



### Boys

The male body produces the hormone testosterone, which starts off the changes of puberty. Sexual development can happen at any time between 10 and 18, but usually happens around 13 or 14.

#### The changes a boy's body goes through during puberty:

- Testicles grow larger and fuller.
- Penis grows longer and wider.
- Pubic hair grows around the base of the penis.
- Testicles start to produce sperm which mixes with fluid to make semen which boys ejaculate.
- Spontaneous erections and wet dreams begin.
- Scrotum sac becomes darker in colour.
- More hair grows on the body which may become darker on the arms and legs.
- Growth spurt including arms, legs and feet.
- Body shape changes as boys develop broader shoulders and chest and become more muscular.
- Face shape changes and becomes less childlike.
- Voice box grows which makes the Adam's apple look bigger, and the voice breaks and becomes deeper.
- Hair and skin become more oily, which may lead to spots and acne.
- Body sweats more.
- Growth of facial hair.
- Hormonal changes can lead to mood swings including irritability, tearfulness, overwhelming happiness and confusion.
- May become argumentative and bad tempered, and challenge authority.
- May be physically attracted to others (male or female).
- Begin to want more independence from parents.
- May feel intense emotions of love, low self-esteem, frustration and apathy.