

BOYS AND PUBERTY

Name: _____

ACTIVITY 1A
Pre/Post Test

True or False?

1. It usually takes about a year for the changes of puberty to happen.
2. Boys usually start going through puberty at a younger age than girls do.
3. It's a good idea to bathe or shower daily, use deodorant and take better care of your personal hygiene during puberty.
4. Body hair that grows during puberty should be removed.
5. Hormones cause the changes of puberty to occur in both males and females.
6. During puberty, boys and girls usually need less sleep than they used to require.
7. During puberty, girls begin to menstruate.
8. Moody behavior stops once puberty begins.
9. During puberty, boys and girls may become more interested in social relationships, greater independence and making new friends.
10. During puberty, boys' bodies begin to produce sperm.

The Answer Key for this activity appears on the next page.

Name: _____

ACTIVITY 1B

Pre/Post Test

Answer Key

1. It usually takes about a year for the changes of puberty to happen.
FALSE! *Most changes of puberty take place over the span of about five years.*
2. Boys usually start going through puberty at a younger age than girls do.
FALSE! *It's actually the opposite—girls usually start going through puberty at a younger age than boys do.*
3. It's a good idea to bathe or shower daily, use deodorant and take better care of your personal hygiene during puberty.
TRUE!
4. Body hair that grows during puberty should be removed.
FALSE! *Although it is common in some cultures for people to remove their body hair, it is not necessary to do so.*
5. Hormones cause the changes of puberty to occur in both males and females.
TRUE!
6. During puberty, boys and girls usually need less sleep than they used to require.
FALSE! *The opposite is true—boys and girls need more sleep during puberty since their bodies are doing so much growing during that time.*
7. During puberty, girls begin to menstruate.
TRUE!
8. Moody behavior stops once puberty begins.
FALSE! *Both boys and girls may experience more mood swings and intense feelings during puberty, because of the hormonal changes that are occurring.*
9. During puberty, boys and girls may become more interested in social relationships, greater independence and making new friends.
TRUE!
10. During puberty, boys' bodies begin to produce sperm.
TRUE!

Name: _____

During puberty, the changes in our bodies make it especially important to take good care of ourselves. That can mean many different things, like making sure to eat well and get enough sleep, but it also means making sure to keep our bodies clean. You may need to change your habits a little bit from how they used to be, but that's ok—it's all part of growing up.

HAIR

The change: Oily skin. This happens because changing hormones can make oil-producing glands in the skin and scalp become much more active.

Dealing with it: Keep your hair clean by washing it regularly—most young people need to wash their hair at least a few times a week (more if you're very active or if your hair is very oily). Use a gentle shampoo that's made for your hair type, and a conditioner if you're prone to tangles. Avoid using too many styling products, which can make things worse.

SKIN

The change: Pimples. Pimples (or "acne") occur when a hair follicle or pore is clogged by dirt or too much oil on the skin.

Dealing with it: Make sure to shower nearly every day, especially if it's hot out or you've been exercising. Wash your face with soap or a gentle cleanser twice a day. Don't wash your face too often or scrub too hard, though—this can dry out or irritate your skin, sometimes making it produce even more oil. Never pop pimples: They can become infected and cause scarring. Pimples aren't just for faces, either: Pimples can pop up on your arms, back, chest and even the buttocks, so make sure to wash all over when you're taking a bath or shower.

BODY ODOR

The change: Stronger-smelling body odor. This happens because sweat glands become more active during puberty. The extra sweat, combined with bacteria that lives on the skin, can make for noticeable and strong body odor.

Dealing with it: Bathe or shower daily and use a deodorant or antiperspirant under your arms. You might need to try several different types of antiperspirants to find one you like to use.

This fact sheet is continued on the next page.

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TEETH AND MOUTH

The change: Braces (and other types of dental appliances) are very common among young people.

Dealing with it: Brush your teeth at least twice a day—in the morning and before bed—and floss at least once. This is even more important when you have braces because food can get trapped on the brackets or under the wires.

BODY HAIR

The change: Hair on the face, legs, pubic area and underarms.

Dealing with it: There's no medical reason to remove body hair, but it is common to do so in some cultures. Whether or not to remove the hair is up to you. Shaving and waxing are two common methods for removing body hair. If you choose to shave, ask an adult family member to show you how. Use a sharp razor and soap or shaving cream.

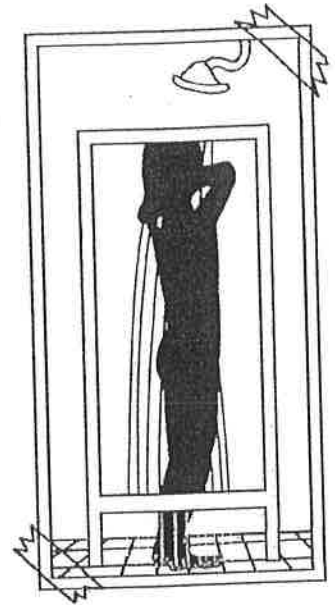
GENITALS

The change: New odors; beginning menstruation for girls.

Dealing with it: Both males and females should wash their genitals with mild soap and water every day. Girls should use sanitary pads or tampons during their period, making sure to change them regularly. Boys and girls should both watch out for infections: If your genitals become itchy, swollen or irritated, go to the doctor right away for treatment. Wearing cotton underwear and keeping your genitals clean and dry can help prevent infections.

Name: _____

- The best way to take care of your skin is to keep it clean. Start by keeping your hands clean, since they can spread germs to the skin on other parts of your body.
- Wash your hands with warm water and mild soap. Lather for at least 30 seconds, remembering to wash your palms, wrists and fingernails. Rinse and dry with a clean towel.
- When you take a bath or shower, don't forget under your arms and around your private areas.
- During puberty, the skin on your face can get oilier. Wash your face once or twice a day with warm water and a mild cleanser.
- Wash your face with a washcloth, but be gentle.
- Washing your skin too often, scrubbing too hard or using soap with harsh chemicals can cause your skin to make even more oil.
- All the products at the drugstore can be confusing. You probably don't need any of them, but if you think you do, ask a parent to help. If you have trouble with pimples, talk with your doctor about which cleansers are best to use.
- Using too much acne medicine can really dry out the skin. Be careful to follow the directions. And remember, using twice as much won't make the product work twice as well.
- If your skin is dry or itchy, use a moisturizing lotion or cream.
- If you use a new skin product or a new deodorant and your skin gets red or feels itchy, stop using it right away. You could be allergic to the product.
- Protect your skin from sunburn by using a sunscreen with a sun protection factor (SPF) of 30 or 45. Sunscreen also helps to prevent wrinkles when you get older and can lower your chance of getting skin cancer.
- When you apply sunscreen, have a friend or parent help you with the hard-to-reach places like your neck, the top of your ears and feet, or the middle of your back. Remember to apply more sunscreen after you go swimming.



Name: _____

ACTIVITY 1A
Pre/Post Test

True or False?

1. Puberty begins at the same time for all boys. _____
2. The male reproductive system has both internal and external parts. _____
3. The penis contains a bone and many blood vessels. _____
4. Boys can control when they get erections. _____
5. Sperm is produced in the penis. _____
6. Boys begin producing sperm during puberty. _____
7. Sperm travels out of a male's body in a fluid called semen. _____
8. Even though urine and semen both leave the body through the penis, they cannot be released at the same time. _____
9. It is normal for boys to experience slight breast development during puberty. _____
10. Boys' voices usually get a little higher during puberty. _____

The Answer Key for this activity appears on the next page.

Answer Key

1. Puberty begins at the same time for all boys.
FALSE! *Boys (and girls) begin puberty on their own timetable. The age when puberty begins varies from one boy to the next. Most boys will begin puberty at some time between ages 10-14.*
2. The male reproductive system has both internal and external parts.
TRUE!
3. The penis contains a bone and many blood vessels.
FALSE! *There is no bone in the penis. The penis is made of spongy tissue and blood vessels.*
4. Boys can control when they get erections.
FALSE! *Boys cannot control when they get erections. Often, an erection is an involuntary response.*
5. Sperm is produced in the penis.
FALSE! *Sperm is produced in the testicles. It travels through the vas deferens and leaves the body through the penis.*
6. Boys begin producing sperm during puberty.
TRUE!
7. Sperm travels out of a male's body in a fluid called semen.
TRUE!
8. Even though urine and semen both leave the body through the penis, they cannot be released at the same time.
TRUE!
9. It is normal for boys to experience slight breast development during puberty.
TRUE!
10. Boys' voices usually get a little higher during puberty.
FALSE! *Boys' voices usually get deeper (lower) during puberty.*

Name: _____

- During puberty, a boy's larynx (voice box) grows and his voice gets deeper. His voice might sound scratchy or squeaky at first, but this usually lasts for only a few months. Once the larynx finishes growing, a boy's voice smoothes out and sounds deeper.
- Boys can also see the larynx growing. As it gets bigger, the larynx tilts and pushes out of the neck. This is called the Adam's apple.
- Boys also begin to develop larger muscles in their arms, legs, chest and other areas. About half of boys will also notice a swelling or growth of the breasts. This is totally normal and will go away after a few months for most boys.
- Boys (and girls) often grow very quickly during puberty (sometimes called a growth spurt). Getting taller so quickly can make you feel clumsy or awkward at first. Remember that this growth is normal and that you'll settle into your new body soon.
- In addition to the hair that begins to grow in the underarms and the pubic area, boys will begin to notice hair growing on their faces. This hair is typically soft and fine at first.
- During puberty, it's especially important to practice good hygiene. Boys should shower every day, making sure to clean the penis and scrotum with a mild soap. Boys who are uncircumcised should pull back the foreskin and wash the glans (or head) of the penis thoroughly. Using antiperspirant or deodorant under your arms every day is also important to help control body odor.
- Boys begin to experience erections during puberty. During an erection, the penis fills with blood and becomes hard, or erect. Erections can happen for no reason at all.
- Some boys have "wet dreams," or nocturnal emissions. These happen when a boy ejaculates (releases semen from the penis) while sleeping. After a wet dream, the sheets or your underwear might be a little wet. This is a normal part of puberty and is nothing to be embarrassed about.
- Boys should wear an athletic supporter or cup when playing sports to protect the penis and testicles from injury.

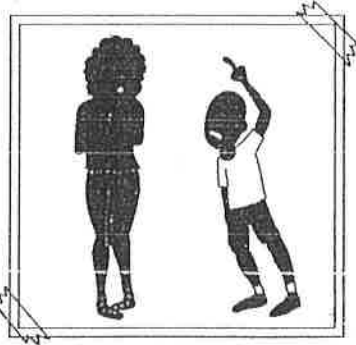
Physical Changes for Boys

Stage 1	<p>age range: usually 9 – 12</p> <p>average age: about 10</p>	<p>Male hormones are becoming active but there are hardly (if any) outside signs of development. Testicles are maturing slowly. Some boys start a period of rapid growth late in this stage.</p>
Stage 2	<p>age range: usually 9 – 15,</p> <p>average age: 12 – 13</p>	<p>Testicles and scrotum begin to enlarge, but penis size does not increase much. Very little (if any) pubic hair at the base of the penis. Increase in height and change in body shape begins to be noticeable.</p>
Stage 3	<p>age range: usually 11 – 16,</p> <p>average age: 13 – 14</p>	<p>Penis starts to grow in length but not much in width. Testicles and scrotum are still growing. Pubic hair starts to get darker and coarser. Height growth continues. Body and face shape continue to look more adult. Voice begins to deepen (and crack at times). First traces of facial hair on upper lip. Pimples may develop.</p>
Stage 4	<p>age range: usually 11 -17,</p> <p>average age: 14 – 15</p>	<p>Penis width increases as well as length. Testicles and scrotum still growing. Pubic hair begins to thicken. Most boys have first ejaculations. Underarm hair develops. Facial hair increases on chin and upper lip. Voice gets deeper. Skin gets oilier. Pimples may continue.</p>
Stage 5	<p>age range: usually 14 – 18, average age: 16</p>	<p>Nearing full adult height and body shape. Pubic hair and genitals have adult appearance. Facial hair grows more completely. Shaving may begin now or soon. Body hair (especially chest hair) continues to grow.</p>

Name: _____

FACT SHEET 1

Managing Strong Emotions



Puberty can really do a number on your emotions. You might go from happy to annoyed to downright furious in a matter of minutes—or maybe even seconds! They're called "mood swings." The same hormones that are responsible for causing the physical changes of puberty can also cause your emotions to swing all around, too.

Mood swings are normal but they are not an excuse for being mean or hurtful, or treating others with disrespect. These tips can help you take control of your emotions:

1. If your emotions are causing you to lose your cool, get out of the situation and give yourself time to calm down. Go to your room or another quiet space, take a few deep breaths and think about the problem before you say or do anything else.
2. Live a healthy lifestyle that includes regular exercise, a healthy diet and plenty of sleep. Daily exercise helps manage stress and releases feel-good chemicals in your body. Healthy foods provide energy and don't set you up for a mood crash, as junk food can do. Teens should get nine or more hours of sleep each night; not getting enough sleep can make you irritable, sad and less able to control your emotions.
3. Write your feelings down. You don't have to show anyone what you wrote, and you can even delete or recycle your thoughts when you're done. Simply getting your emotions down on paper helps you organize your thoughts and put things in perspective.
4. Talk to a trusted adult. Parents, older siblings, family members, coaches, teachers and school counselors are often great listeners who can help you figure out ways to handle your strong emotions.
5. Having trouble starting a conversation with an adult? Sometimes it helps to wait for a moment when you feel calm, rather than a time that you feel anxious, angry or upset. Try bringing up something that you saw on TV or heard at school to get the conversation started: "Matt got a detention at school today for yelling at the teacher. It seems like everybody is so mad these days."
6. Don't be ashamed or embarrassed to ask for help! Remember, every adult you know made it through puberty, too. They can relate to what you're going through, offer advice or just listen. You're not in this alone.

Name: _____

FACT SHEET 2

Tips for Building Self-Esteem

The term *self-esteem* refers to the way you think about yourself. During puberty, it's common for young people to experience ups-and-downs when it comes to self-esteem, but these tips can help you beat self-consciousness and feel better about yourself:

- 1.** Take the time to think about what makes you unique. What special skills or talents do you have? What do you like about yourself? Sometimes it can be helpful to write down these ideas on a small card and save them somewhere. When you're feeling a little down, you can look back at what you wrote to help regain your confidence.
- 2.** Be positive. Negative thoughts about yourself—like “I'm so bad at math” or “Of course nobody wants to be my partner in gym. I'm such a loser”—will only bring you down. When you catch yourself thinking something negative, add at least one positive thought. For example, you might think, “Okay, I didn't land the big role in the school musical this time, but I'm still a really good singer. I'll work at being the best singer in the chorus.”
- 3.** Accept mistakes. Remember, nobody's perfect. You will make mistakes now and then. The important thing is to learn and grow from those mistakes.
- 4.** Give yourself the freedom to explore new interests. Is there a sport you've always wanted to try? An instrument you've wanted to learn to play? Have your teachers always told you what a good writer you are? Join the band, go out for the team, audition for the school play, try your hand at poetry or join the school newspaper. Part of growing up is becoming more independent and free to make your own choices about the activities you explore.
- 5.** Be open to changing friendships. It's normal and common for friendships to evolve during adolescence and your interests are growing and changing. You may feel that you have less in common with your friends than you used to, and that's okay. It's okay to have different friends with different interests—for example, maybe one friend is your soccer buddy and another is a great listener. It is also normal for friendships to cool off as you both meet new people and explore new interests.