

## When does it happen?

Average age to begin is 12

It can start earlier or later

Girls often start earlier

It normally takes around 4 years

Different changes happen at different times



## Where to go for support

Parents

Teachers

Childline:

<https://www.childline.org.uk/info-advice/you-your-body/puberty/>

[puberty-boys/](#)

## Puberty for Boys



What are the changes that happen?

## Changes to my body!



**Hair**—hair may grow longer on your arms, legs, face, armpits, back, chest and genitals.



**Size**—you might start to grow taller, and your body may start to become bigger.



**Voice**—your voice will start to become lower and deeper.



**Sweat**—you will start to sweat more.



**Acne**—you might start to get spots on your skin.

## Puberty for Boys



If you have any concerns about the changes your body will go through, speak to a parent or teacher who can help!