

Going through Puberty



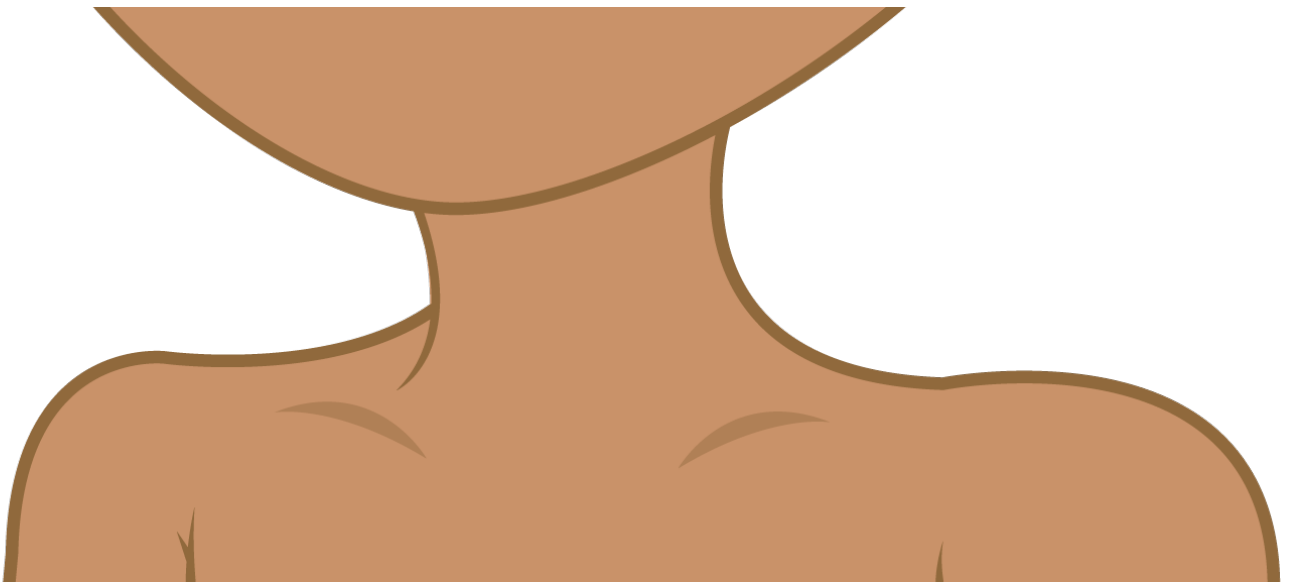
I am growing up and getting bigger.



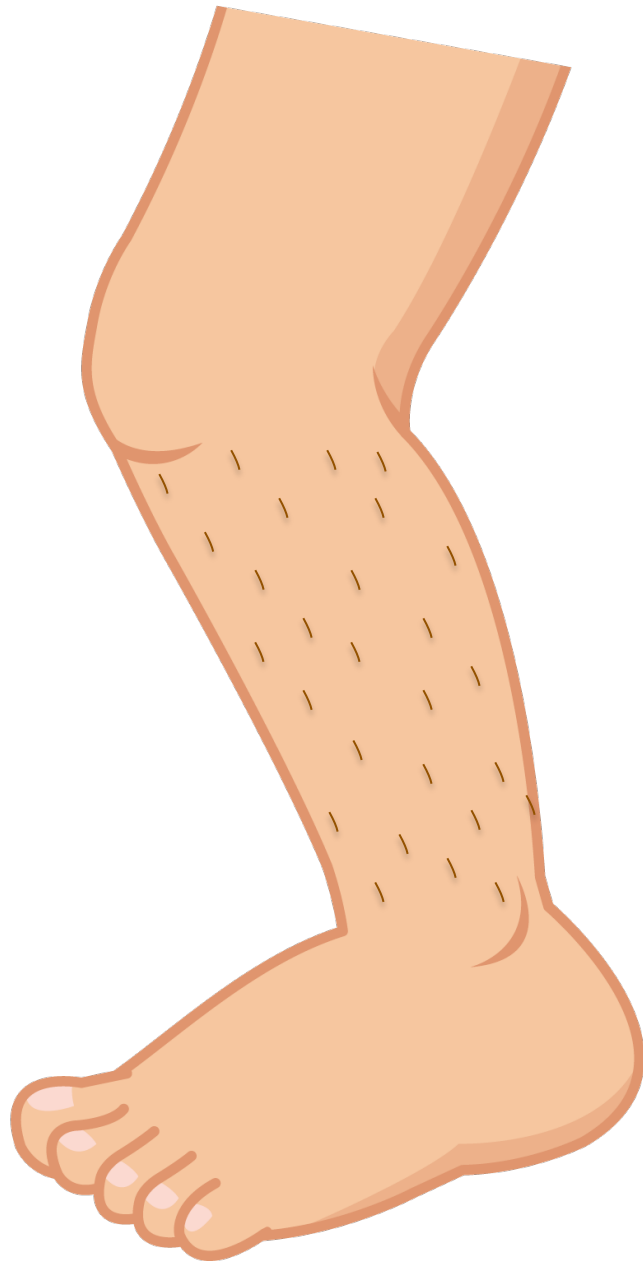
I used to be a small boy but
now I am growing into a young
man.



As I grow older my body will change. I will still be me but my body will start to look different.

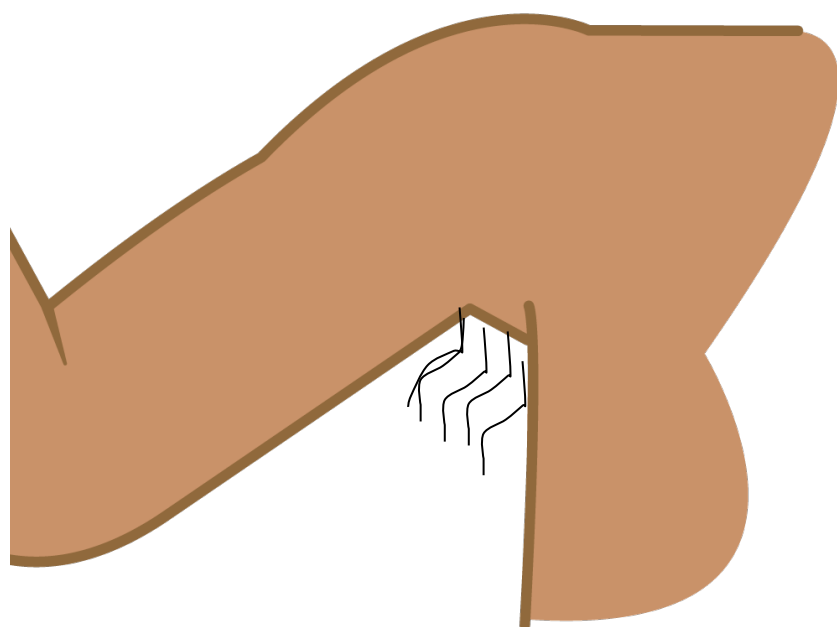


A big change will be that I will begin to grow hair on all different parts of my body.

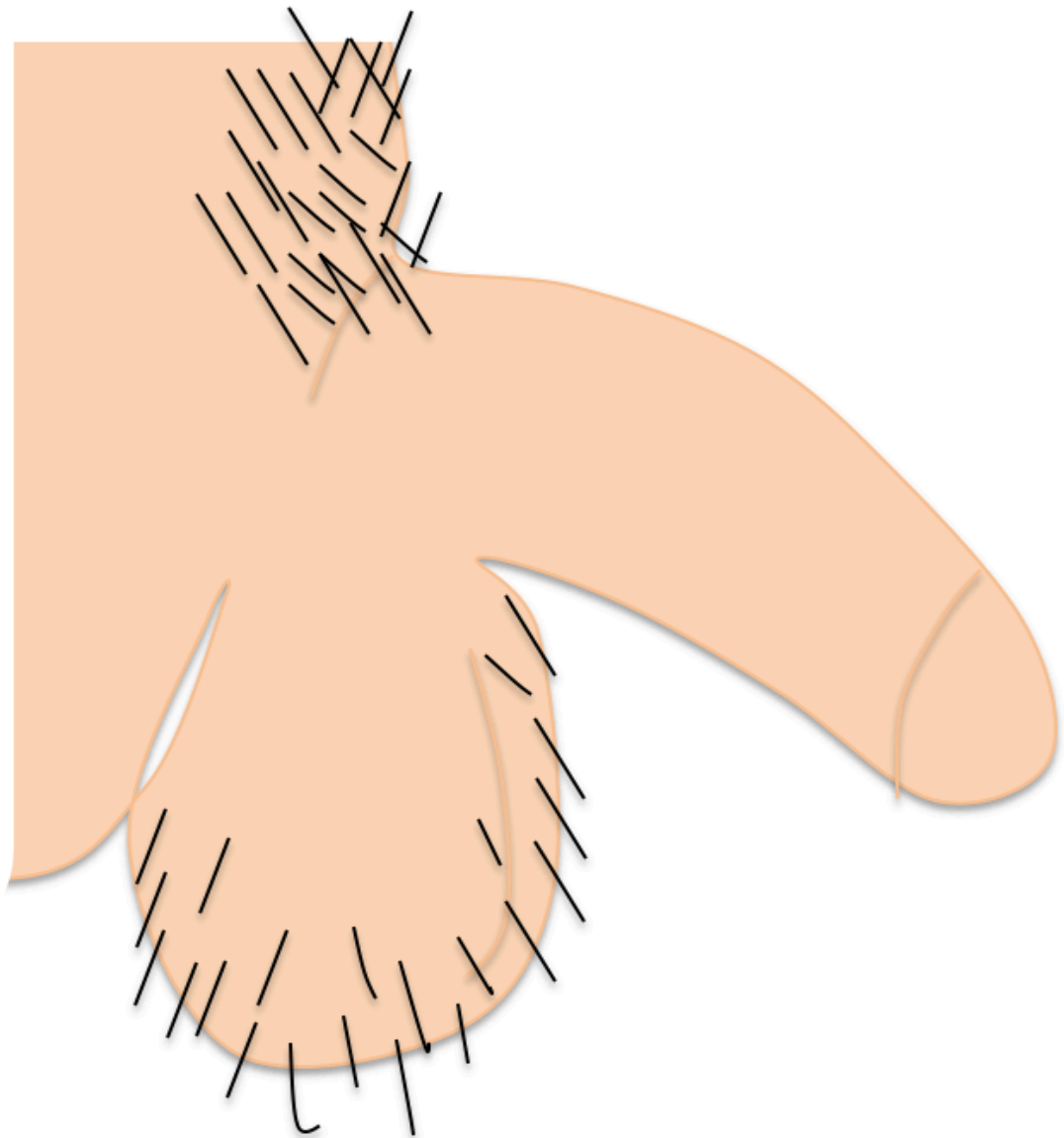


I will get hair on my legs.

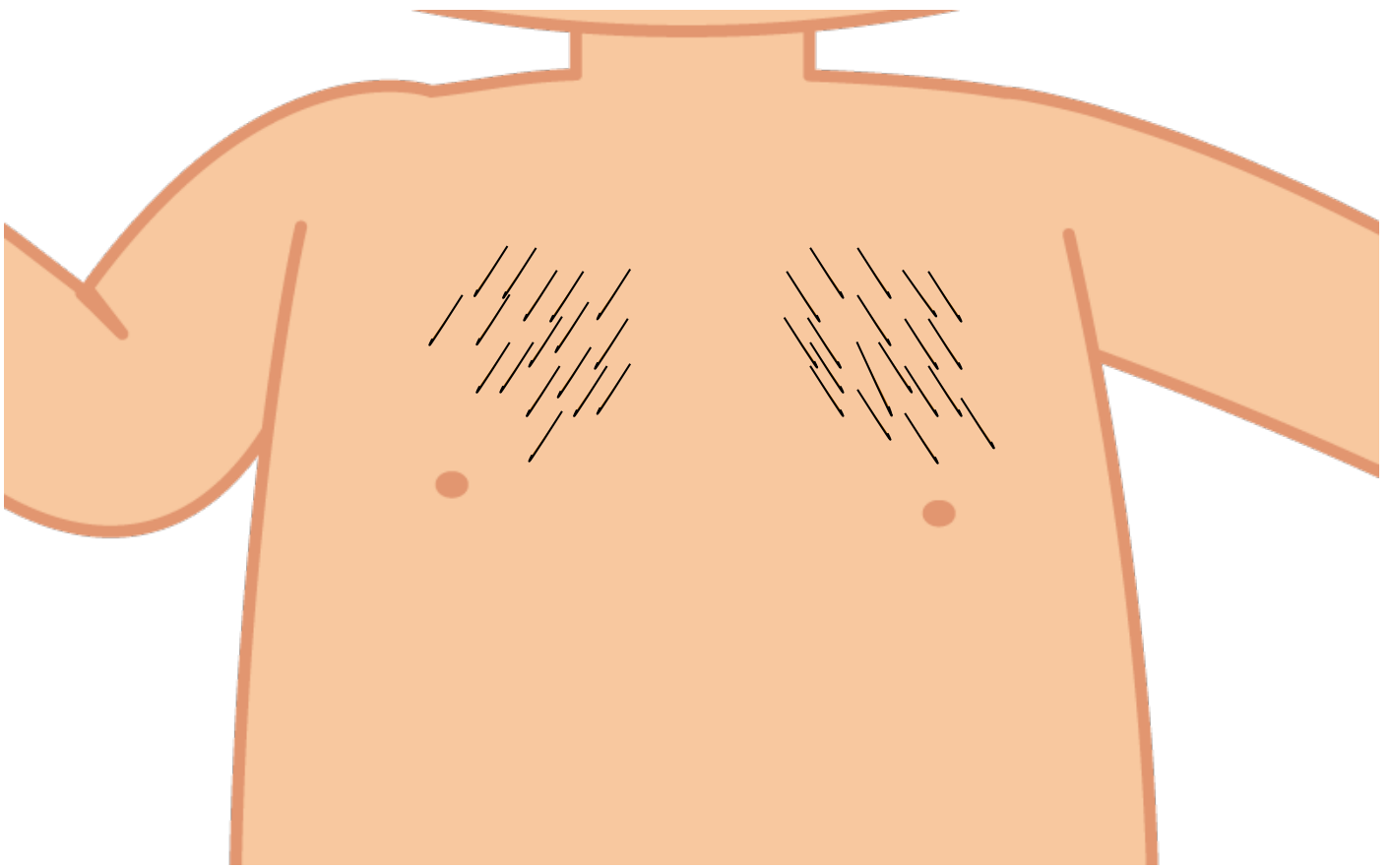
I will get hair under my arms in
my armpits.



I will grow hair around my
penis.



I may grow hair on my chest.



I will grow hair on my face.



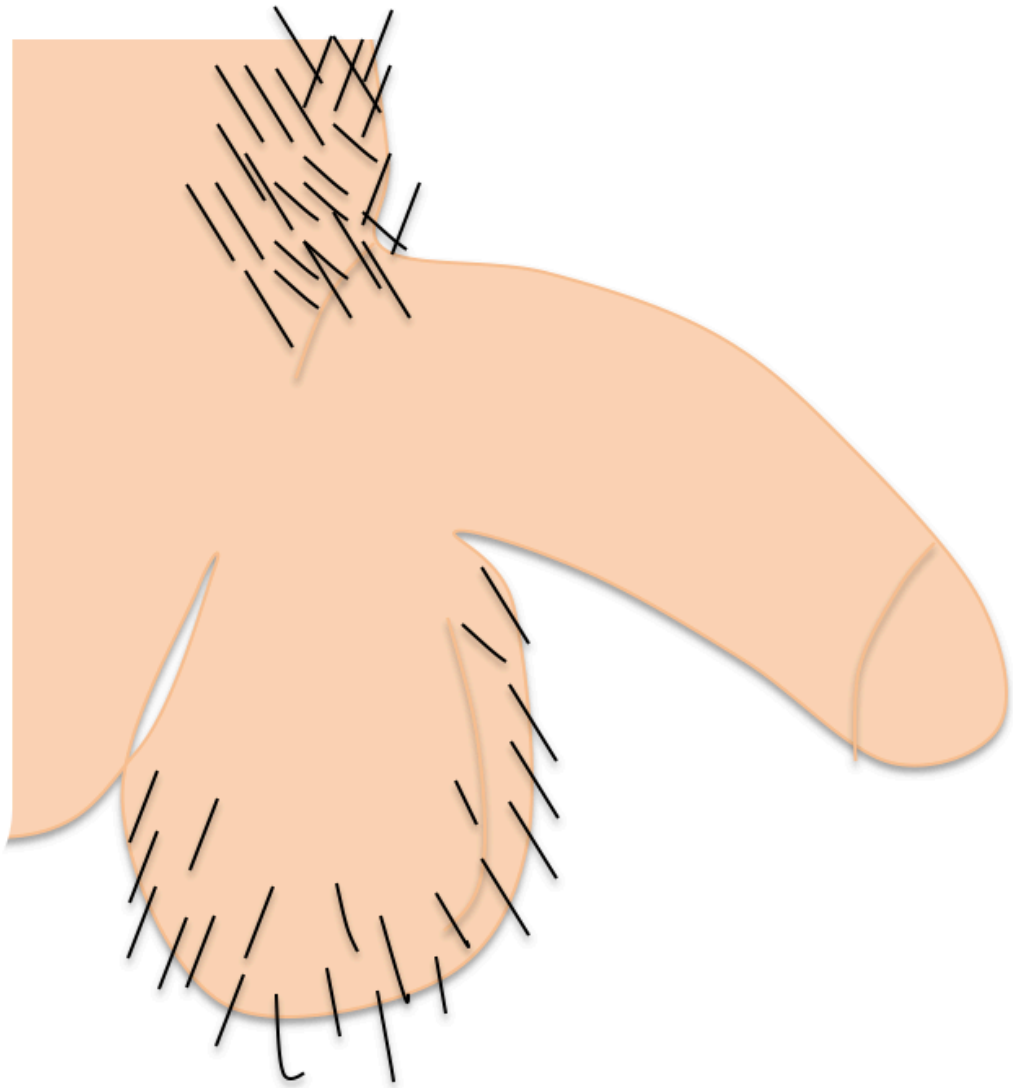
I may start to shave my face
and my mum or dad can teach
me how to do this.



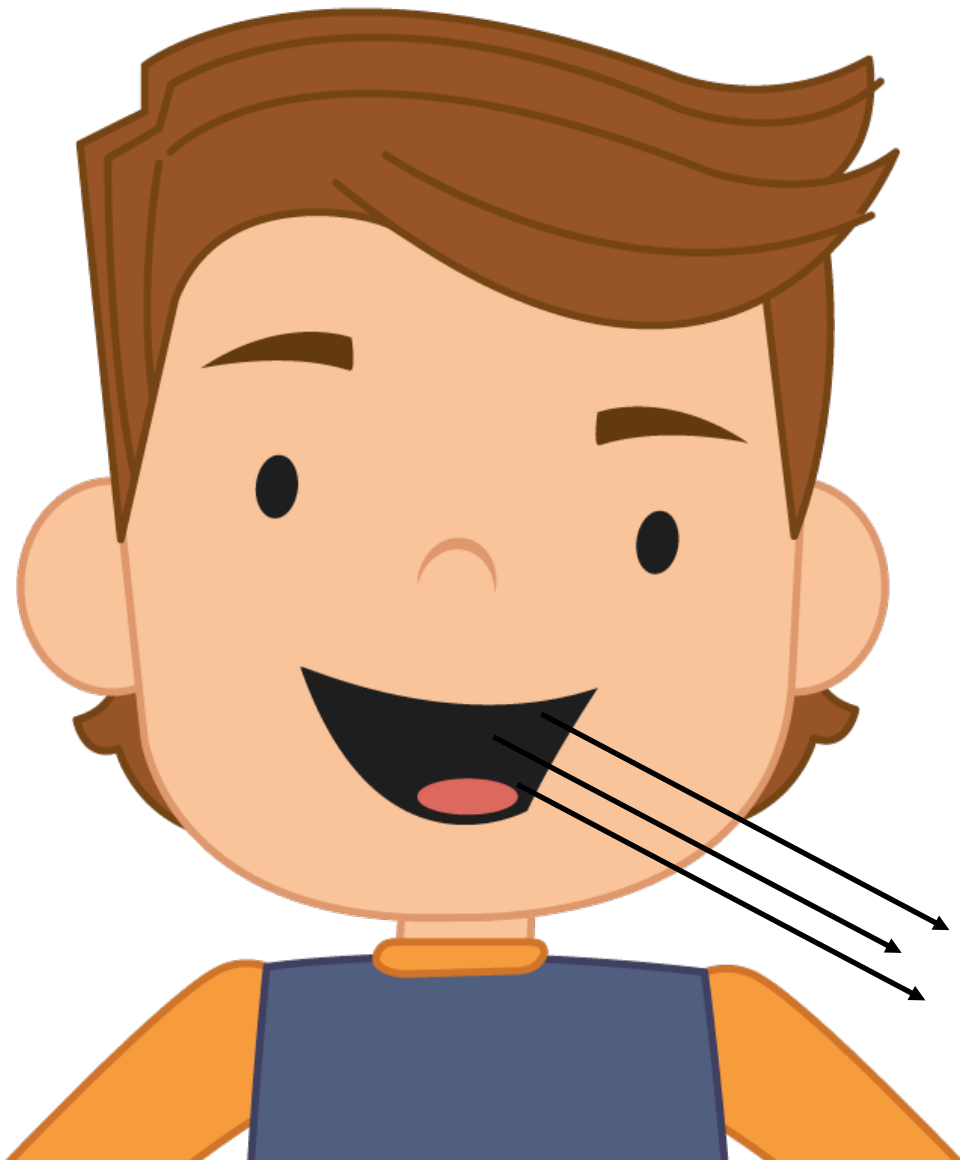
My body will start to grow and
get bigger.



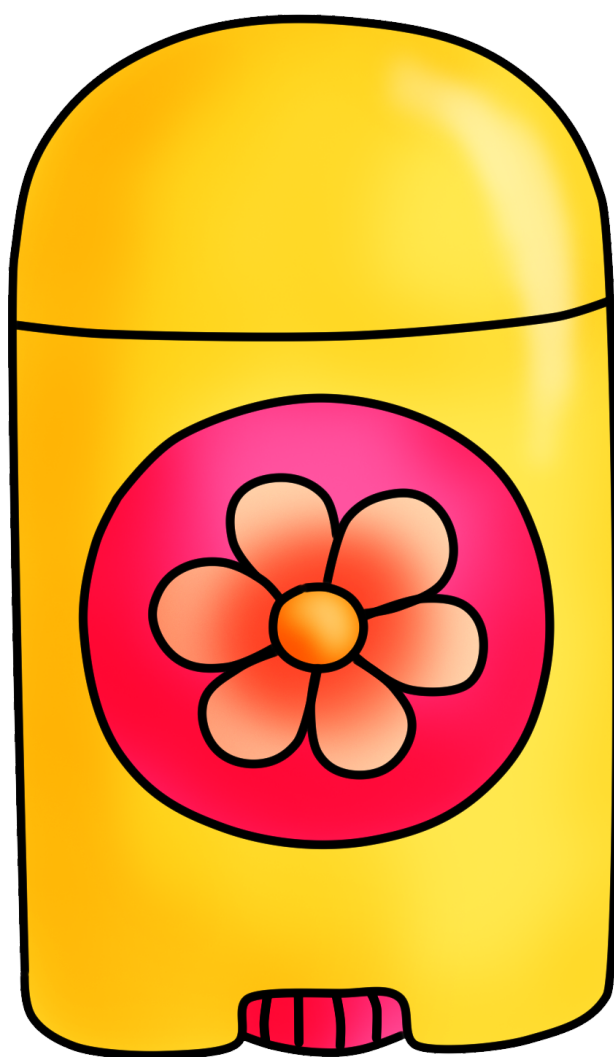
My penis will grow and get bigger.



My voice will get lower and start to sound deeper.



My body will start to sweat more and I will have to put on deoderant to make sure I smell nice.

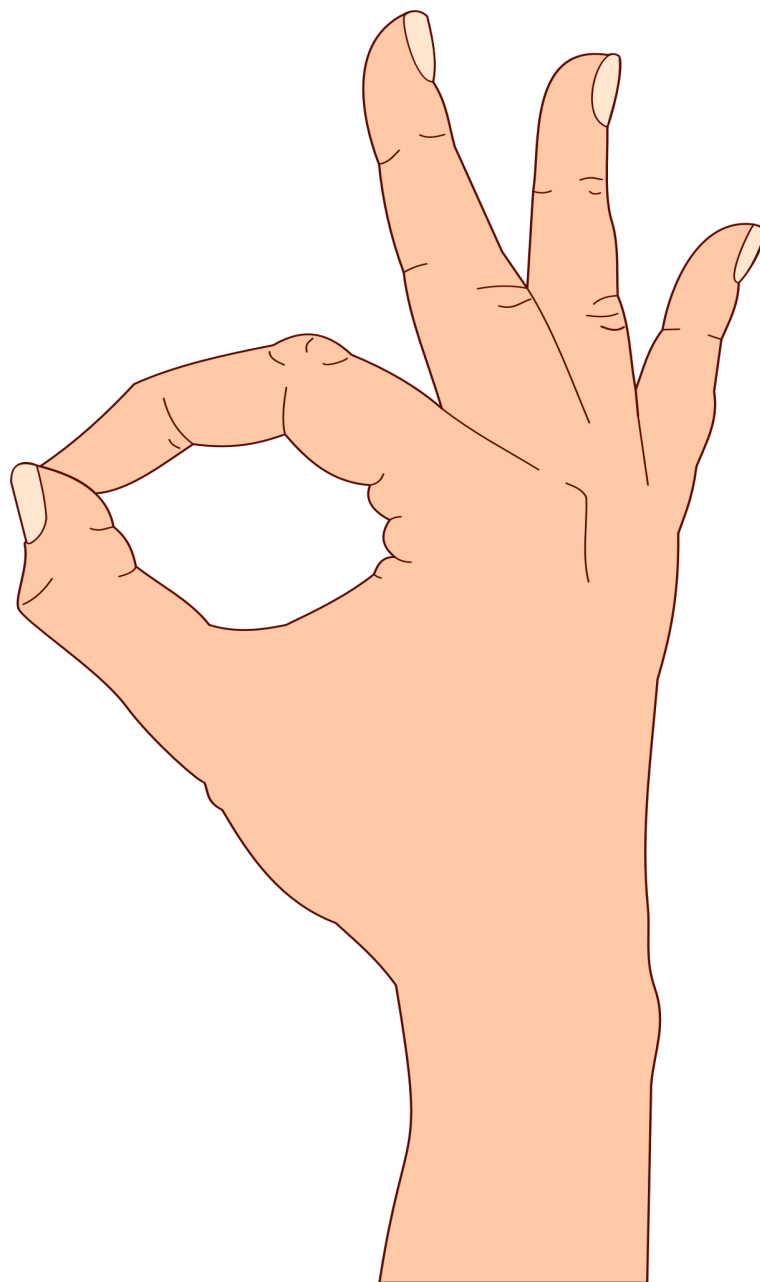


My deoderant might be a roll on, a stick or a spray.

Everyone grows up and changes.
I will still be me.



I might feel a little nervous about the changes that will happen but I must remember that it will be okay.



I can ask a grown up if I have
any questions.



My friends and family love me.

