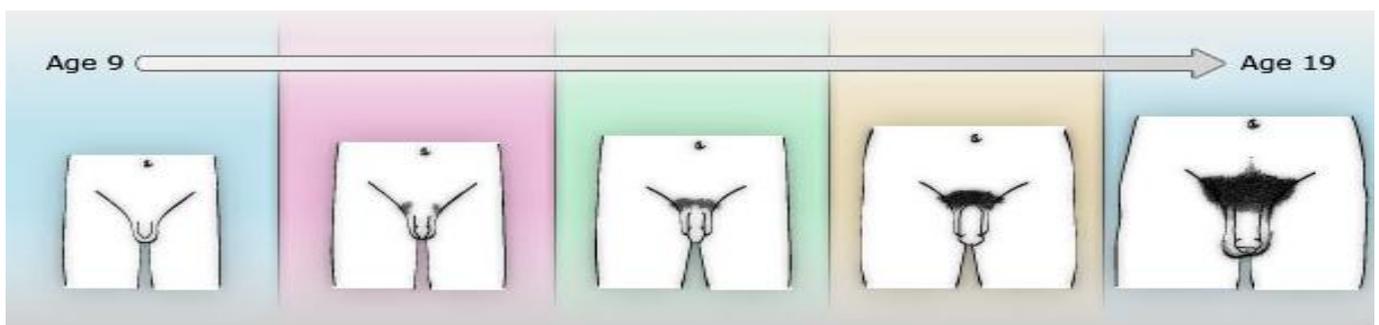
Male Reproductive System



Hair begins to grow on the face, under the armpits, on your chest, on your arms and around the genitals (pubic hair).



Your penis and testicles will begin to grow bigger and longer.



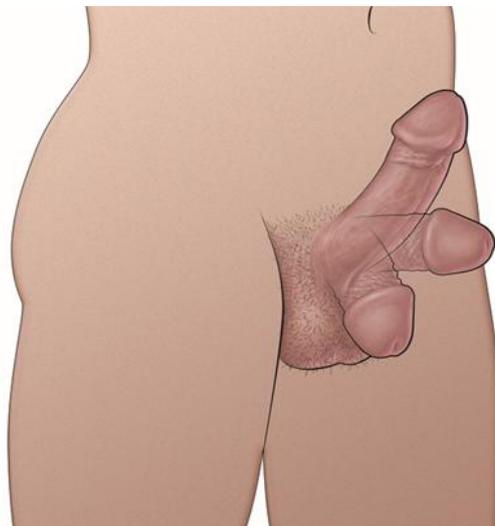
Erections

An erection happens when extra blood flows to the penis. This causes the penis to harden and lengthen.

Most erections are not straight, and tend to either curve upwards or to either side.

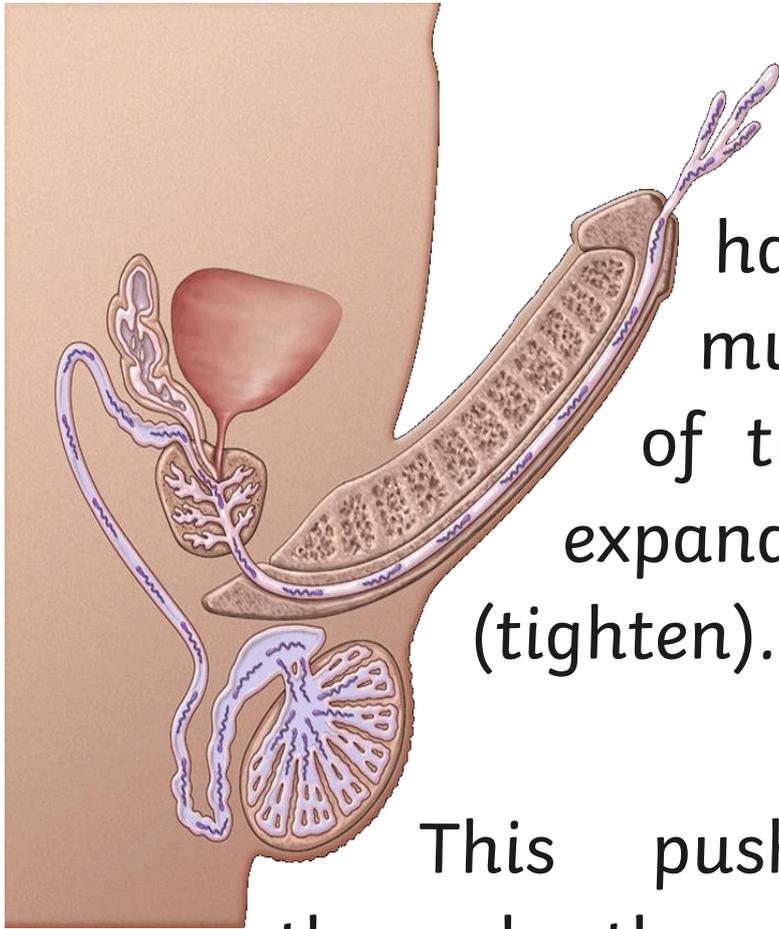
Erections can happen at any time:

- When you touch it
- Have exciting/sexual thoughts
 - See someone attractive
 - Or for no reason at all!



Ejaculation

Sometimes semen (sperm and fluids) spurts out of the penis.



This is called an ejaculation. It happens when muscles at the base of the penis start to expand and contract (tighten).

This pushes the semen through the urethra and out through the tip of the penis.

But this won't happen every time you have an erection.

Wet Dreams

Sometimes you can ejaculate when you are asleep.

This is called a nocturnal emission, more commonly known as a “wet dream.” It happens without you knowing about it, and it’s not necessarily because you are dreaming about sex.

You may notice that your pyjamas or sheets feel wet or sticky when you wake up.



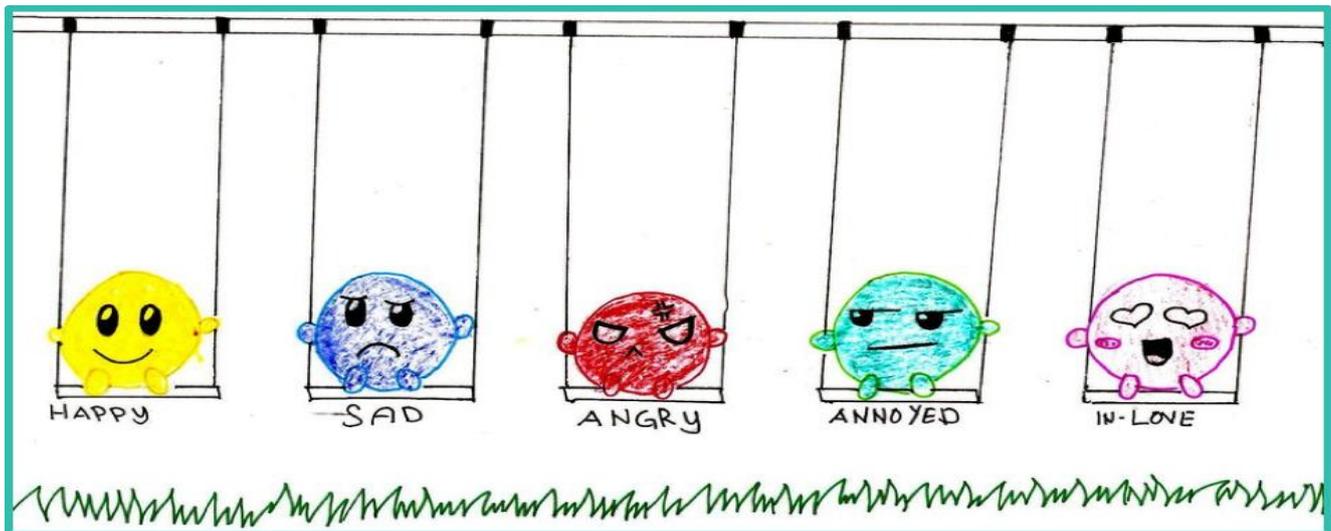
Most males experience wet dreams between the ages of 12 to 18.

You will experience wet dreams less frequently as you grow older, you will have more control over your body.



Your voice may get deeper and may change as your vocal chords grow.

You may begin to have mood swings



These could include irritability, feeling sad or overwhelmed, confused and you could also begin having sexual thoughts and feelings.