When does it happen?

Average age to begin is 12

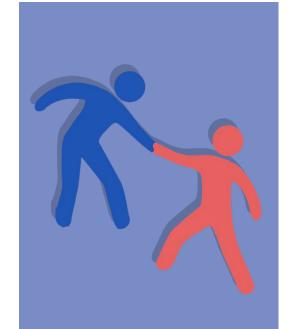
It can start earlier or later

Girls often start earlier

It normally takes around 4 years

Different changes happen at different times





Where to go for support

Parents

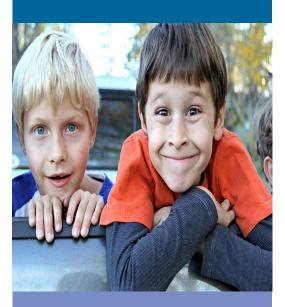
Teachers

Childline:

https://www.childline.org.uk/infoadvice/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



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.

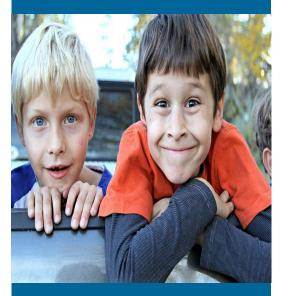


Sweat—you will start to sweat more.



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!