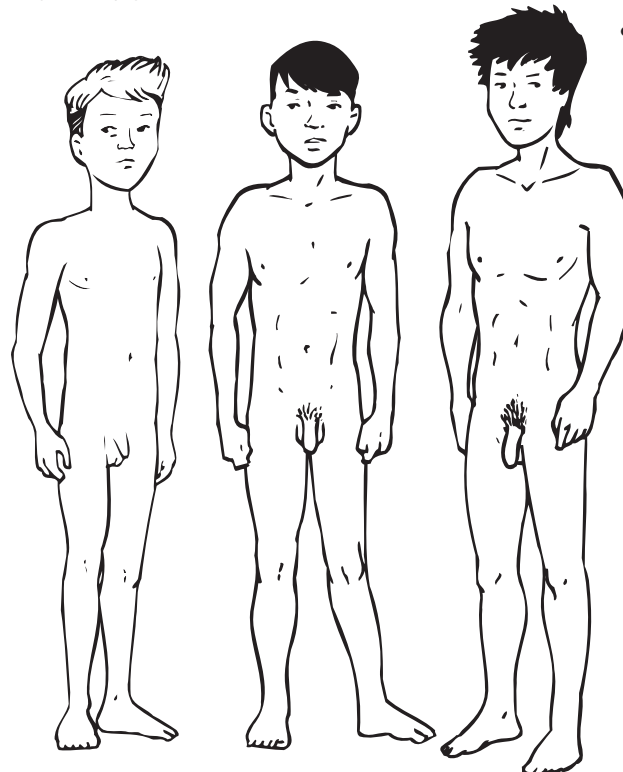


PUBERTY FACTS:
BOYS

- **Hormones:** internal secretions triggered by the brain that pass into the blood to stimulate organs into action.
- **Puberty:** the stage at which a child develops into an adult. Body changes at this time enable reproduction.
- **Testosterone:** male hormone produced in the testicles.
- **Oestrogen:** female hormone produced by the ovaries.
- **Menstruation (females only):** loss of blood from the womb for a period of a few days. Likely to follow an average cycle of 28 days.
- **Body odour:** usually stale (perspiration) sweat. *Whilst everyone sweats, body odour occurs when it becomes stale.*
- **Personal hygiene:** habit of keeping clean; for example, regular bathing/showering, wearing clean clothes and washing hands after going to the toilet and before eating.
- **Sebaceous glands:** glands that secrete oil onto the skin.
- **Bacteria:** are small organisms that live in the body and on the skin, some are good and protect us, some are bad. If not washed away they multiply on the skin and can cause bad smells.

Puberty is about change, for both boys and girls; your body grows and develops at a sometimes confusing rate! But if you know what to expect, these changes can be less bewildering.

For boys, puberty can last for between 3 and 5 years and usually starts between the ages of 10 and 14 years.



Most changes at puberty are caused by chemicals in the body called hormones; for boys it is testosterone. It has a lot to answer for! You can expect:

- to grow body hair around your pubic region, under your arms and on your legs, then eventually on your face and sometimes your chest
- to grow taller and more muscular
- your penis and testicles to become bigger and for sperm to be produced
- your voice to 'break' and become deeper
- to sweat more and for your sweat to have a stronger smell
- your skin and hair to become more oily
- to develop more spots, particularly on your face but sometimes on your back too.

It is all perfectly healthy and natural.

As well as physical changes, you may find that you experience emotional changes too, possibly:

- feeling less confident, more unsure of yourself
- arguing more, particularly with your parents and family
- wanting to spend more time on your own.

Don't worry if you think that you are changing faster or more slowly than your mates – everyone is different and you will catch up with them or they will soon catch up with you!

PUBERTY FACTS:
GIRLS

- **Hormones:** internal secretions triggered by the brain that pass into the blood to stimulate organs into action.
- **Puberty:** the stage at which a child develops into an adult. Body changes at this time enable reproduction.
- **Testosterone:** male hormone produced in the testicles.
- **Oestrogen:** female hormone produced by the ovaries.
- **Menstruation (females only):** loss of blood from the womb for a period of a few days. Likely to follow an average cycle of 28 days.
- **Body odour:** usually stale (perspiration) sweat. *Whilst everyone sweats, body odour occurs when it becomes stale.*
- **Personal hygiene:** habit of keeping clean; for example, regular bathing/ showering, wearing clean clothes and washing hands after going to the toilet and before eating.
- **Sebaceous glands:** glands that secrete oil onto the skin.
- **Bacteria:** are small organisms that live in the body and on the skin, some are good and protect us, some are bad. If not washed away they multiply on the skin and can cause bad smells.

Puberty is about change, for both girls and boys; your body grows and develops at a sometimes confusing rate! But if you know what to expect, these changes can be less bewildering.

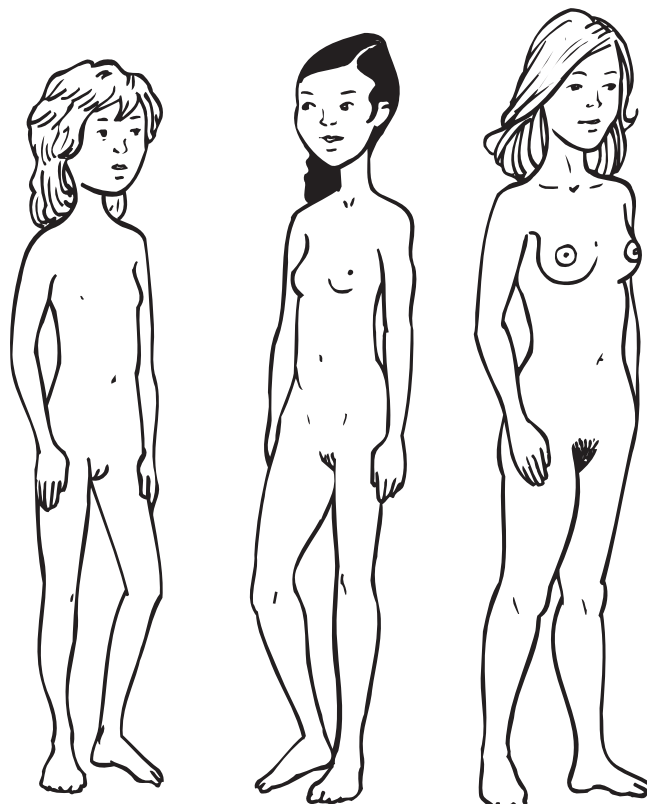
For girls, puberty can last for around 5 years and usually starts between the ages of 9 and 13 years.

Most changes at puberty are caused by chemicals in the body called hormones; for girls it is oestrogen. It has a lot to answer for! You can expect:

- your breasts to grow
- your body to grow taller and more curvy
- to grow hair in the pubic area between your legs, under your arms and on your legs
- to sweat more and for your sweat to have a stronger smell
- your skin and hair to become more oily
- to develop more spots
- your periods to start.

As well as physical changes, you may find that you experience emotional changes too, possibly:

- feeling less confident, more unsure of yourself
- arguing more, particularly with your parents and family
- wanting to spend more time on your own
- having mood swings.



Don't worry if you think that you are changing faster or more slowly than your mates – everyone is different and you will catch up with them or they will soon catch up with you!