

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



## What is this resource and how do I use it?

As boys enter puberty, they'll notice lots of changes happening to their bodies - both physically and emotionally. Use the information in this guide to help them find answers to questions they may have about what's happening during this time.

## What skills does this practise?

Comprehension

Discussion

Self-Awareness

Self-Esteem

## Further Activity Ideas and Suggestions

If you want to discover more about puberty with your child, this [Boys and Puberty eBook](#) is a great place to start. These [RSHE Puberty Discussion Cards](#) are a great way to clear up any misconceptions, or use [this resource](#) to help children vocalise their emotions.

Parents Blog



Twinkl Kids' TV



Homework Help

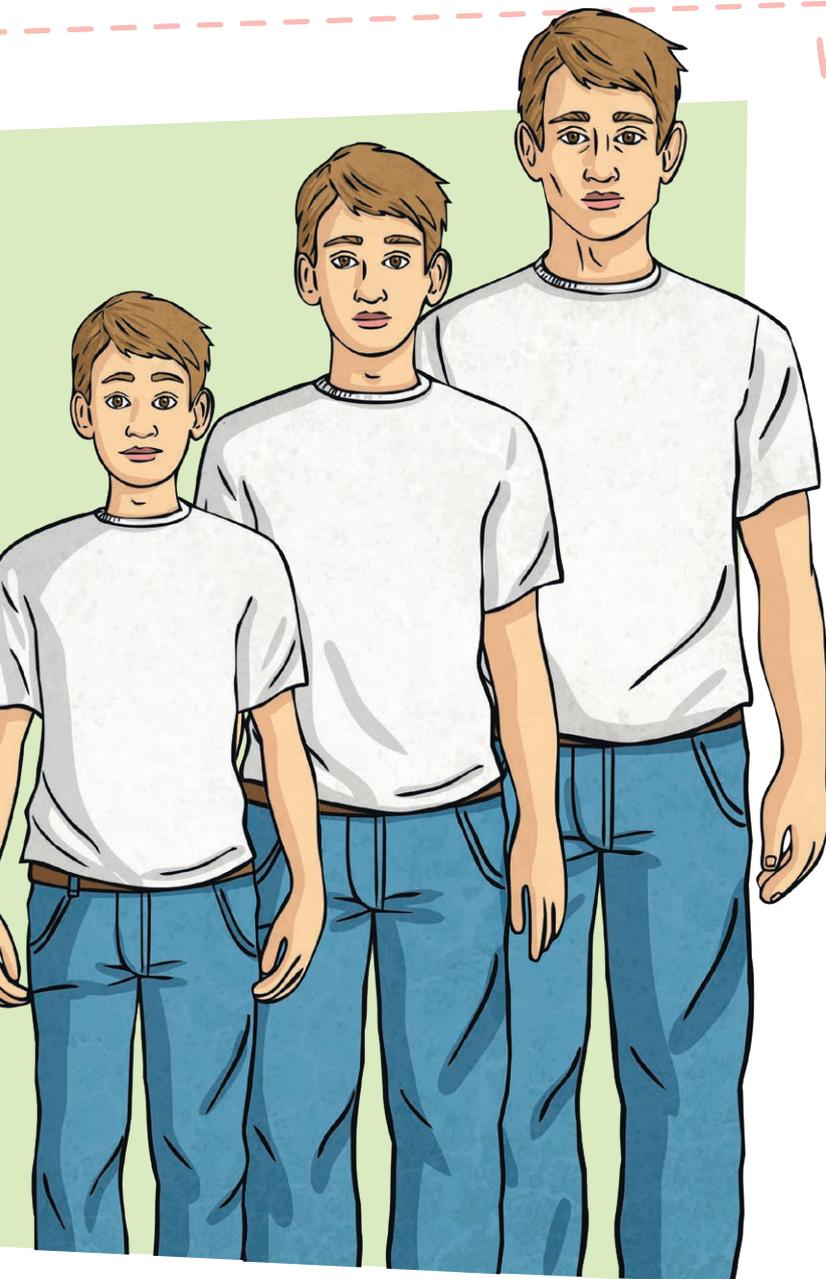


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Parents Hub

# What's Happening to My Body?

As you grow older, you'll notice lots of changes happening to your body as you begin your journey through puberty. Change can be exciting but it can also be confusing and daunting too. Use the information in this guide to help you find answers to questions you may have about what's happening to you during this time. Remember, everyone goes through puberty at some point and it is a natural part of growing up. Celebrate your amazing body and the remarkable way it adapts and develops as you grow from childhood to adulthood.



## What is puberty?

All sorts of things happen to your body during puberty. You may notice that you sweat more, that your voice starts to 'break', that hair starts to grow in different places and you may experience a range of feelings and emotions that can seem overwhelming at times. But why does all this happen?

Puberty is a sign that your body is maturing and getting ready to be able to reproduce. During this time, different chemicals (hormones) are released from your brain signalling to your body that it is time to develop in order to be able to do this. This is why you will experience many physical and emotional changes as you go through this time in your life.

Generally speaking, boys may experience the start of puberty anywhere between the ages of nine and 14, although it is different for everyone. Always speak to a trusted adult if you are concerned or want to find out more about the changes that are happening during this time.

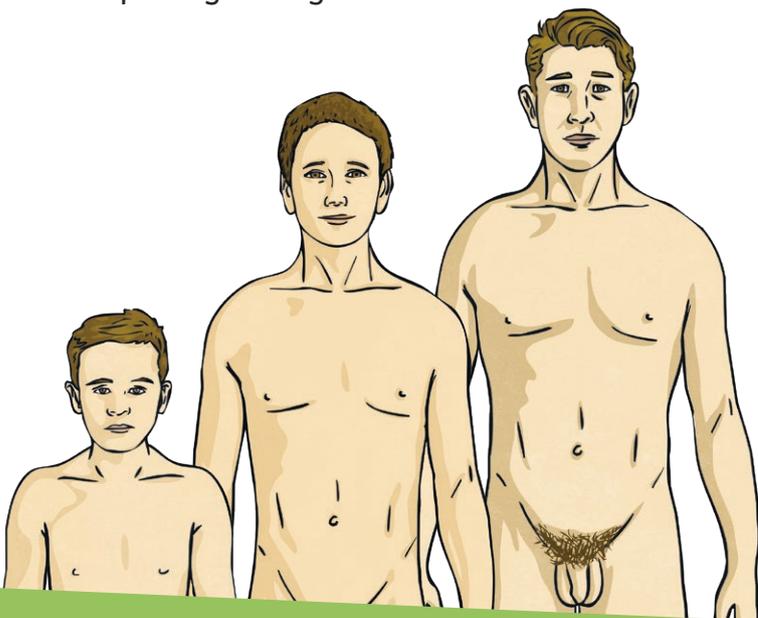
## What are the first signs of puberty?

Everyone experiences puberty differently - some boys mature faster than their peers and some physical changes may be more gradual than others. However, the following changes may be signs that puberty has begun:

### Growth spurts

During puberty, your body gets bigger and stronger. This means that you might grow quicker than usual. It's not uncommon for boys to grow as much as 8cm in a year during puberty. You might put on weight, your shoulders might broaden and you may become more muscular generally.

You might also notice that your feet, arms, legs and hands grow faster than the rest of your body, which might make you feel clumsy. In addition, you may notice tenderness and swelling in the breast area. Don't worry, this is brought on by varying levels of hormones in your body and is a temporary change.



### Genitals

Your penis, testicles and scrotum (the soft pouch beneath the penis that holds the testicles) will start to grow. At the start of puberty, your testicles may increase in size, drop lower and your scrotum may become looser. Sometimes one testicle may hang lower than the other - this is common and nothing to be concerned about. As these changes happen, your penis may also start to grow longer and wider too. These changes are brought on by a hormone called testosterone, which is produced in the testicles.

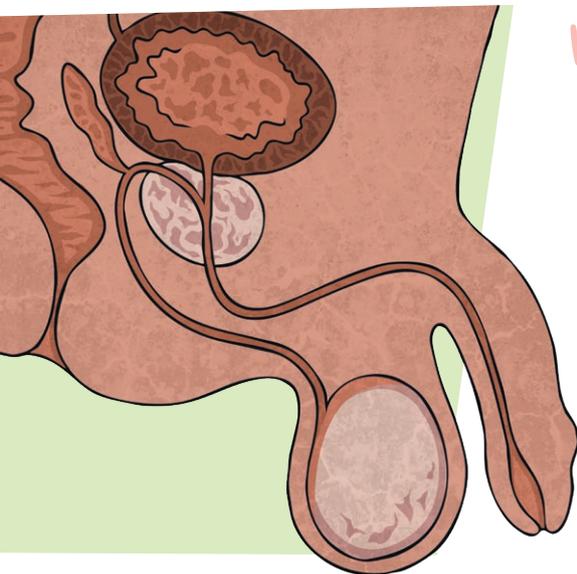
### Voice

Your voice will start to change and get deeper. This may be a rapid process or it may take a while to settle down, making your voice sound croaky or squeaky at times. During puberty, you may develop a more prominent 'Adam's apple' - a visible lump in the middle of your throat. This is because your voice box (larynx) is getting bigger.

## Why am I growing hair on my body?

During puberty, you will start to grow hair on different parts of your body, starting with a few light coloured hairs around your penis which will turn darker and become coarser in texture. Gradually, this hair will cover the whole of the pubic region then spread towards your thighs and sometimes up towards your stomach.

You may also develop hair on your face, upper lip, legs, chest and armpits. All this hair growth is down to hormones in your body telling it that it is ready to change and develop. You don't need to do anything about this new hair on your body. As you get older, if the hair on your face gets thicker, you may want to talk to a parent, carer or trusted adult about shaving.

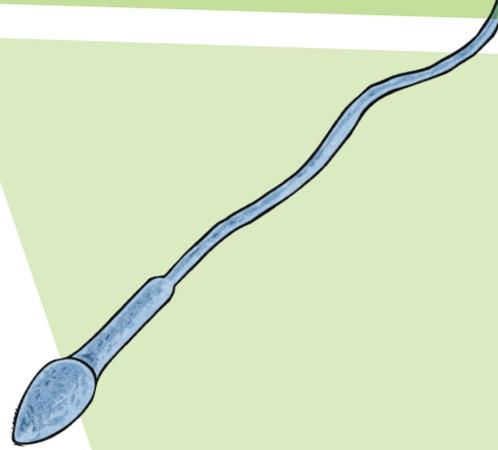


## Why am I getting erections?

You may start to notice more erections during puberty. An erection happens when your penis fills with blood and starts to harden and grow, standing out from your body. Erections can happen at any time - sometimes you might experience many in one day or sometimes none at all. They can occur when you're thinking about someone you find attractive or for no reason at all. This is all part of puberty and erections will become less frequent as time goes on.

## Why am I getting wet dreams?

Erections can often happen when you are sleeping and you might wake up to find that you've had a 'wet dream'. This is where sperm - the male reproductive cell - is ejaculated (ejected) from the penis as part of the fluid called 'semen'. You might wake up after having had a 'wet dream' or you might sleep straight through it. Almost all boys experience wet dreams during puberty and they are nothing to be embarrassed about.

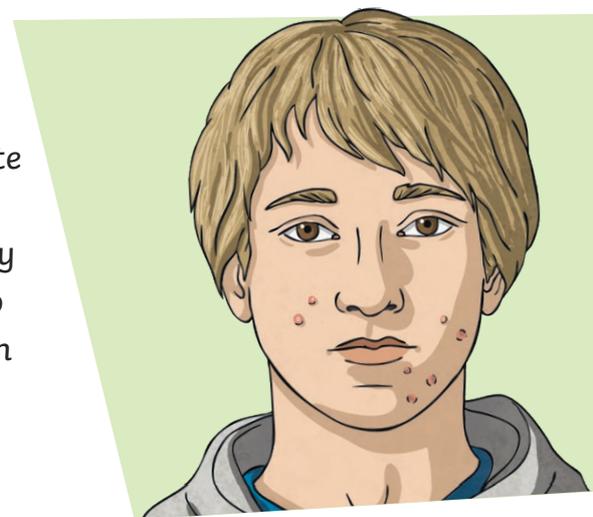


## Why am I sweating more?

Your sweat glands become bigger and more active during puberty, again in response to the production of more hormones in your body. As a result, you may find that you sweat more. Sweat on its own doesn't have an odour as such but when it comes into contact with bacteria on the skin, it can start to smell. You might want to consider using deodorant or antiperspirant when this happens. Taking regular showers and keeping clean using a mild soap can also help.

## Why am I getting spots?

Glands on the skin produce an oily substance to lubricate the skin and stop it from drying out. Raised levels of a hormone called testosterone in your body during puberty can increase the production of this substance, leading to the formation of spots and acne. Washing your face with warm water and a mild soap twice daily may help to tackle this.



## Why do I feel emotional?

During puberty, your body produces lots of hormones. While your body is trying to adjust to all of these new hormones, so is your brain. Your brain is also growing and changing too during this time, strengthening parts that allow you to feel emotions more intensely. This is why you might feel a range of things during puberty, for example, sadness, irritability, anger and frustration. You may also notice a difference in your energy levels and sleep patterns as your body continues to grow, which might make you feel tired.



## How can I keep myself healthy during puberty?

**Eat healthily:** Eat plenty of nutritious foods including lots of fruit and vegetables. Not only will these provide the vitamins and minerals your body needs to grow, they also help to combat acne and keep your skin healthy. Drinking water is also essential to help your body work properly - around six to eight glasses of fluid per day is the general guide.

**Get plenty of exercise:** Exercising will help you keep fit and healthy and you should aim to be physically active for at least 60 minutes every day. Remember, don't worry if your muscles don't seem to be as developed as those of your peers. Puberty happens in its own time and your body will change when it's ready.

**Get lots of good sleep:** Your body is doing lots of work during puberty so it needs plenty of sleep to give it energy - around nine hours a night is recommended. A lack of sleep can affect your memory and the way you feel. Try to go to bed at roughly the same time every night and consider leaving your mobile or tablet downstairs rather than taking it into your room to avoid any unnecessary interruptions during the night.

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as medical advice. As medical information is situation specific and can change, we do not warrant that the information provided is correct. You and your child should not rely on the material included within this resource and we do not accept any responsibility if you or your child does.

Please note: this resource uses the term 'boy/boys' to refer to children who will go through male puberty and the term 'girl/girls' to refer to children who will go through female puberty.

This resource is designed to support learning about biological attributes. You should consider whether this content is appropriate for all children, especially children who have DSD/are intersex, or who are transgender.