

# Puberty!

## What's happening to my body?

**“No-one knows for sure when these changes will start. Developing earlier or later than other boys does not mean that there is something wrong”**

From about 10 years old, your body starts to go through a lot of changes because you are changing from a boy into a man! This change in your body is called puberty or adolescence. People sometimes say it is when you are becoming a teenager.

In boys, your scrotum (balls) and testes grow larger and your voice changes. Your penis may get longer and pubic hair may begin to grow, followed by a growth spurt and finally growth of hair on your face and under the arms.

No-one knows for sure when these changes will start. Developing earlier or later than other boys does not mean that there is something wrong. Everybody is different! Bodies develop at their own special time.

### Other changes you may notice:

- You hair may become oilier and need washing more often.
- You may start to get pimples on your skin.
- You sweat more which changes the smell of your body.
- Your feet may become smelly.
- Your voice changes, sometimes it 'cracks' and it becomes deeper, like a man's voice.
- Your muscles get thicker.
- Your shoulders get wider.
- Your nipples may get bigger and darker. They may also be tender or sore.
- Hair grows on your face, legs and arms.
- Hair grows on your chest, under your arms and between your legs.

Girls will also be changing at this age. They may start earlier than boys - sometimes as early as 8 and a half years old! Girls will start to get breasts, followed by pubic hair. They will also grow taller, get their first period and grow hair under their arms. You may also notice a change in their body shape too.

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