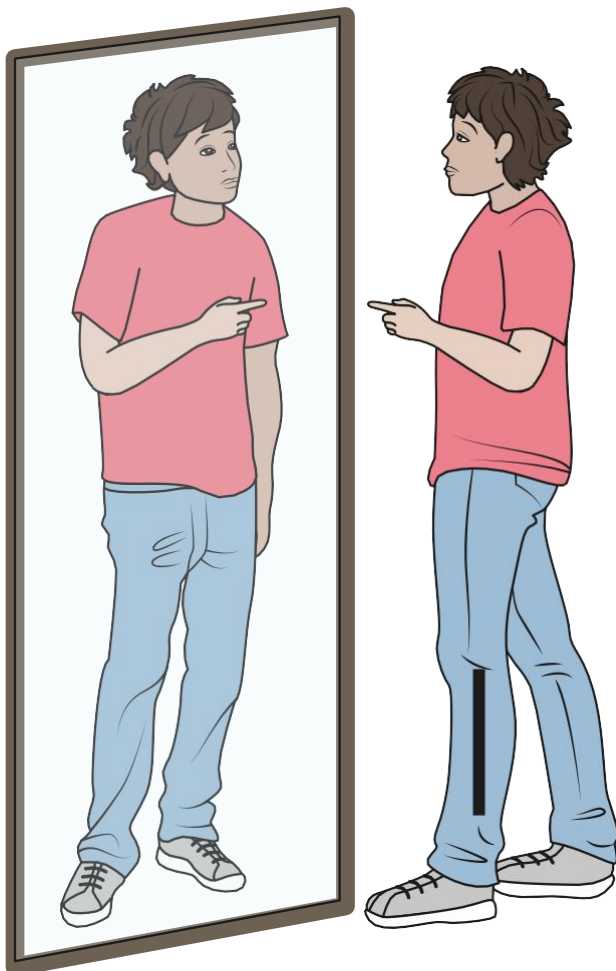


Puberty



I am a boy.



WARNING:

Contains images of nudity of a sexual nature.

This fact-sheet is not suitable for very young children.

Puberty doesn't start at the same age for all children. That's why SantéBD recommends using this fact-sheet with a parent or guardian, a teacher or a healthcare professional.

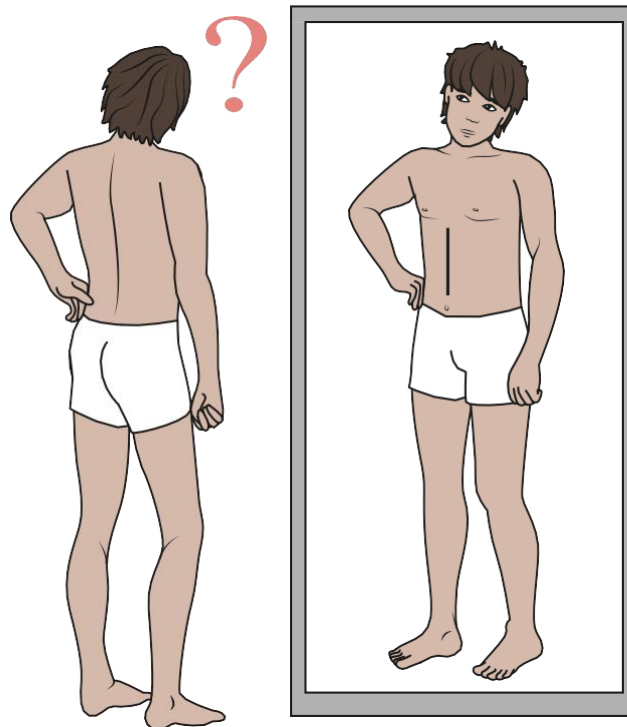
Thanks to the SantéBD app, you can choose not to view images that you might find upsetting.



**During adolescence, the thoughts
in my head start to change...**



...And so does my body.



Inside my head, my behaviour changes.

I feel myself becoming a man.

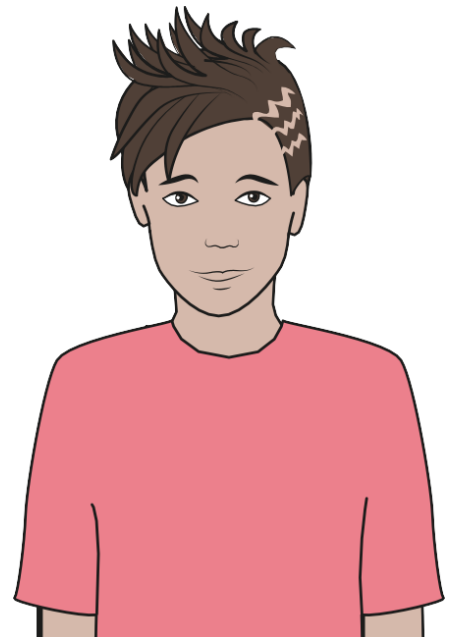
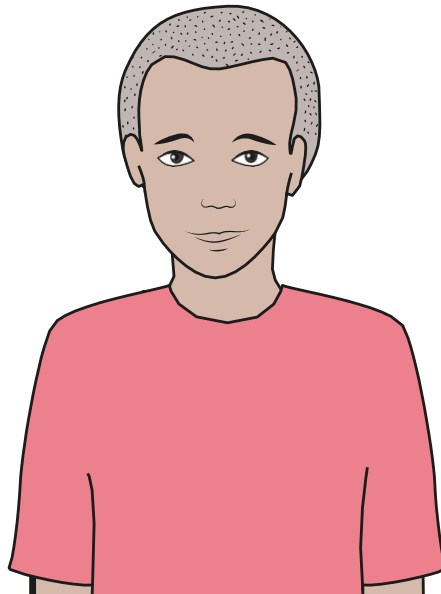
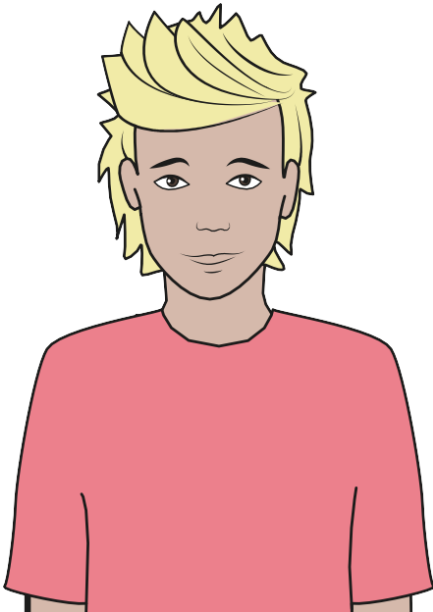


I might want to change the way I look.

- **I might want to dress differently.**

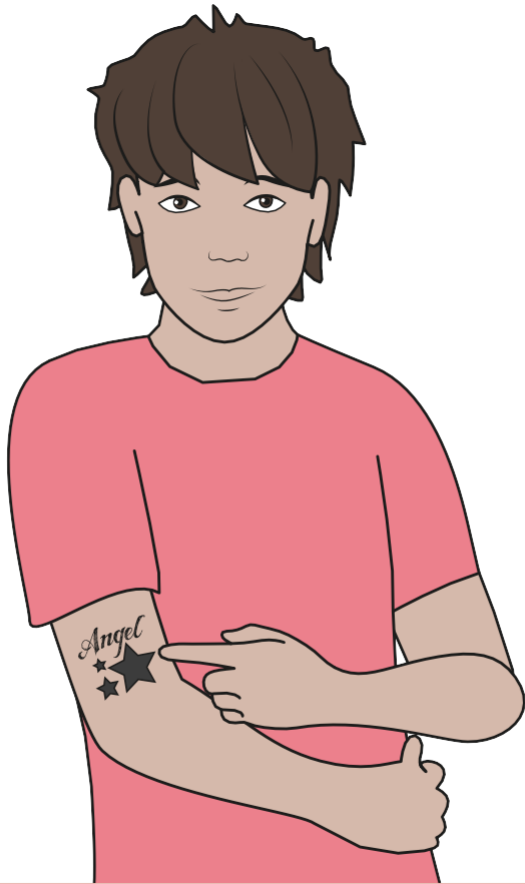


- **I might want to change my hairstyle.**



- **I might want to get:**
(with my parent's consent until I am 18-years old)

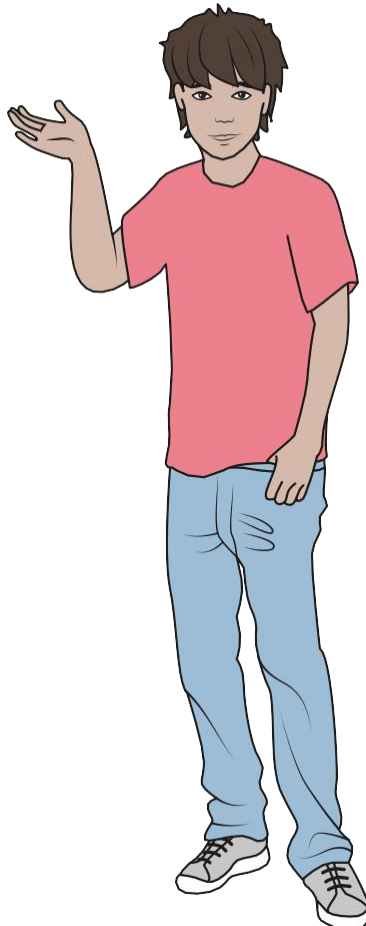
a tattoo



or a piercing.



I might also want to be just like everyone else.



I might want to do my own thing.

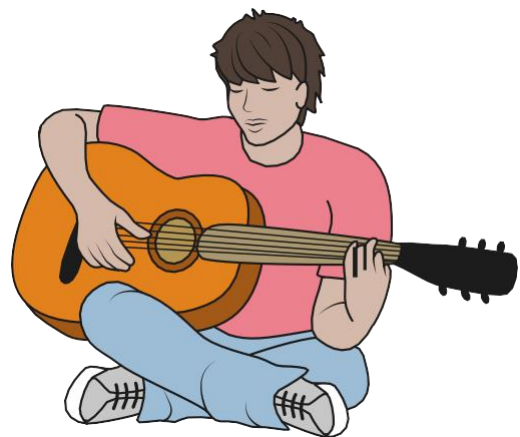
- **Spending time on social networks.**



- **Gaming**



- **Playing music.**



- **Playing sport.**



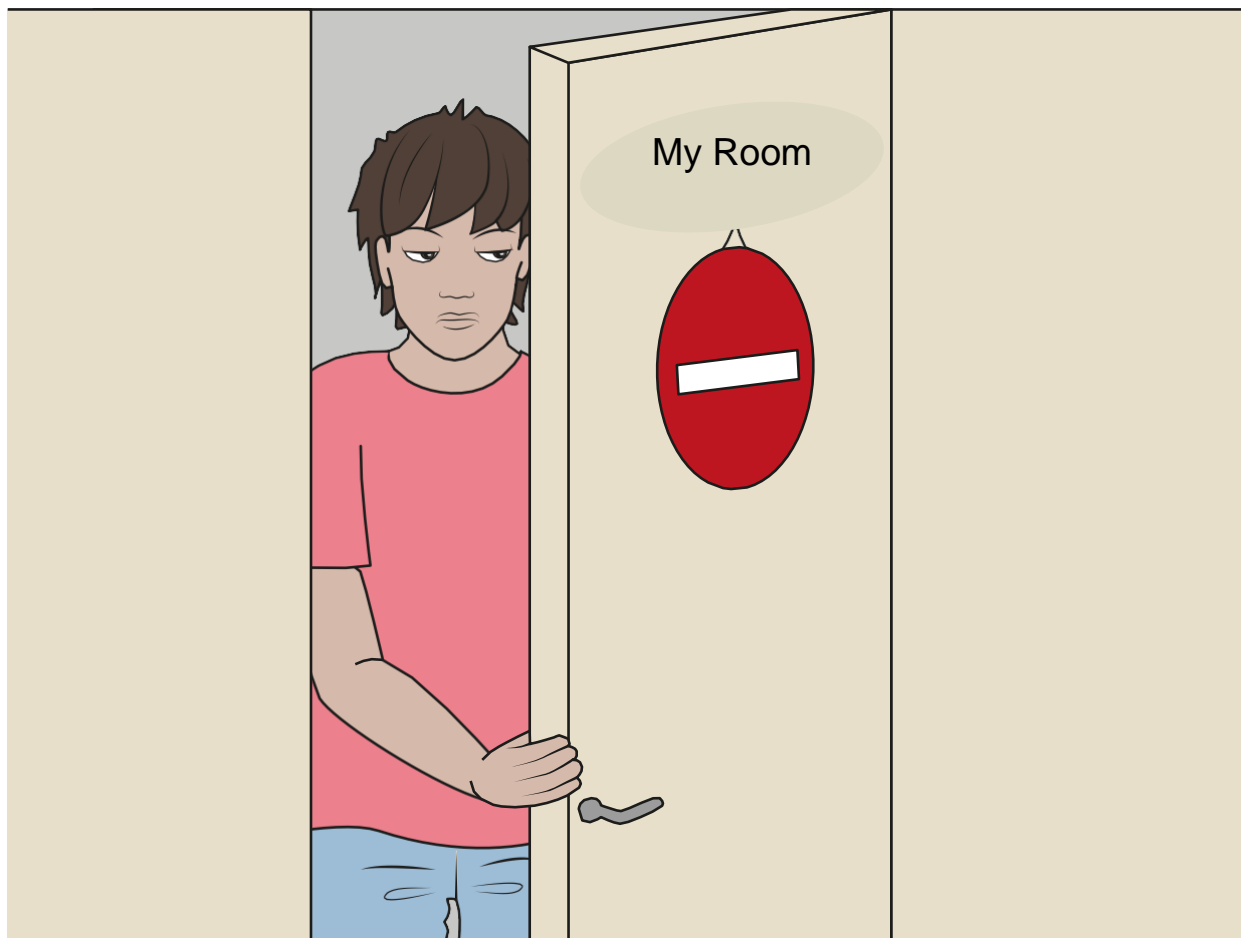
- **Going out and dancing.**



I might just want to be alone.



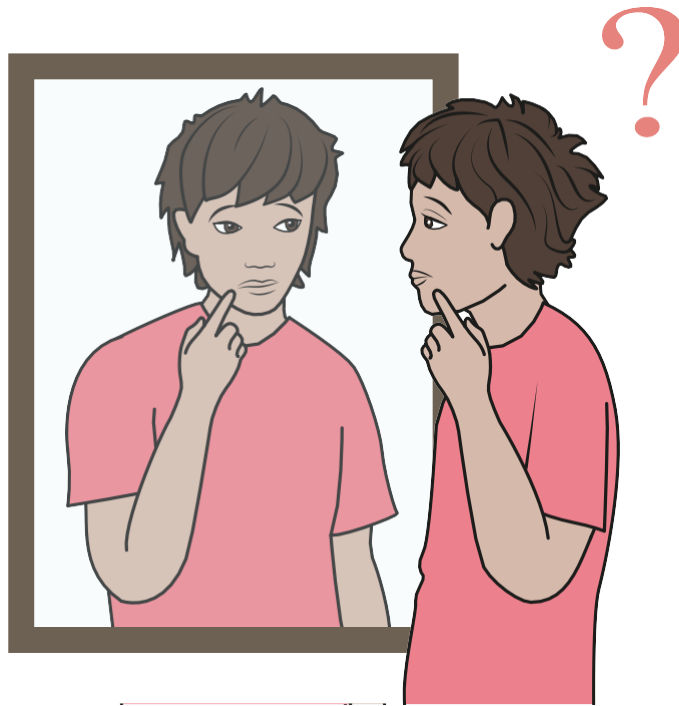
● **I might want to stay in my room by myself.**



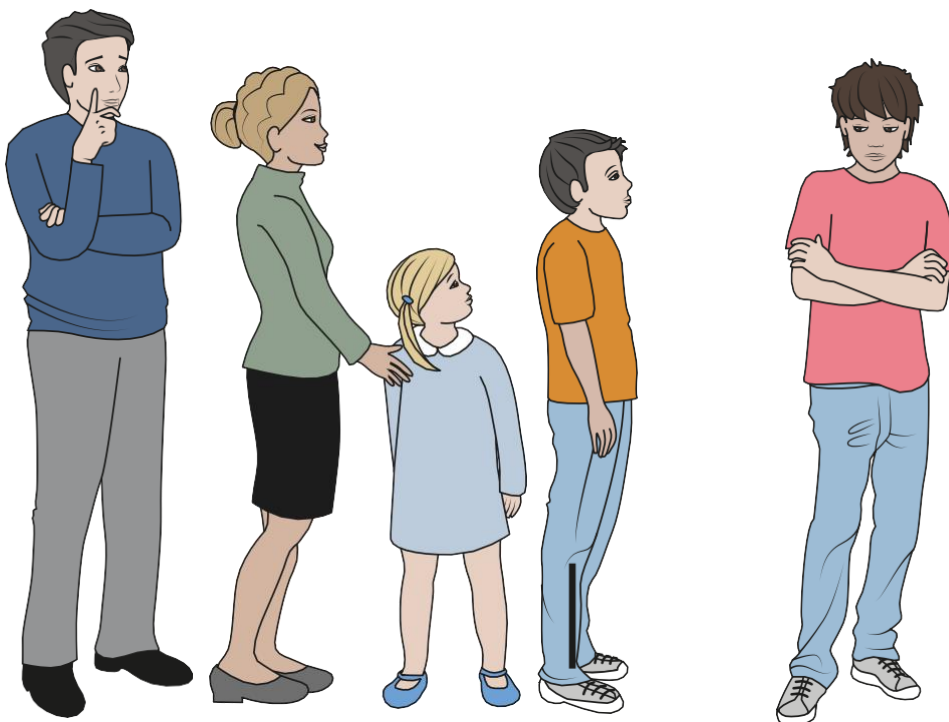
**The thoughts inside my head are
changing ...
I don't know what I want.
I have a lot of questions to answer.**

My body has changed.

- I don't look the same as before.

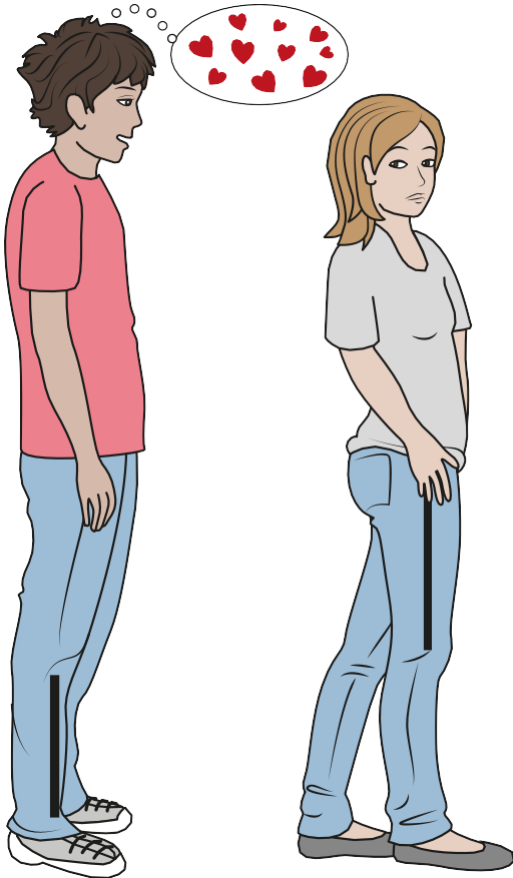


- It feels like people don't look at me the same as they used to.

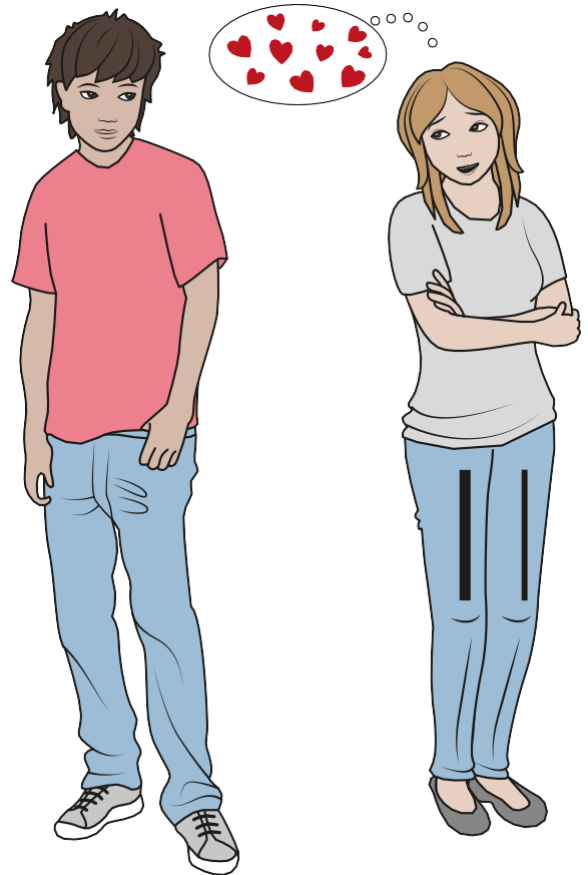


I might experience:

- Strong feelings for somebody.

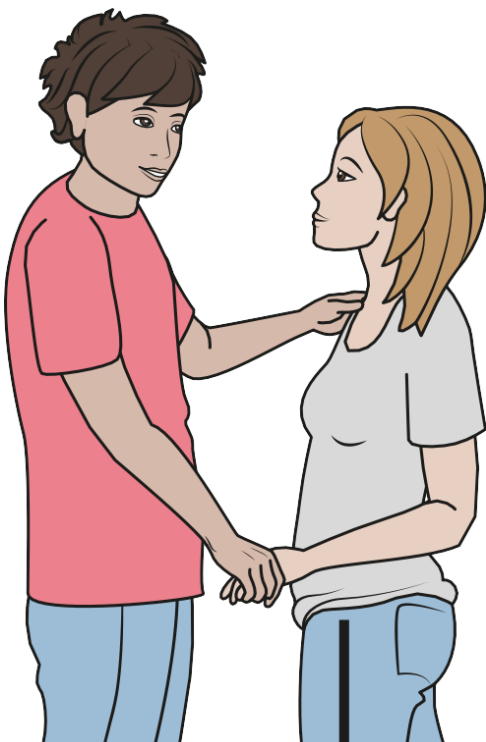


- Or somebody might have strong feelings for me.

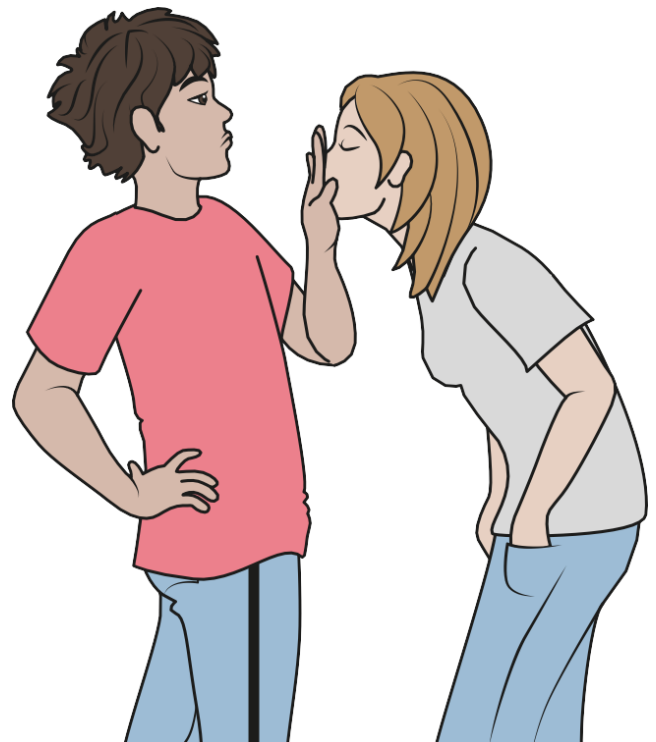


People have to respect what I choose.

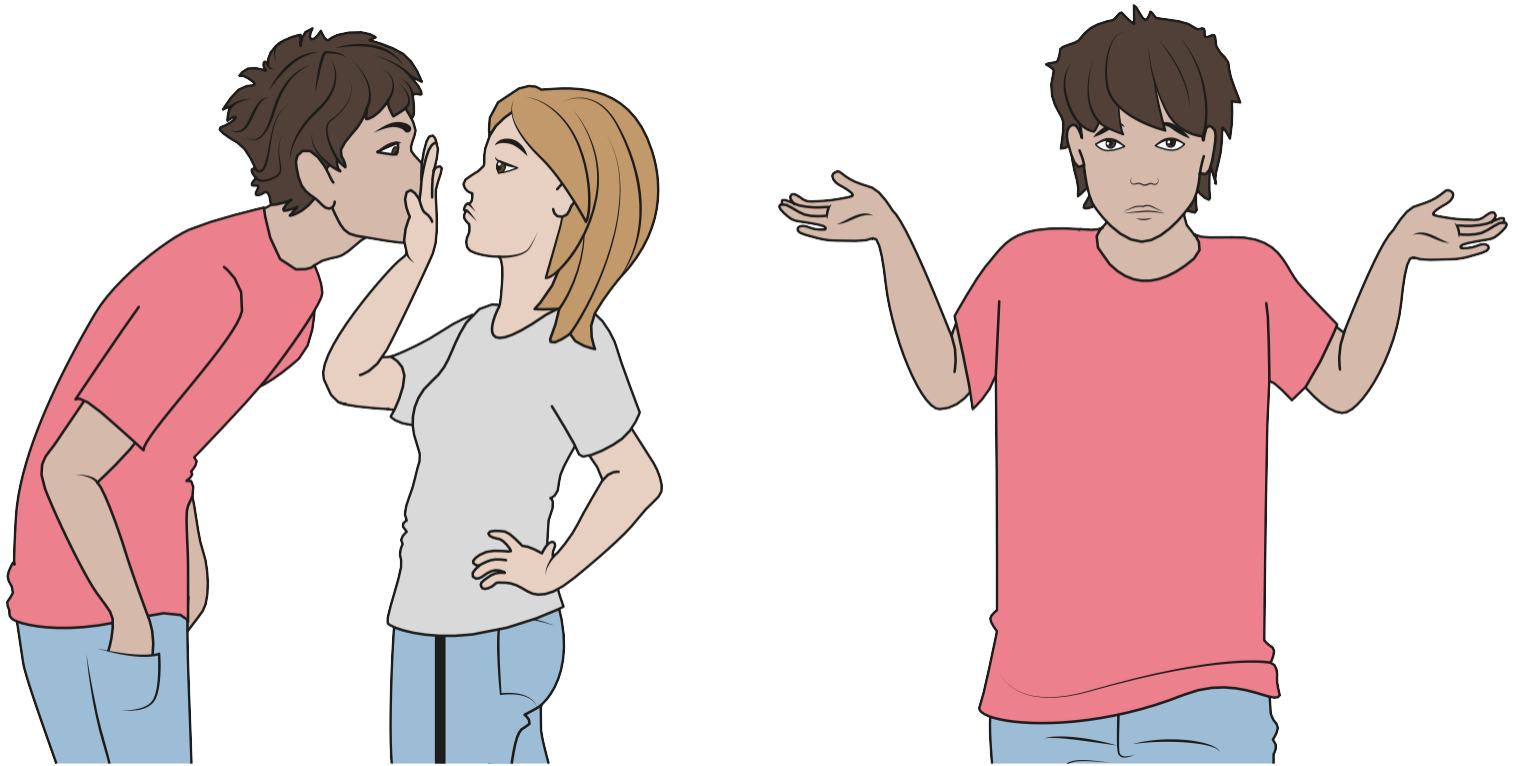
- I can say “Yes” if it feels right.



- I must say “No” if I don’t feel the same way.



I must also accept refusal from others.



I might also want to smoke, or drink alcohol.

- I may be tempted to try to fit in.
- But it's OK to say "No".
- It's bad for my health.



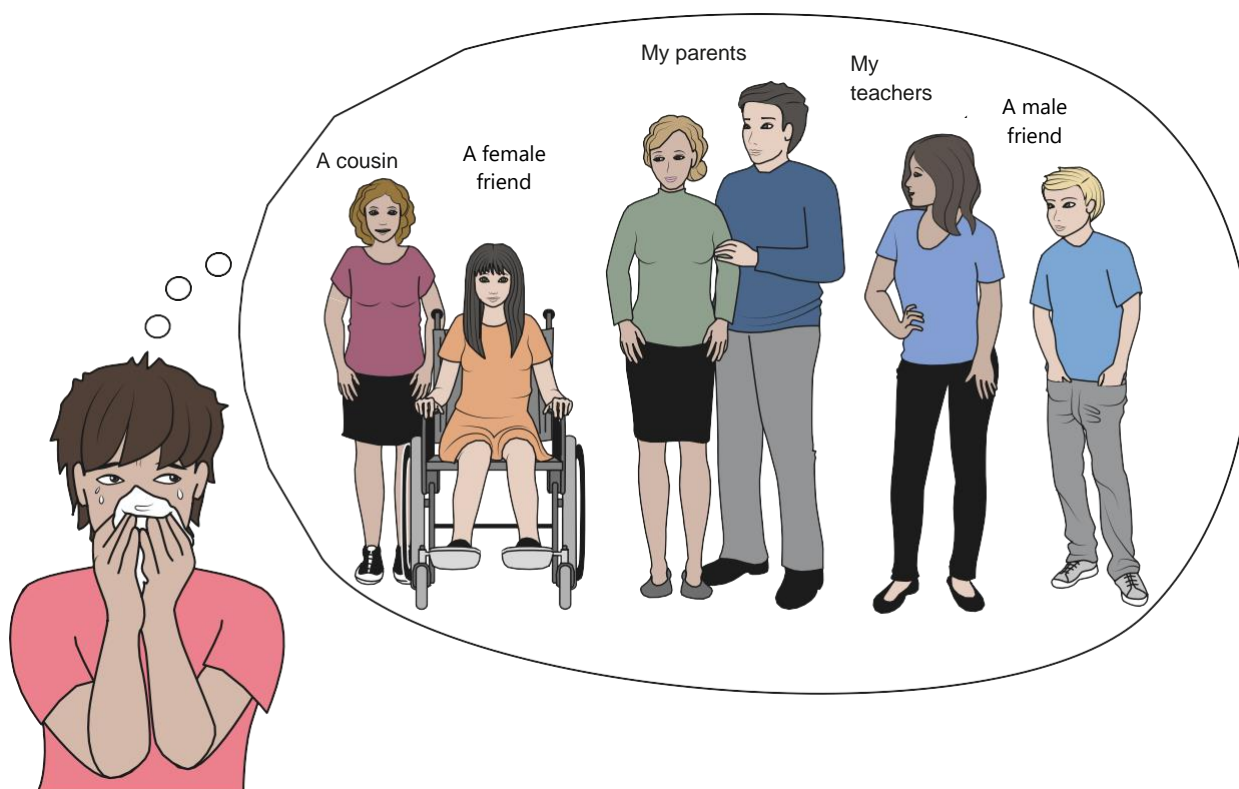
I may come into contact with other young people who smoke cannabis.

- I should stay away: it's very bad for my health.
- In most countries it's totally against the law.



I can ask for help if I am unsure what to do.

- My family and friends can help me.



- There are also specialist helplines to give me advice.



I can talk to them about any problems I have, for example:

I act strange when I drink alcohol.



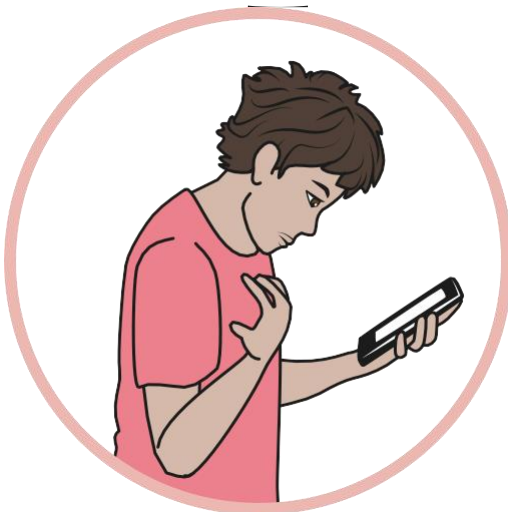
I smoke too much.



I'm regularly using drugs.



I'm getting bullied online.



I feel really sad all the time.

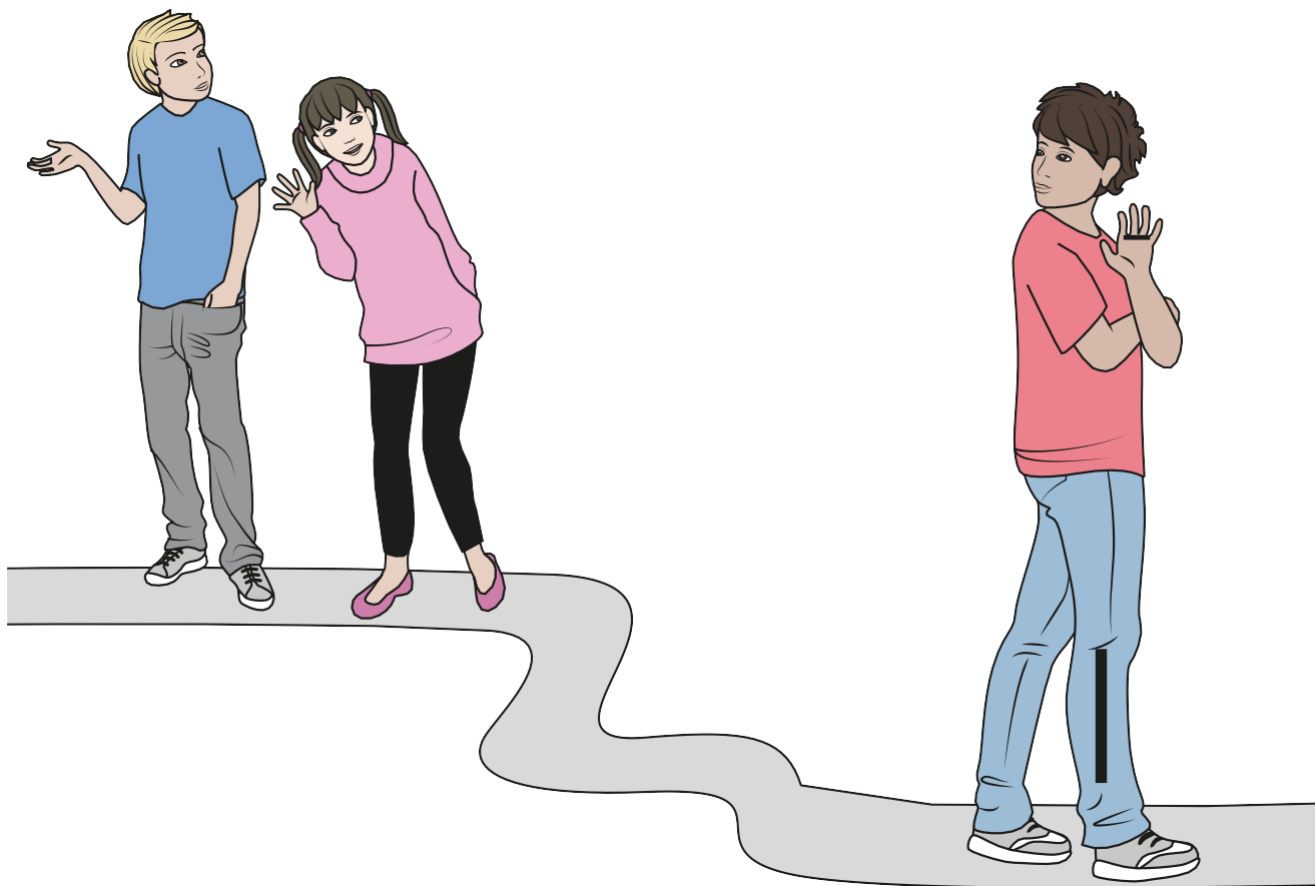


People are bullying me.

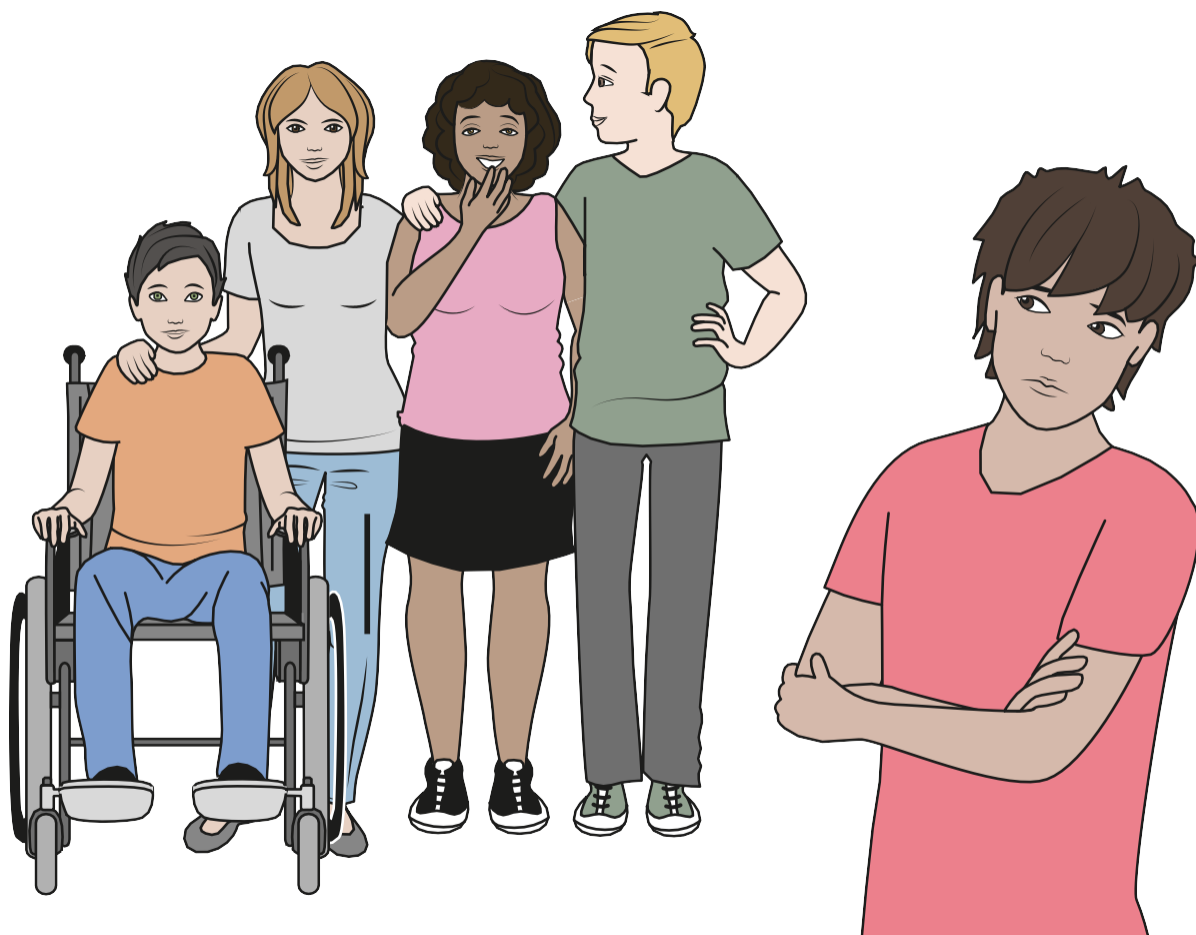


I want to make new male and female friends.

● **I might not want to see my old friends anymore.**



● **But how do I make new friends?**

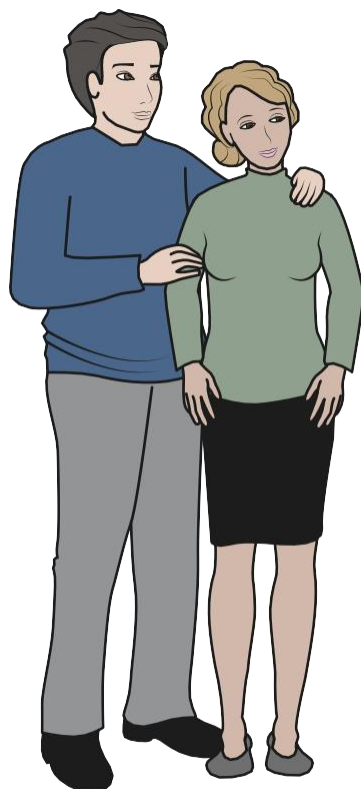


- I want to be part of a group.
- I want them to like me.
- I want to fit in.



I change the way I behave with my parents.

- I love my parents, but sometimes they're just so annoying!



- They feel the same way about me!



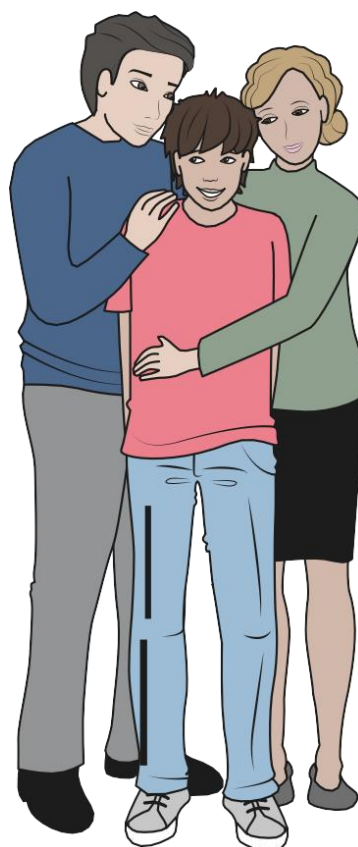
- I no longer agree with my parents.
- We argue a lot.



● It feels like they don't love me anymore...

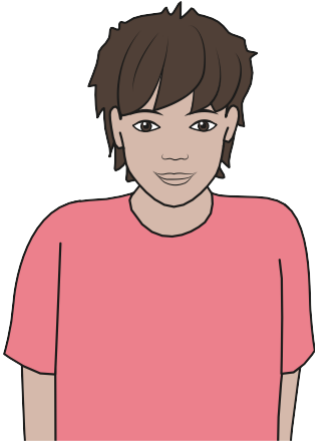


● ...but they love me just as much as ever!



● **My mood changes suddenly!**

I'm OK.



I'm sad.



I feel like laughing.



I'm mad.



I'm embarrassed.



I feel like crying.

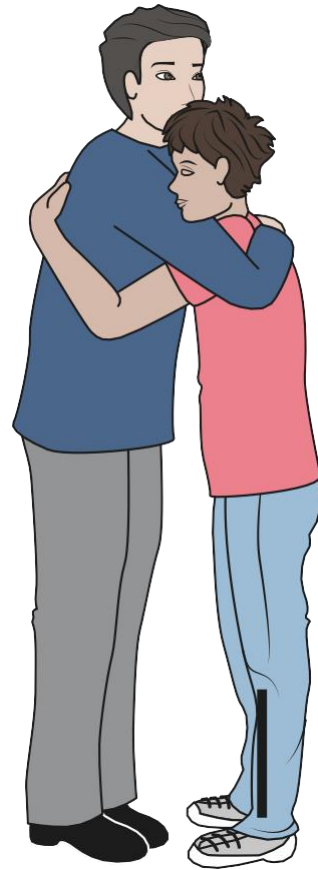


I'm happy.

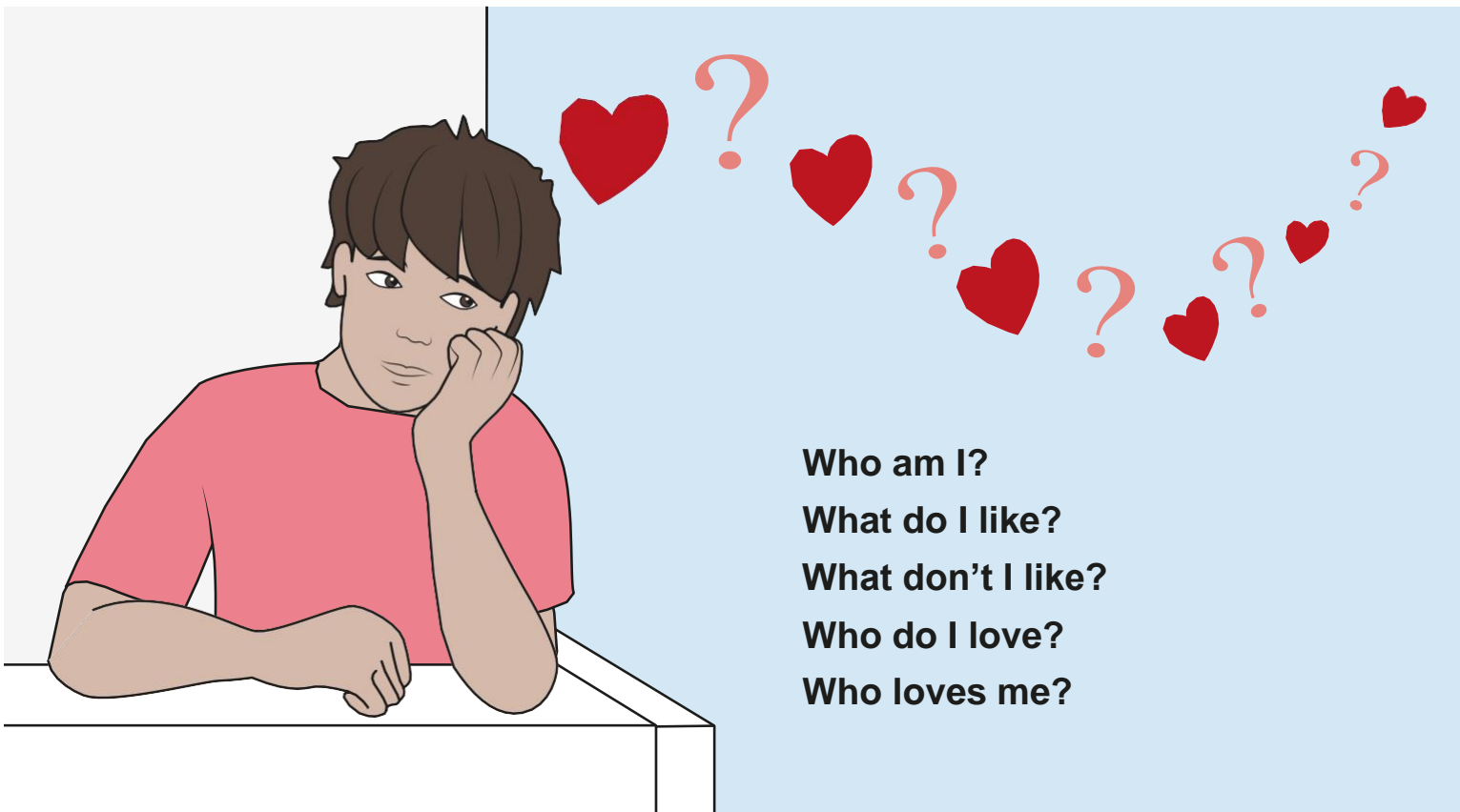


● Sometimes I might get violent and lose control.

I need help to calm down.



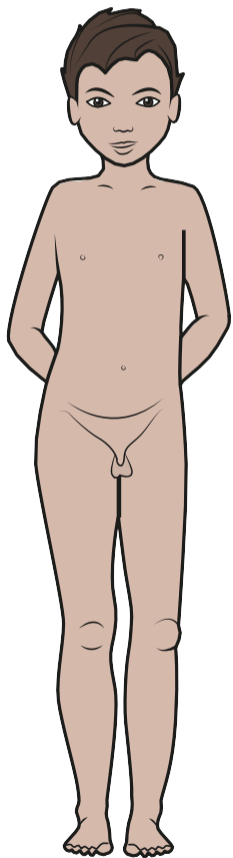
I'm starting to ask some major questions about my life.



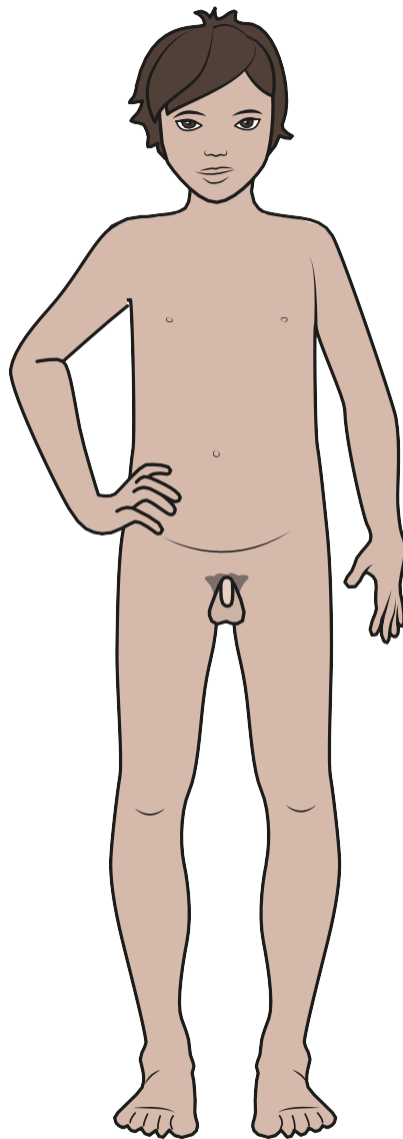
Who am I?
What do I like?
What don't I like?
Who do I love?
Who loves me?

I am an adolescent, my body is changing too.

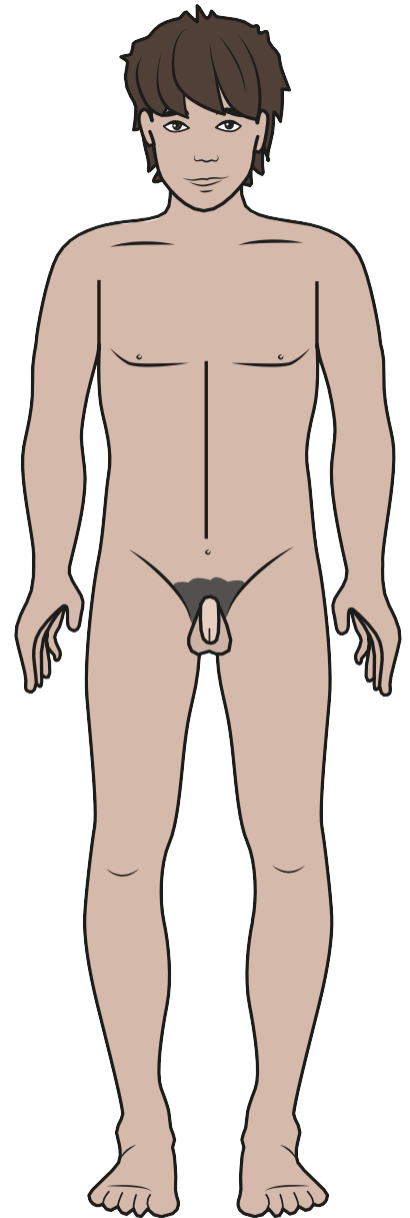
I can see and feel my body changing.



Child

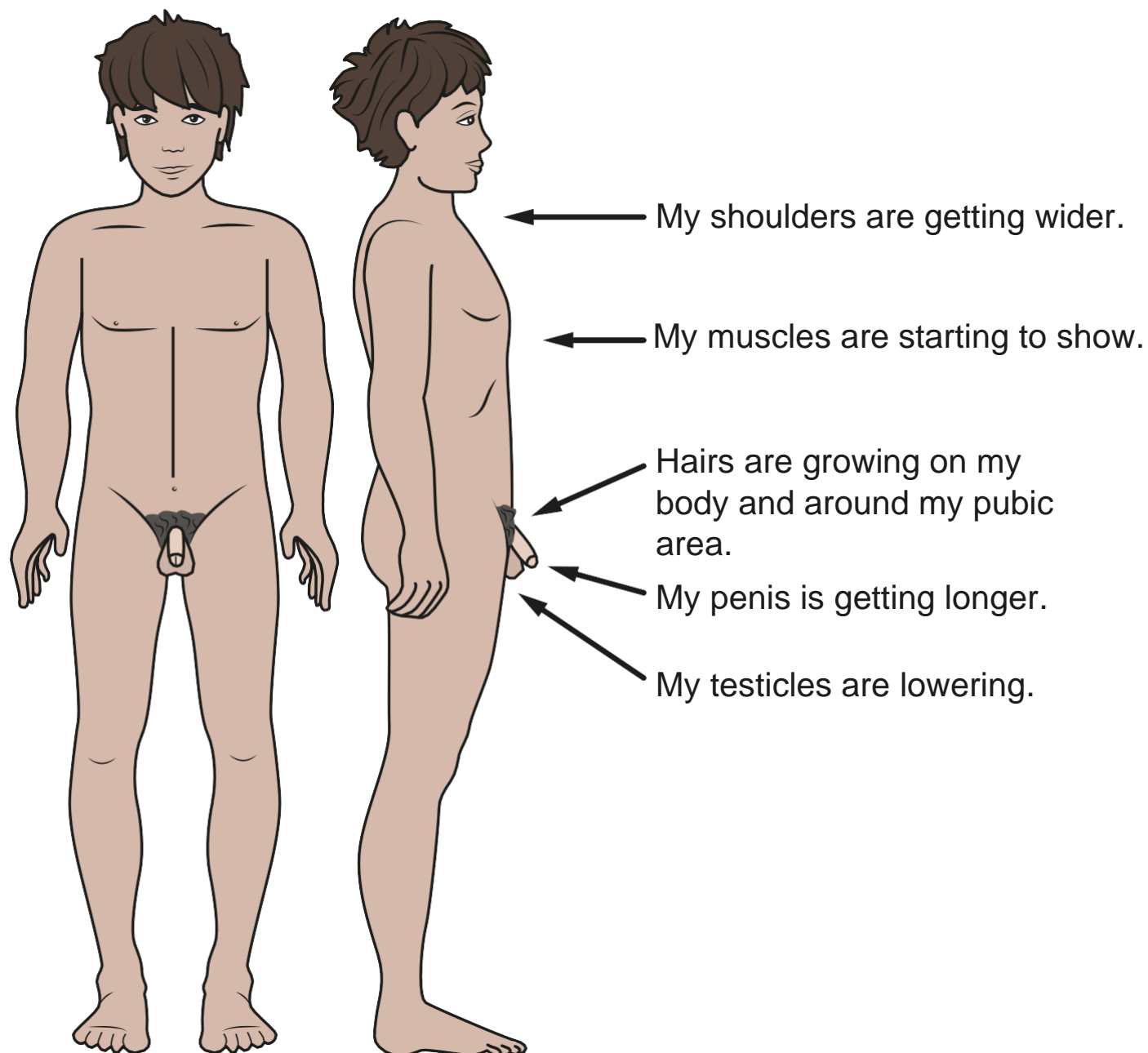


Adolescent



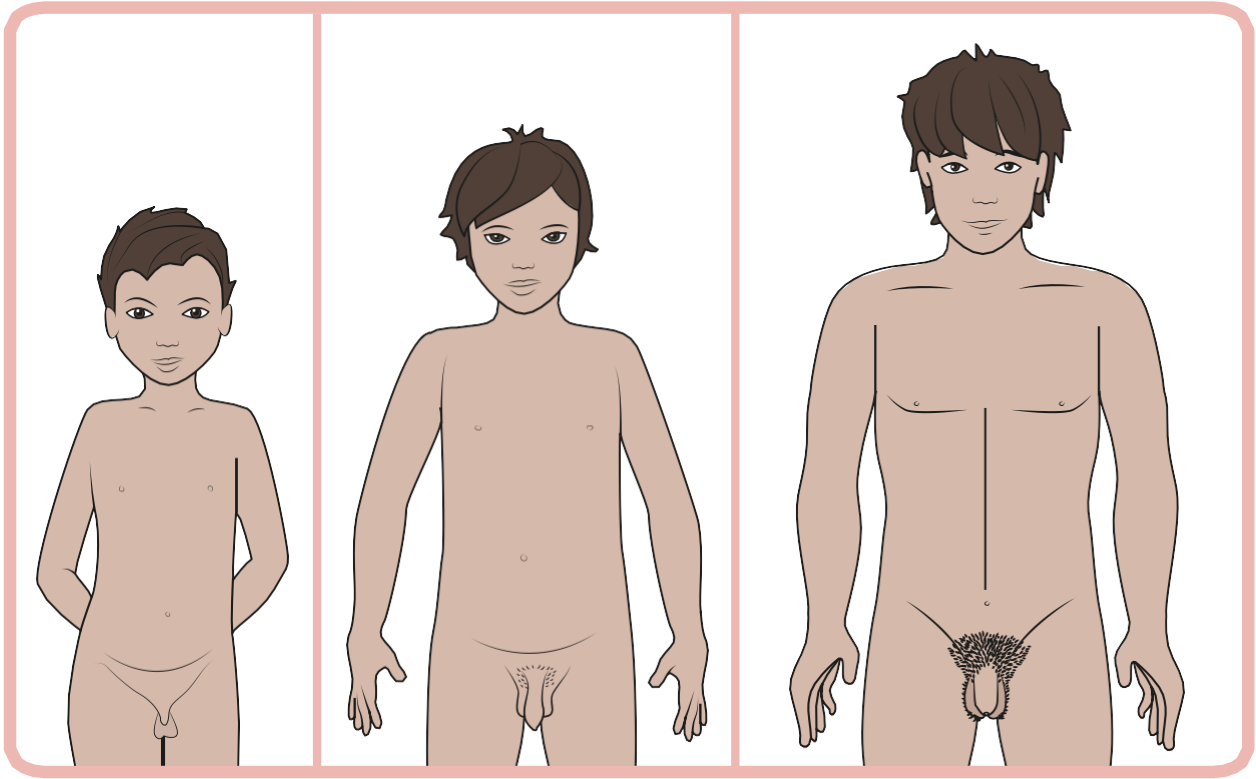
Adult

● I can see that:

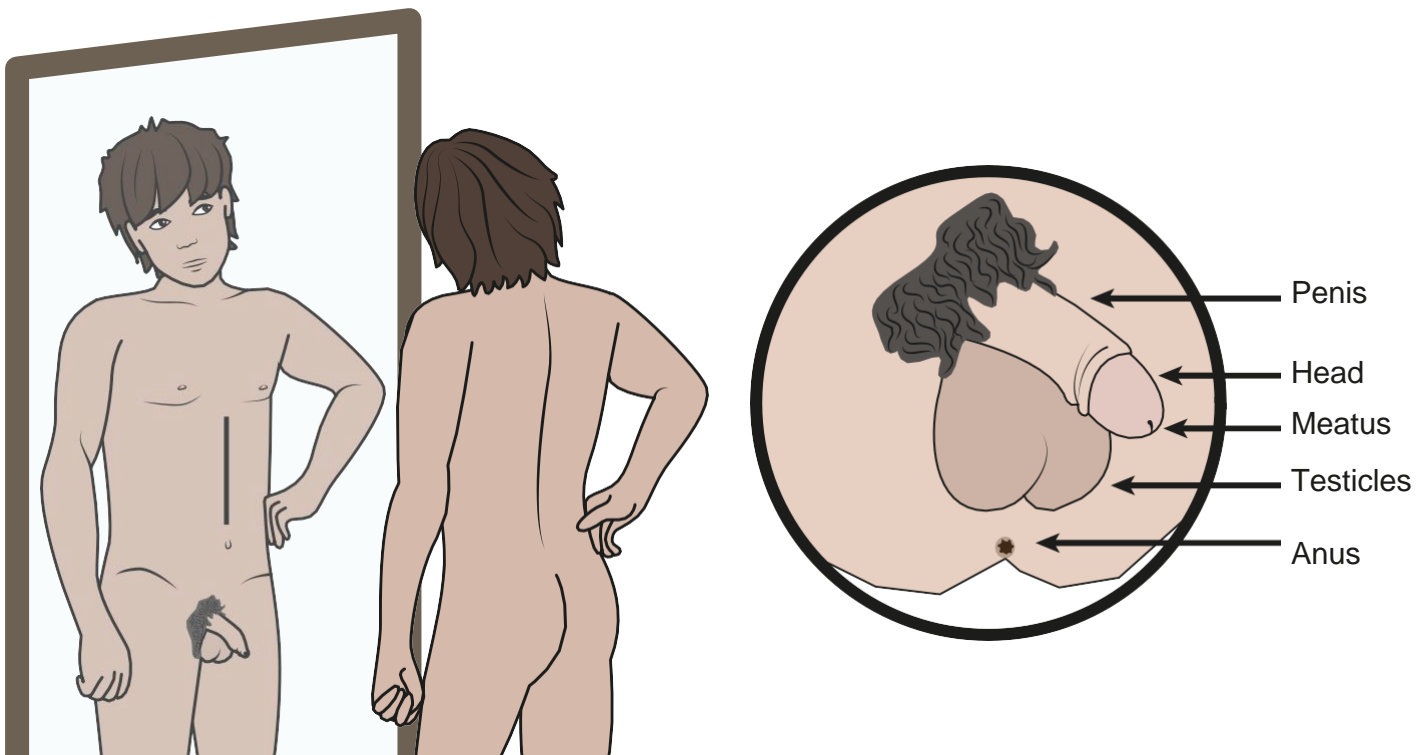


My pubic area also changes shape.

- My penis will get longer and wider.
- My testicles are getting bigger and hanging lower.
- Hairs are growing all around my penis and on my testicles.

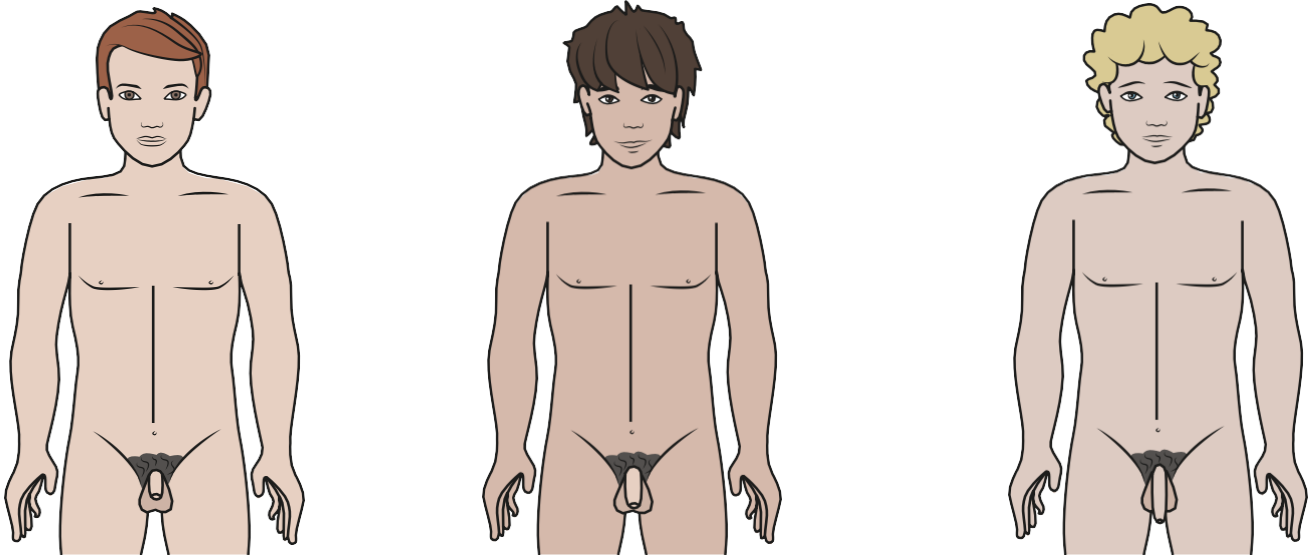


- I might want to look at my pubic area in the mirror.



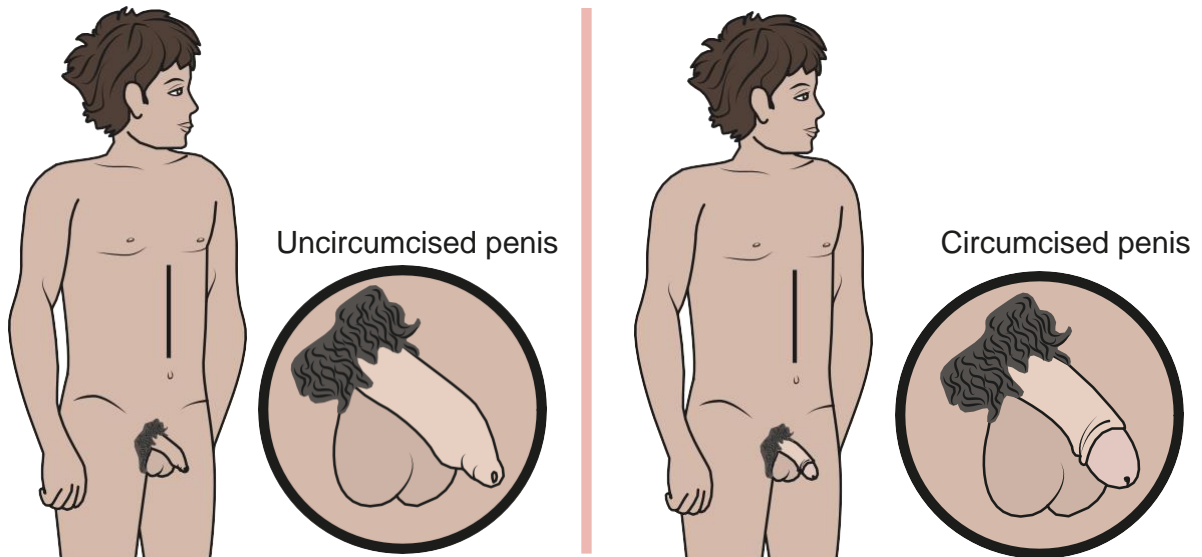
- **When I become an adult, my penis might be bigger or smaller.**

Every man's penis is different - large or small, thick or thin, light or dark...



- **If my penis is circumcised, I will be able to see the head.**

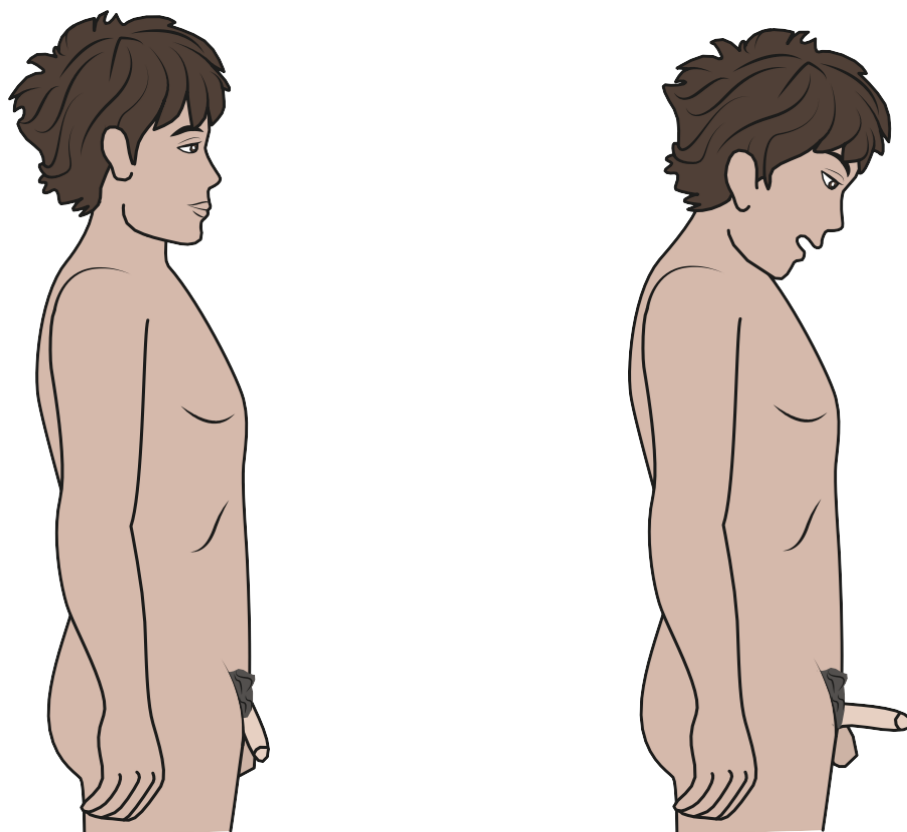
Circumcision is done for health, or cultural reasons.



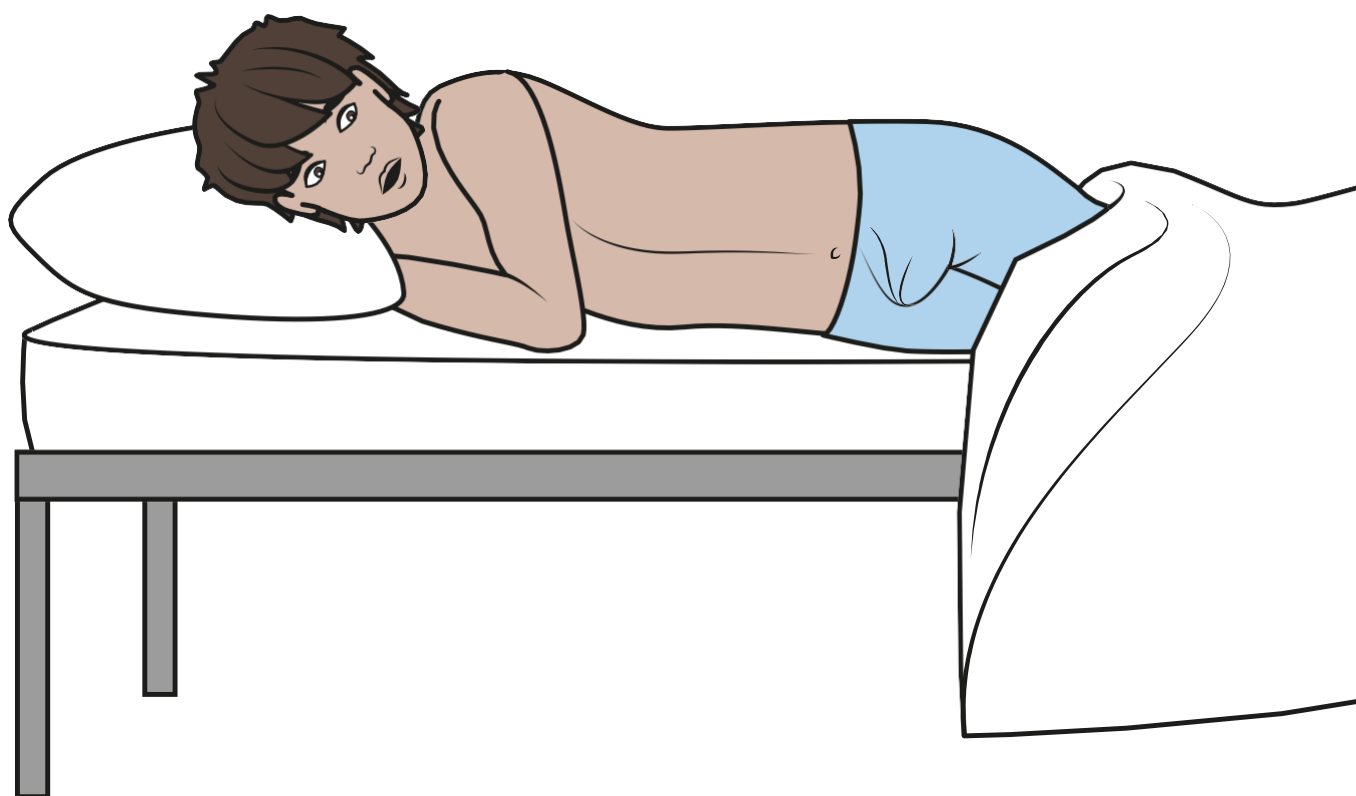
- **My testicles become very sensitive.**

It can really hurt if I hit them.



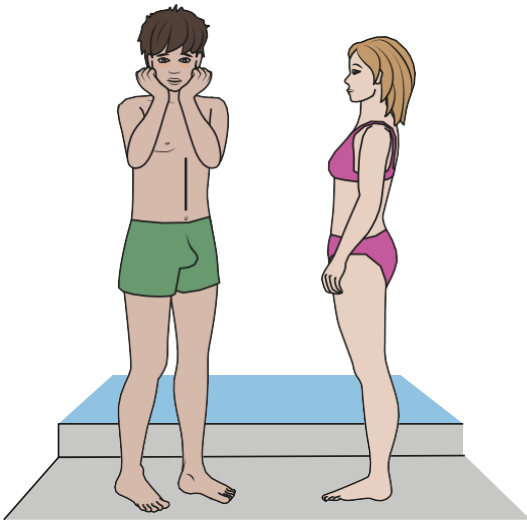


- **I might have an erection for no reason when I wake up.**
It's perfectly normal.

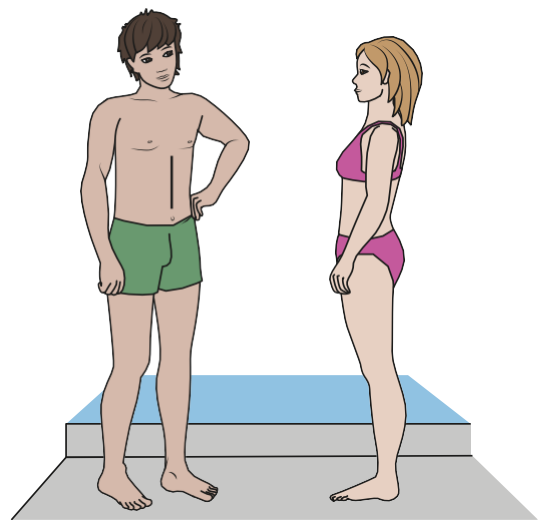


● **I might get an erection when I see someone I like.**

It might be a shock to start with.
It's difficult to control it.



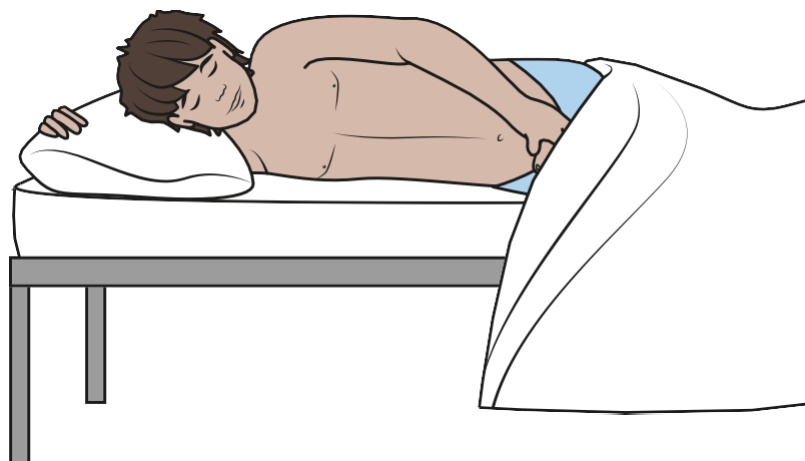
I can learn to control
my erections.



● **I might also get an erection when my penis rubs against cloth.**
Rubbing against my trousers when I'm walking around, for example.

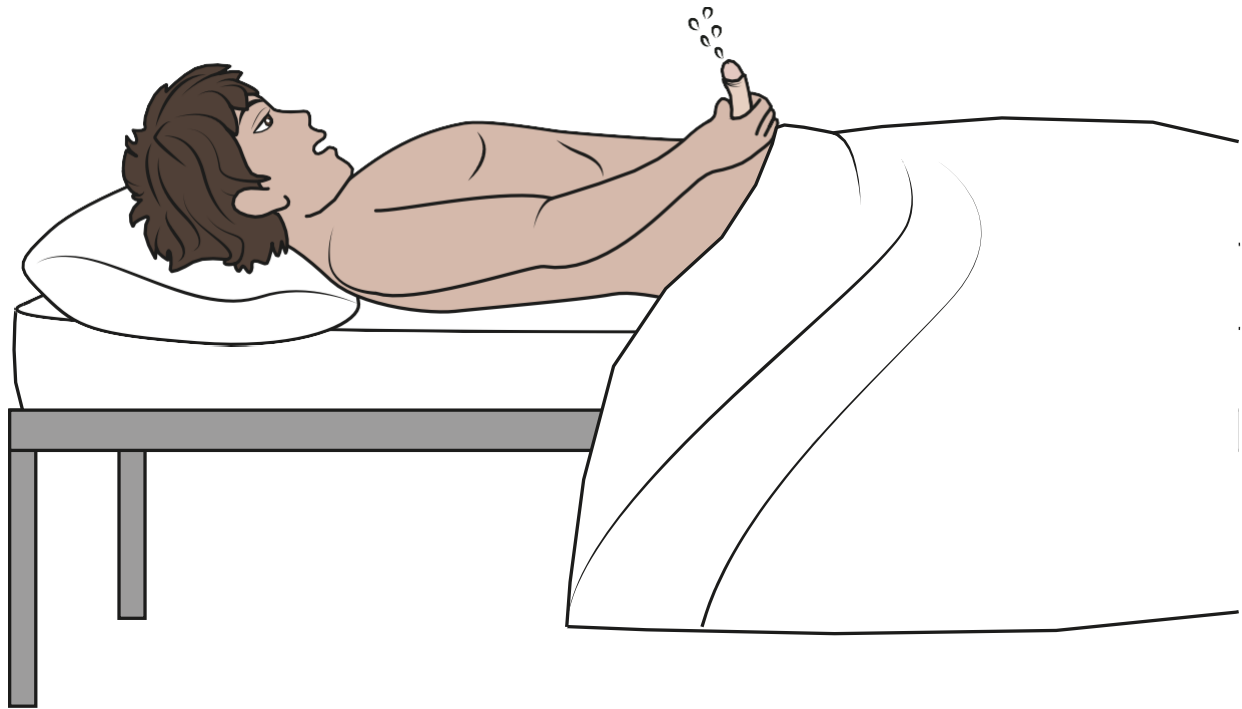


● **I can also get an erection when I stroke my penis.**
This is called masturbation - For more information, see page 40.

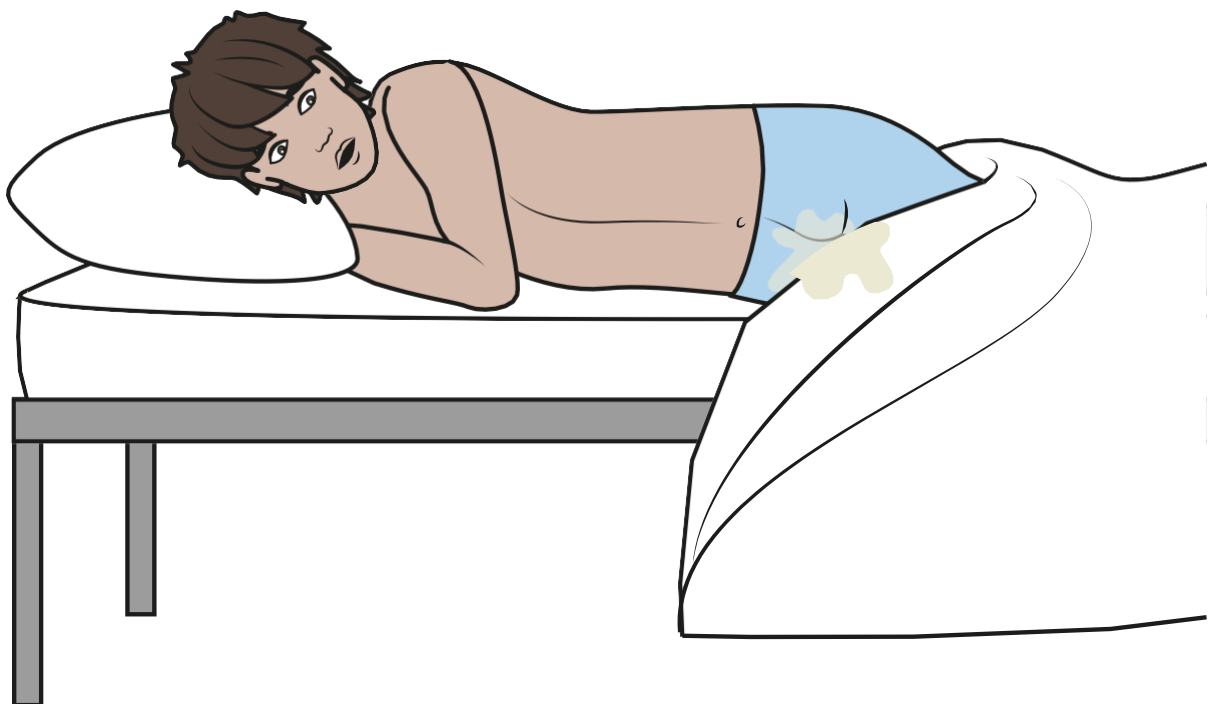


Semen may exit from the tip of my penis. This is called an ejaculation.

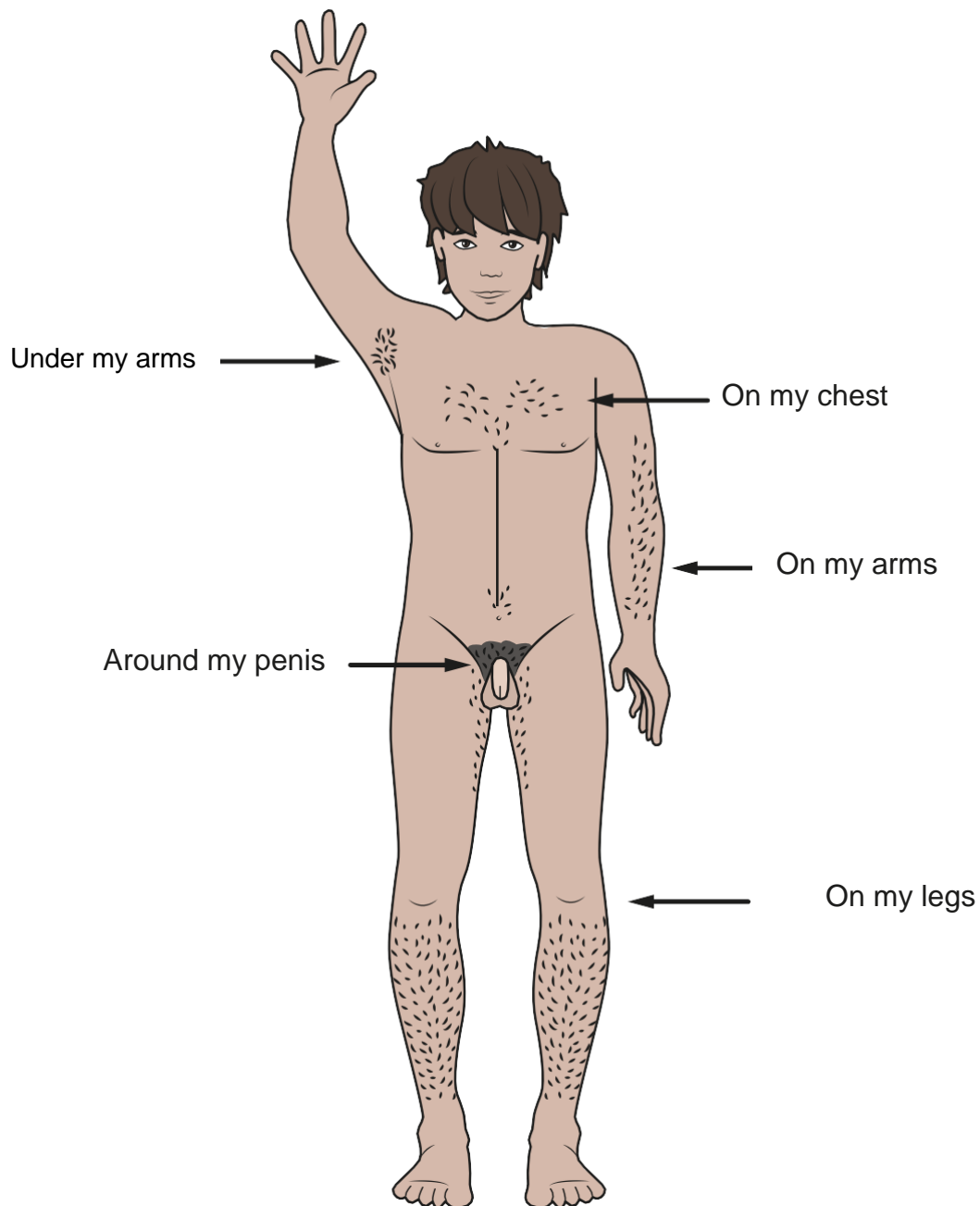
- **Semen is a white liquid that contains my sperm.**
These are the cells that allow men to make a baby.
This liquid is not urine.



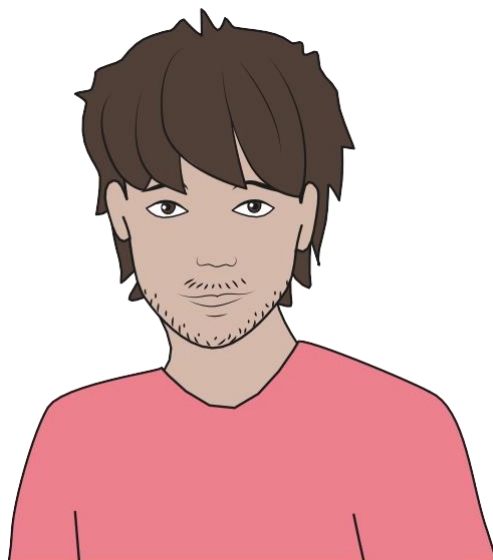
- **This can happen while I am asleep, even without touching my penis.**
It's perfectly normal.



Hairs appear:



- **Hairs also start to grow on my face.**
To begin with there are not very many.



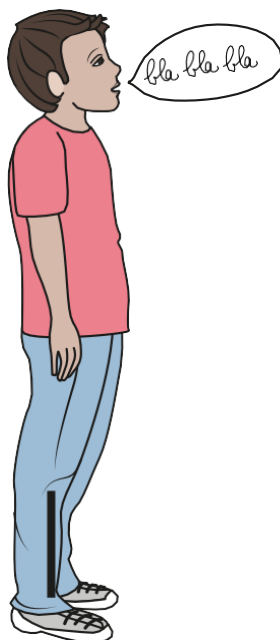
A lump appears in my throat.

- This is my “Adam’s apple”.

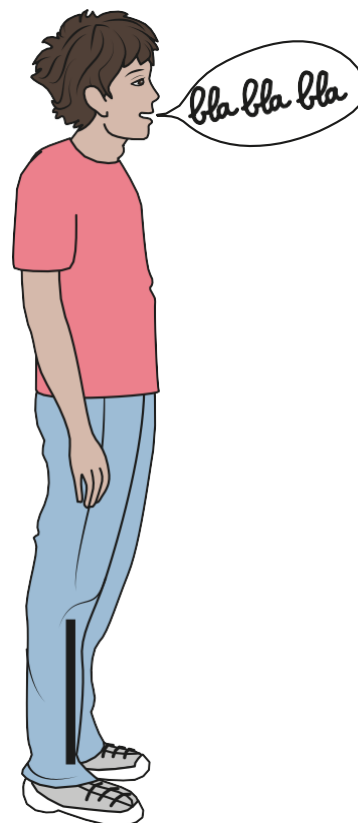


- **My voice breaks, it becomes deeper.**
To begin with my voice might be a little shaky.

Child



Adolescent

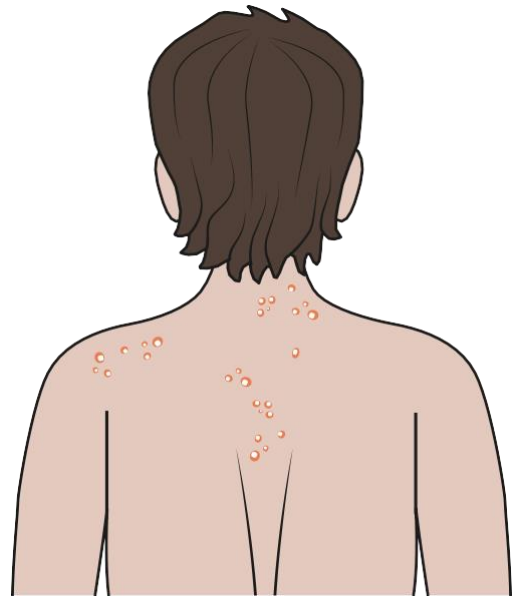


I might get acne: these are spots on my skin.

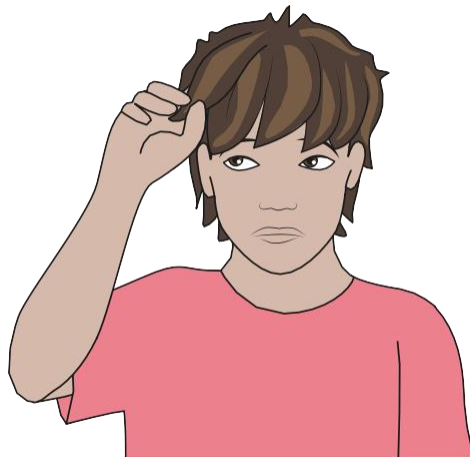
● **On my face,**



● **and sometimes on my back.**



My hair might become greasy.



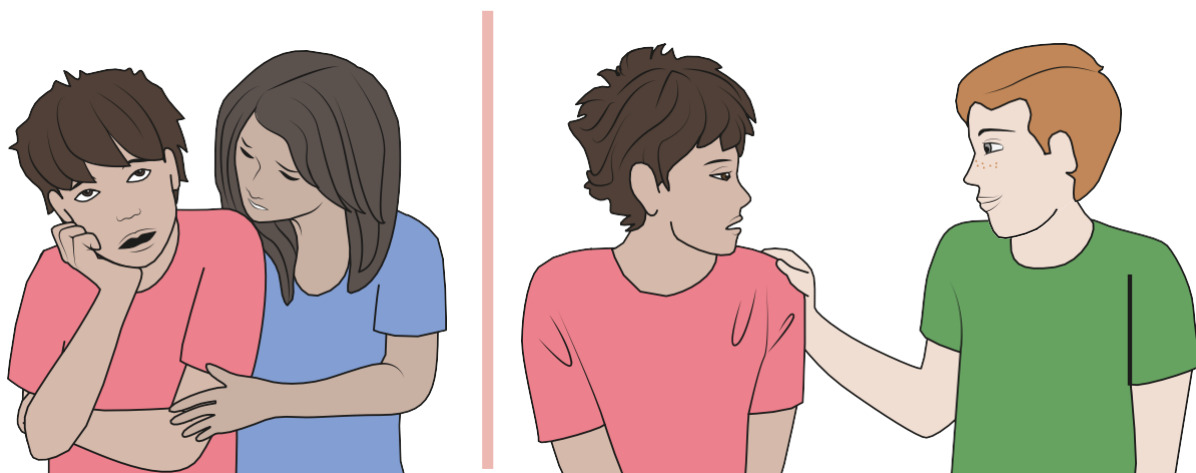
The smell of my body changes and gets stronger.



I can talk about all these changes.

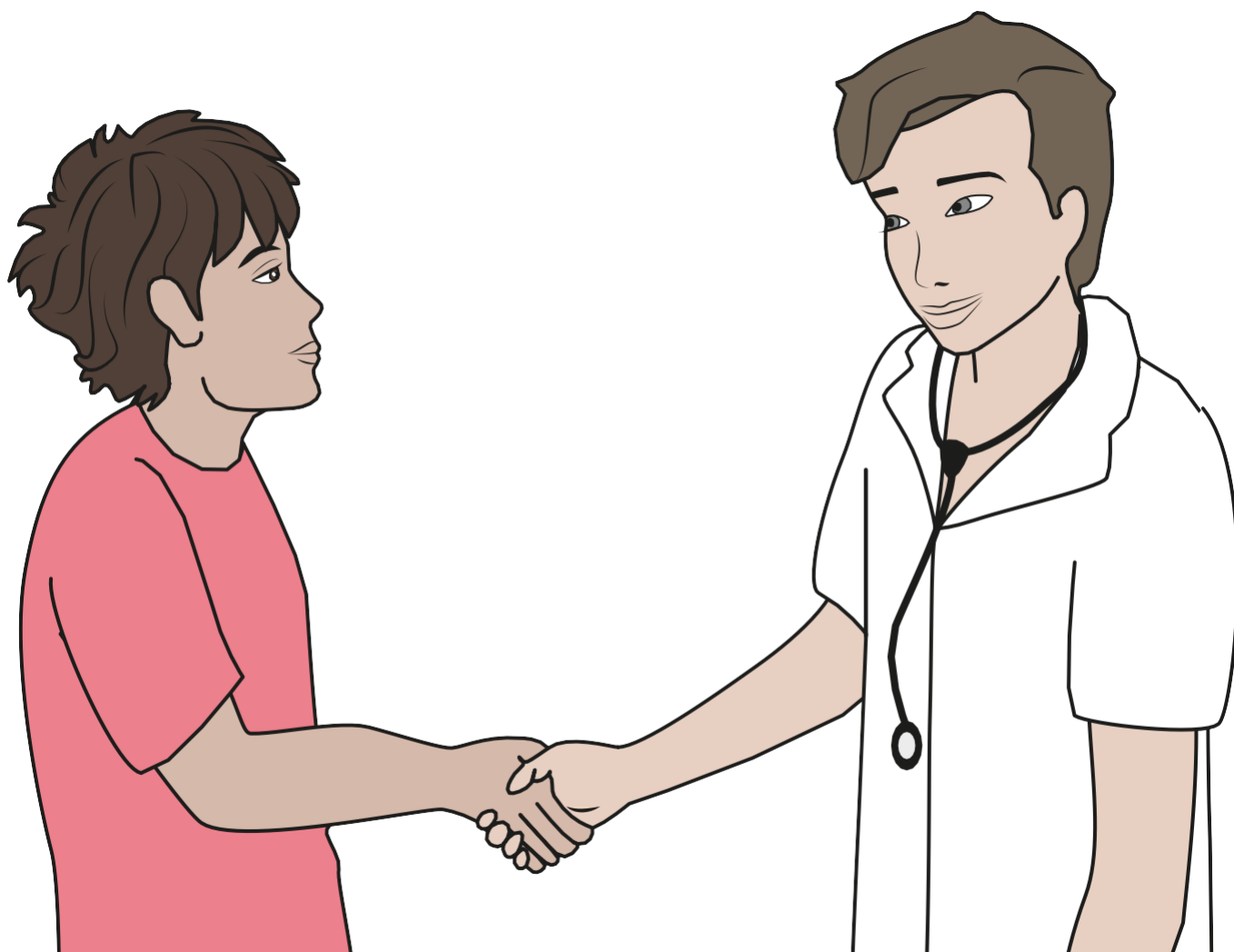
- **With someone I know and trust:**

My parents, my brother, my sister, a male or female friend, a teacher...



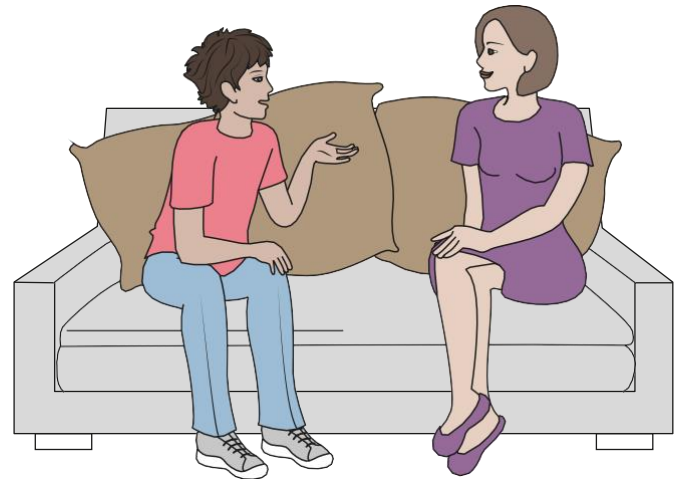
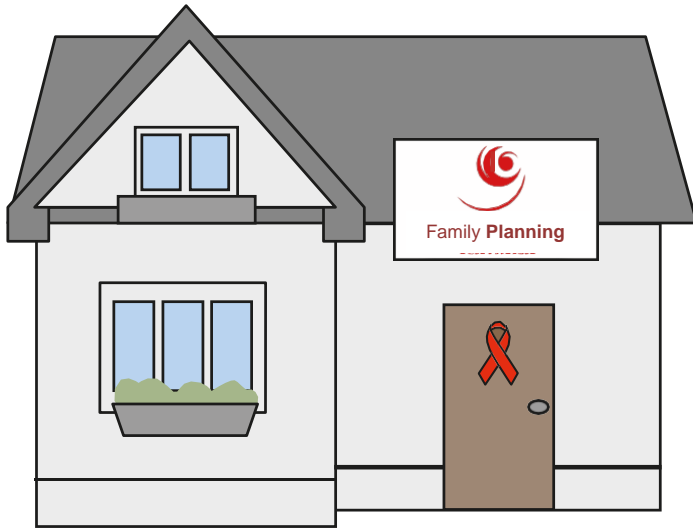
- **I can also ask to speak to a healthcare professional - my doctor, a nurse or a psychologist.**

I can ask to speak to a man if I prefer.



- **There are also counselling and health testing centres available.**

- I can go there by myself or with a male or female friend.
- I don't need to tell my parents.
- It's free.



I absolutely must speak to a healthcare professional:

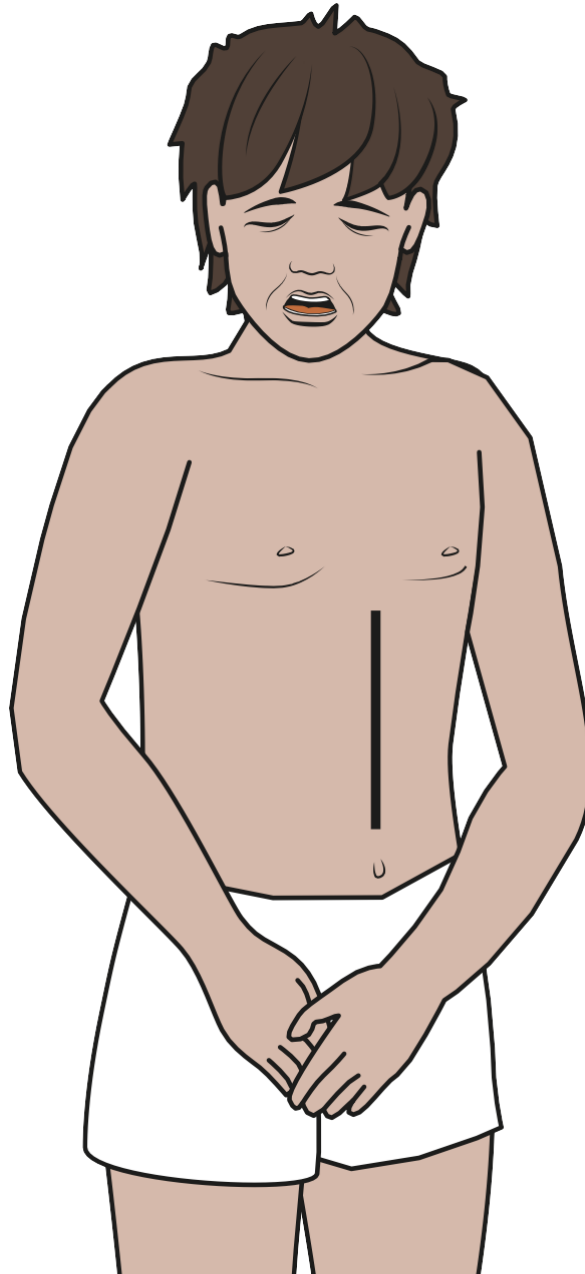
- **If I feel depressed,**
- **If I'm drinking or smoking too much, or taking drugs.**



- If my acne is bad,



- If I have pain in my sexual organs - my penis or testicles,
For example, when I masturbate.



● If I have questions I want to ask before I have sex with someone:

- Questions on contraception.
- Questions on diseases I can catch - these are STIs.



See the fact-sheet:

CONTRACEPTION

What is contraception?

0-13

See the fact-sheet:

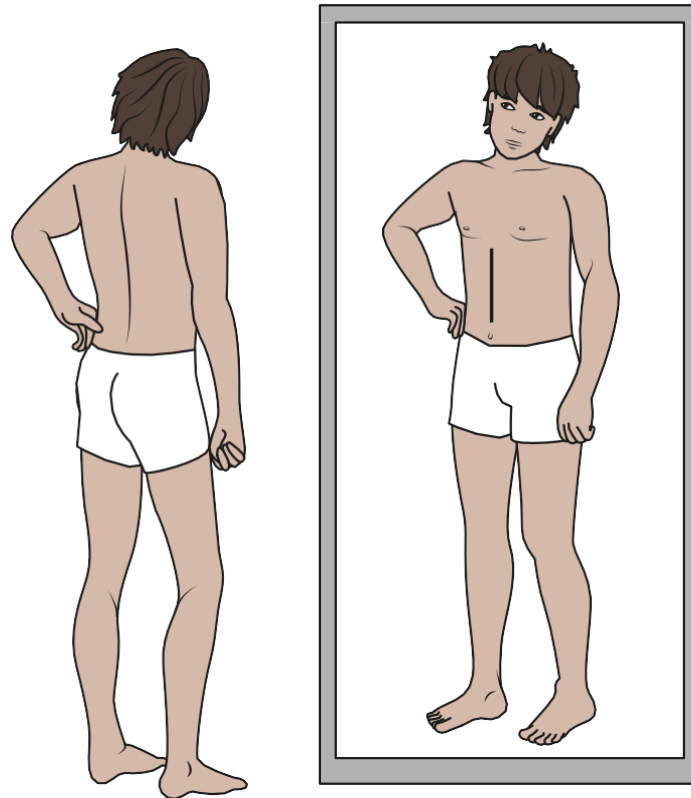
CONTRACEPTION

I can choose my method

0-13

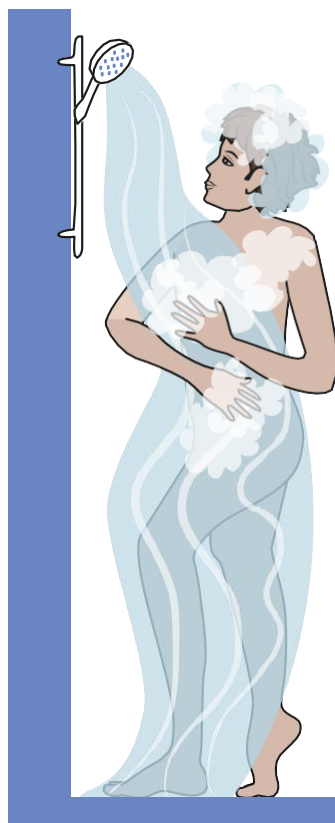
My body is changing...

I need to care of it.



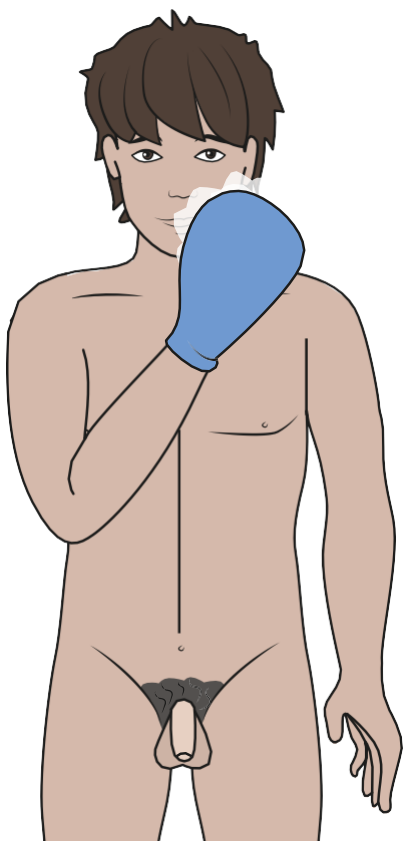
I take care of my personal hygiene.

- I wash every day.

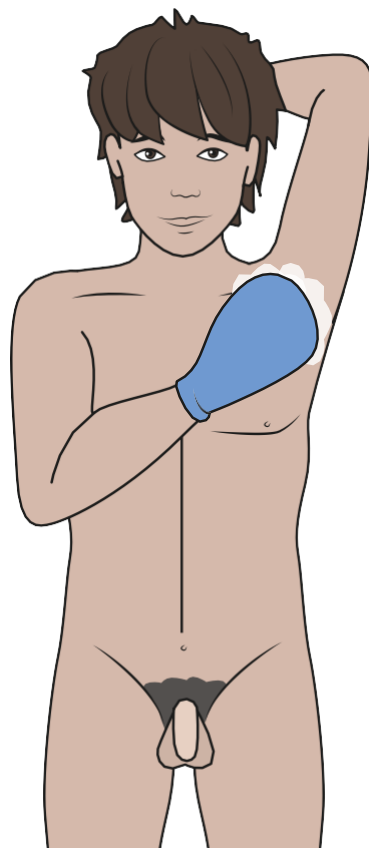


● I remember to wash:

My face,

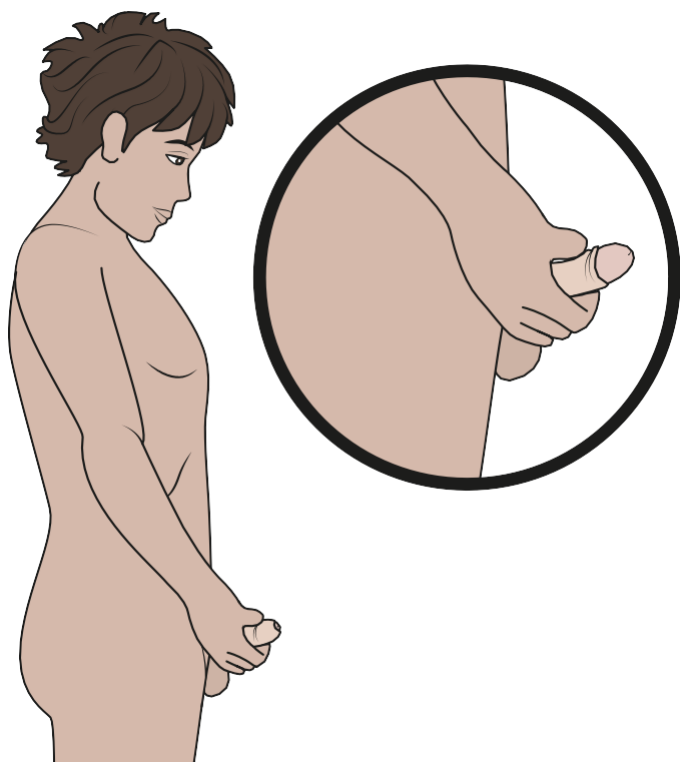


under my arms.

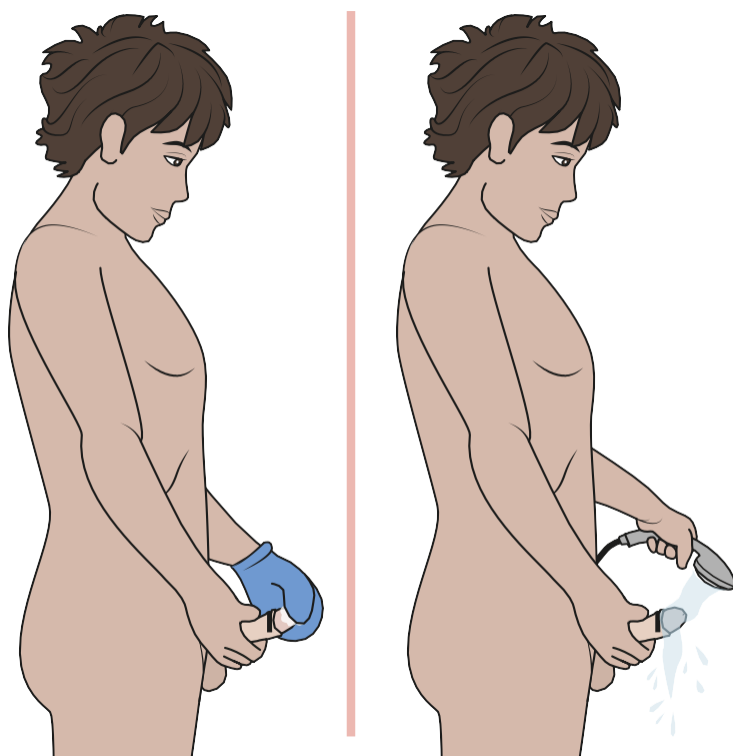


● I wash my penis.

I gently roll back the skin to uncover the head.



I wash the head with soap. I rinse the end of my penis carefully.



If I have a lot of acne spots, the doctor can give me a treatment.

- **I wash my face with special soap.**
- **Sometimes, the doctor will give me a cream to put on my acne spots.**
- **My doctor may give me medication to take.**



- **I must not squeeze my acne spots.**



I can put deodorant under my arms after I shower.



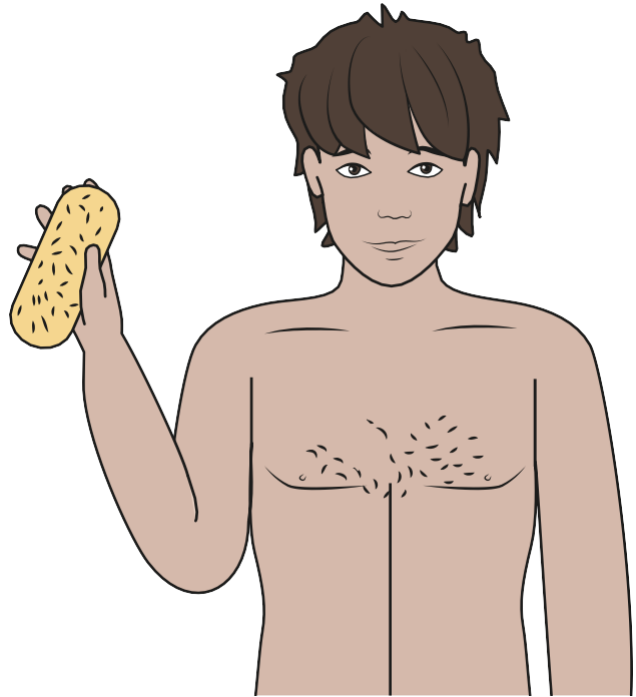
I may want to remove the hairs that have grown.

● **I can shave my face.**



- **I might want to remove the hairs that have grown on my body.**

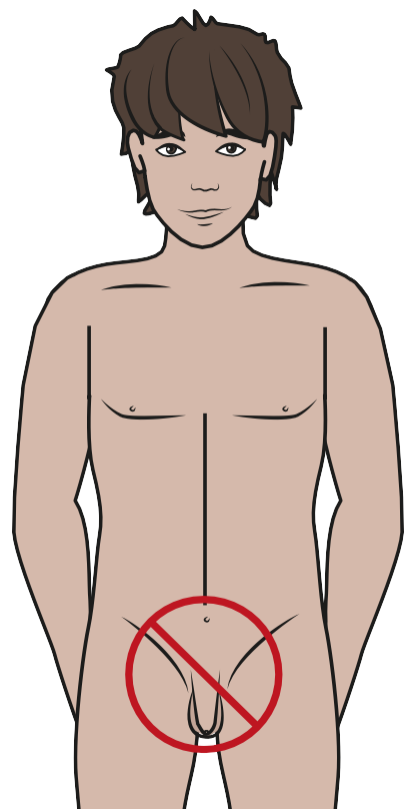
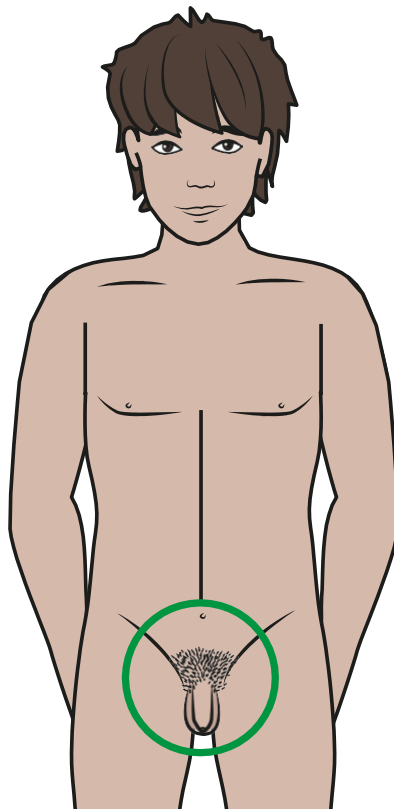
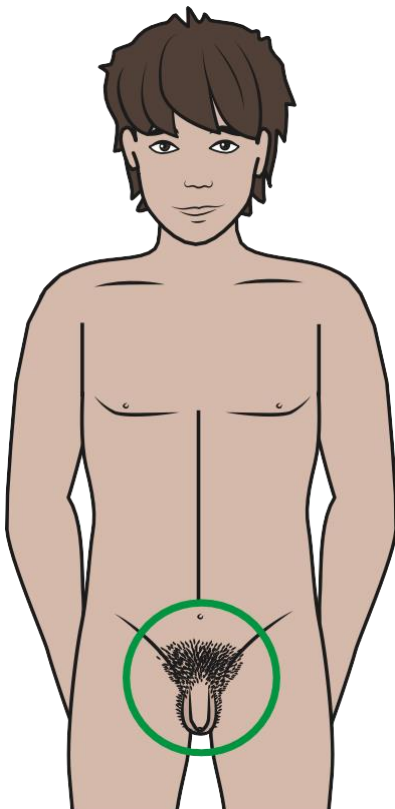
I can shave my body, but it's better to remove hair with wax:
the hairs grow back more slowly and there are less of them.



- **The doctor recommends not removing the hairs around my penis.**

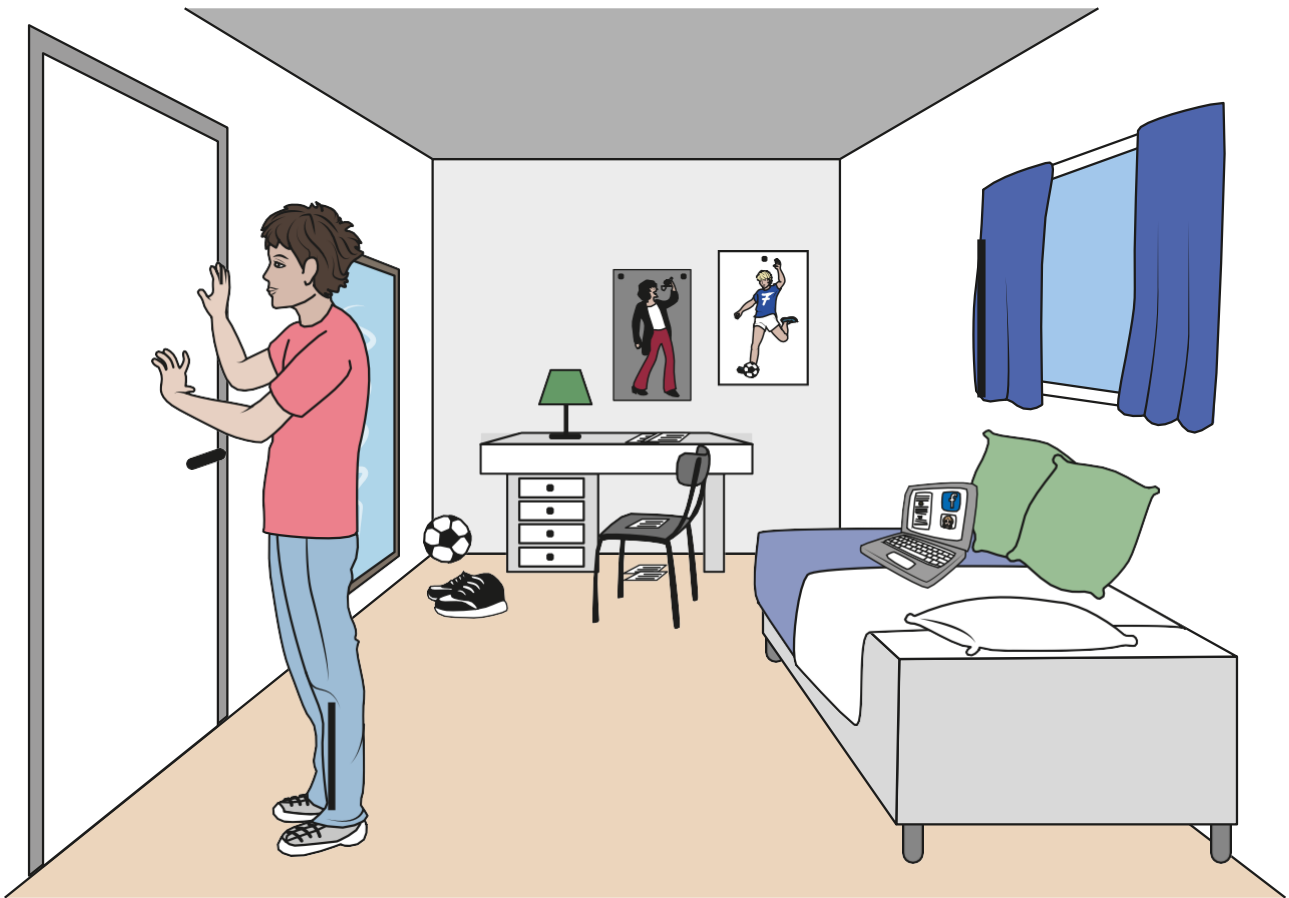
My pubic hair helps to protect against bacteria.

If I have lots of hairs around my penis I can wax or shave them.

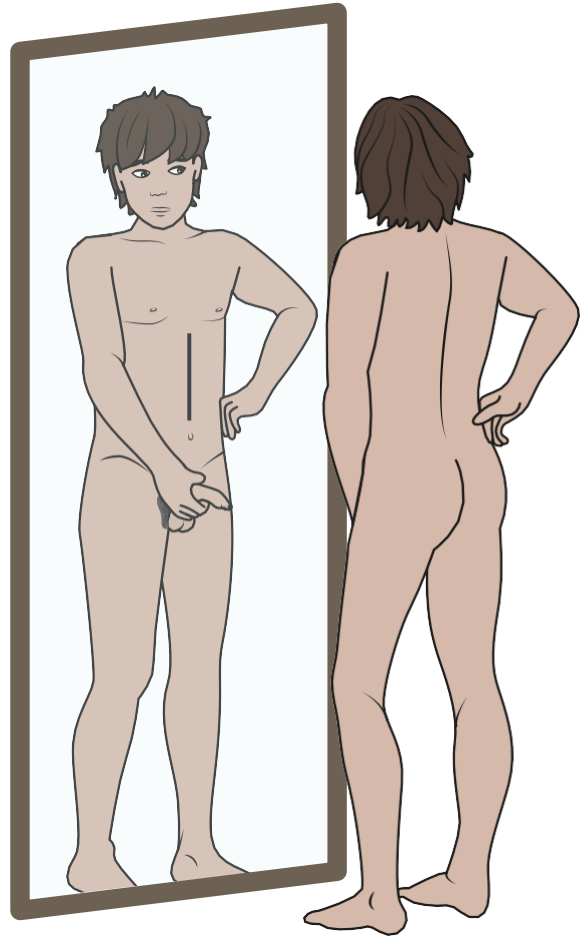


It's normal to be interested in all these changes.

Sometimes I'll look at myself when I'm alone.



- **I look at myself in the mirror.**
I might want to touch my penis.



- **I might want to look at my testicles.**



I might want to stroke my penis.

- **This action can be pleasurable: it's intense and I may enjoy it.**
This is called masturbation.



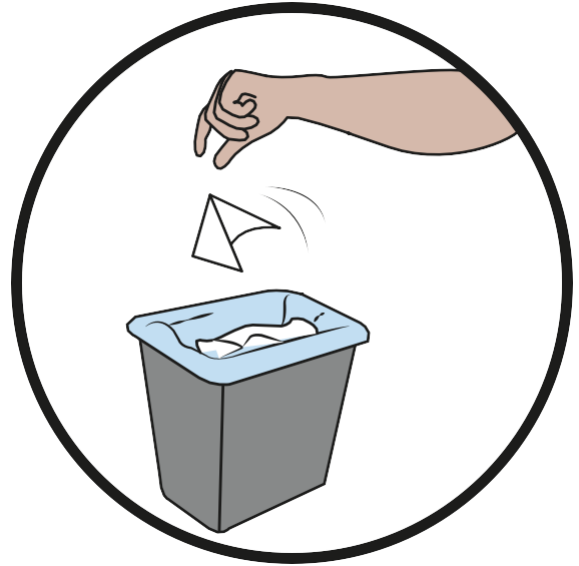
Semen may come out of the tip of my penis.

This is called an ejaculation.

- **This can happen when I touch my penis faster and harder.**
Sometimes I won't ejaculate.



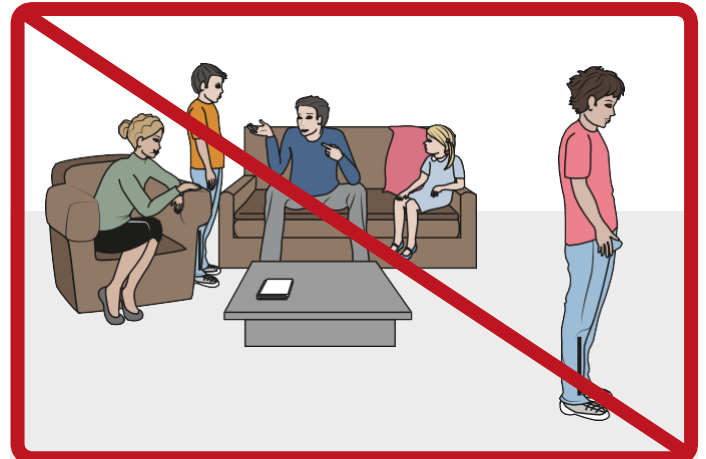
- When this happens, I clean up any semen on me and around me.



- I wash my hands before meeting up with others.

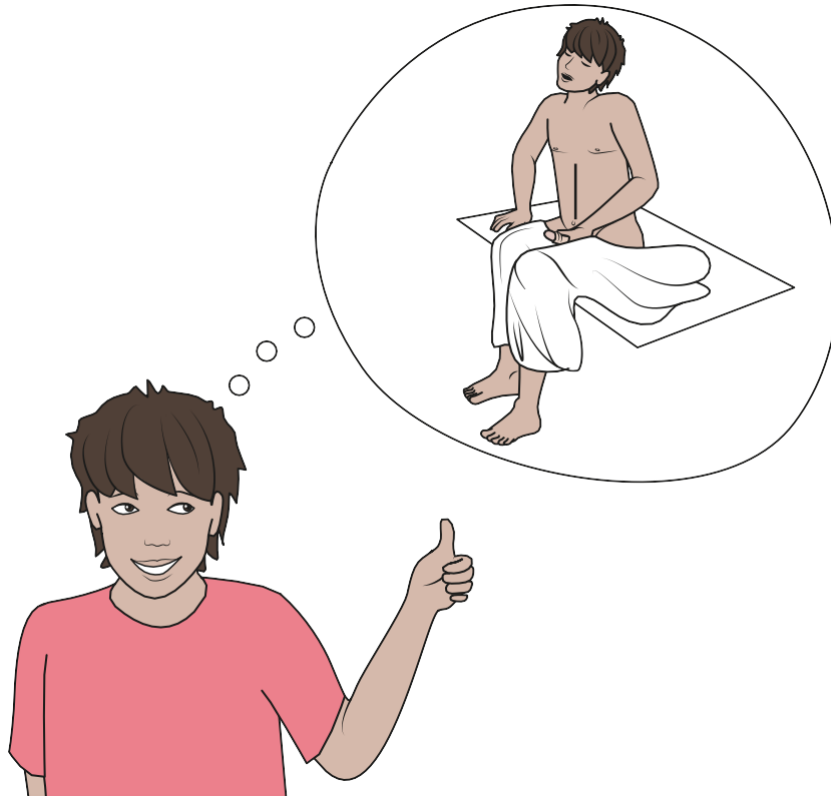


It's OK to masturbate if I don't do it in front of other people.



These new sensations may be surprising.

- **I can find out what I like more, and what I like less.**



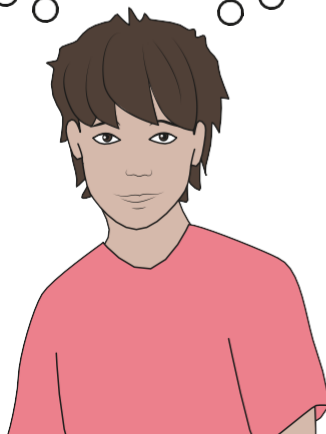
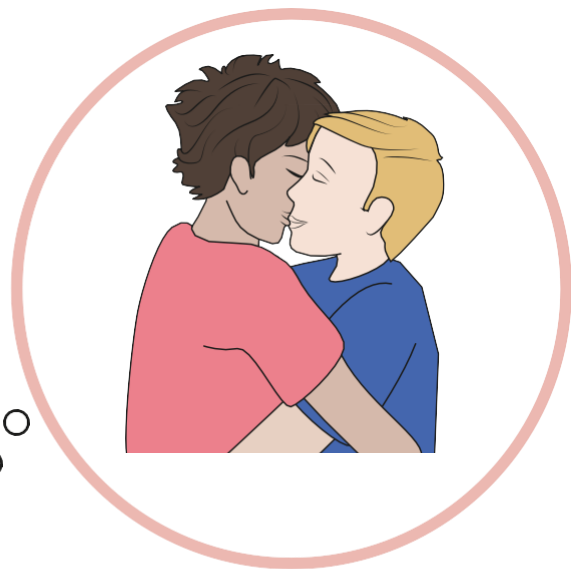
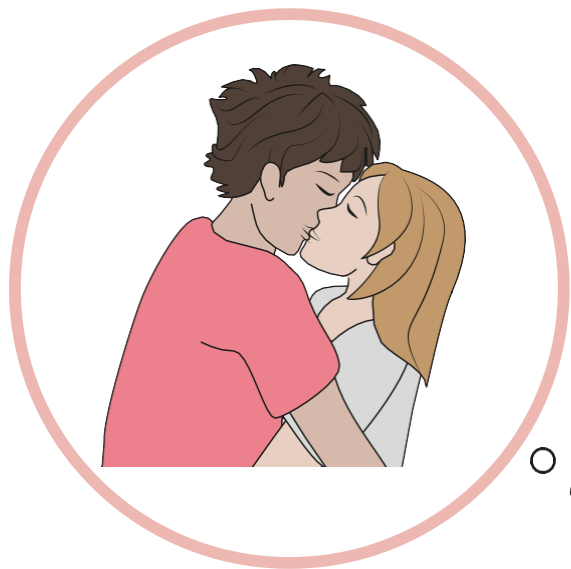
I might think about sharing the feelings with someone.

During adolescence, boys might have strong feelings for a girl or a boy.

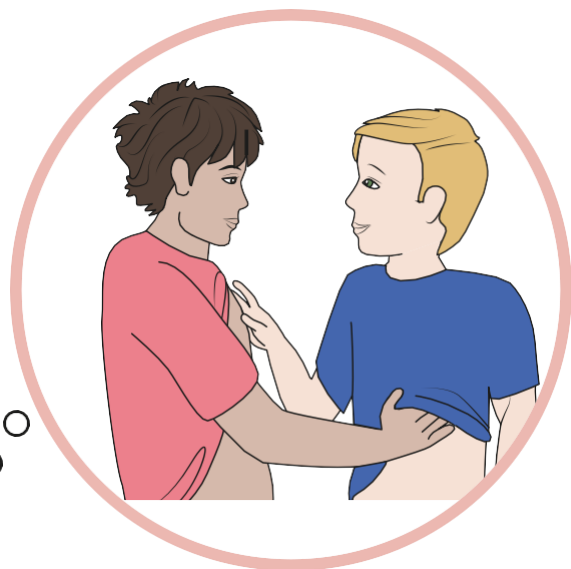
- **I imagine holding someone in my arms.**



● I think about kissing someone.

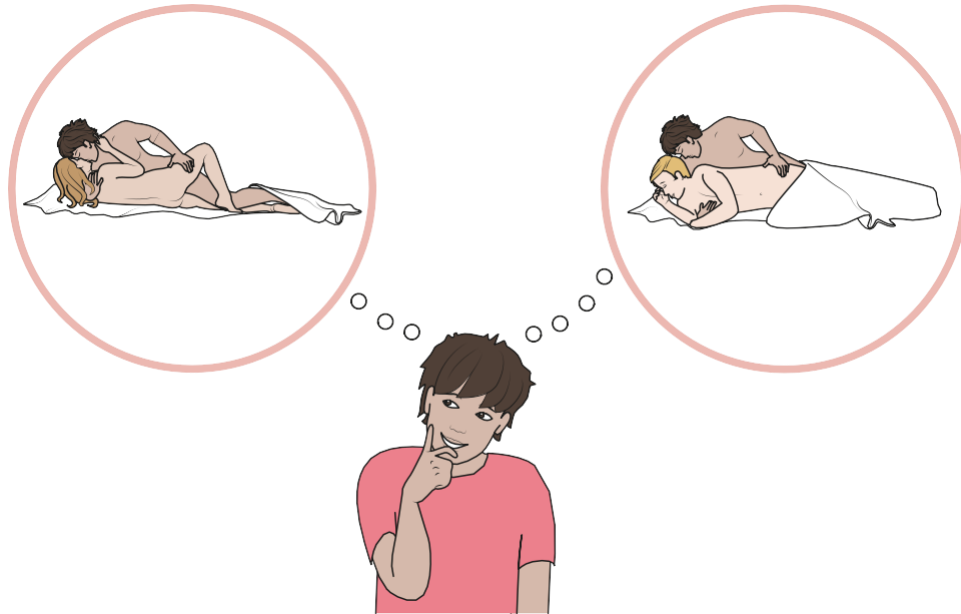


● I think about touching someone.



I think about the day I will have sex for the first time.

- **How? Who with?**
- **I wonder if I will like it.**
- **I wonder if I will know what to do.**



I wonder if it is normal to feel all these things.

Does everybody ask the same questions?

**Yes! Everybody feels these changes and asks questions.
I am becoming an adult.**



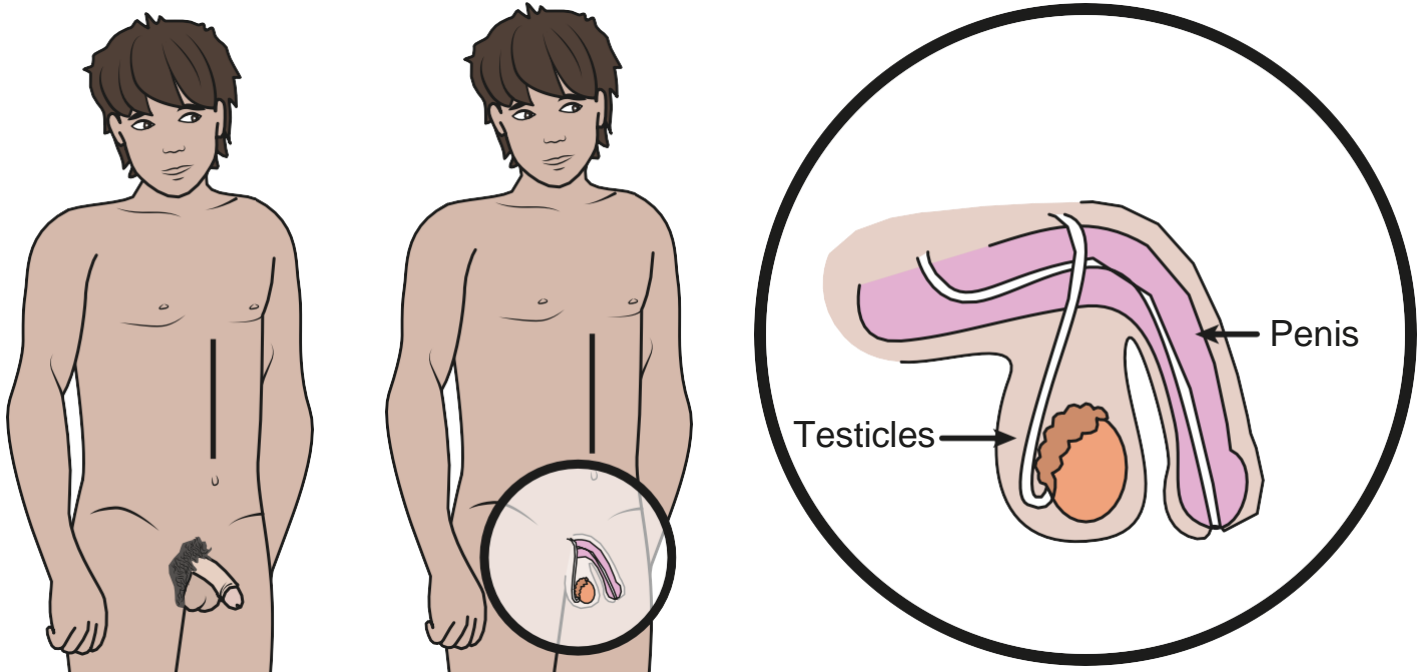
APPENDIX

What happens inside my body?

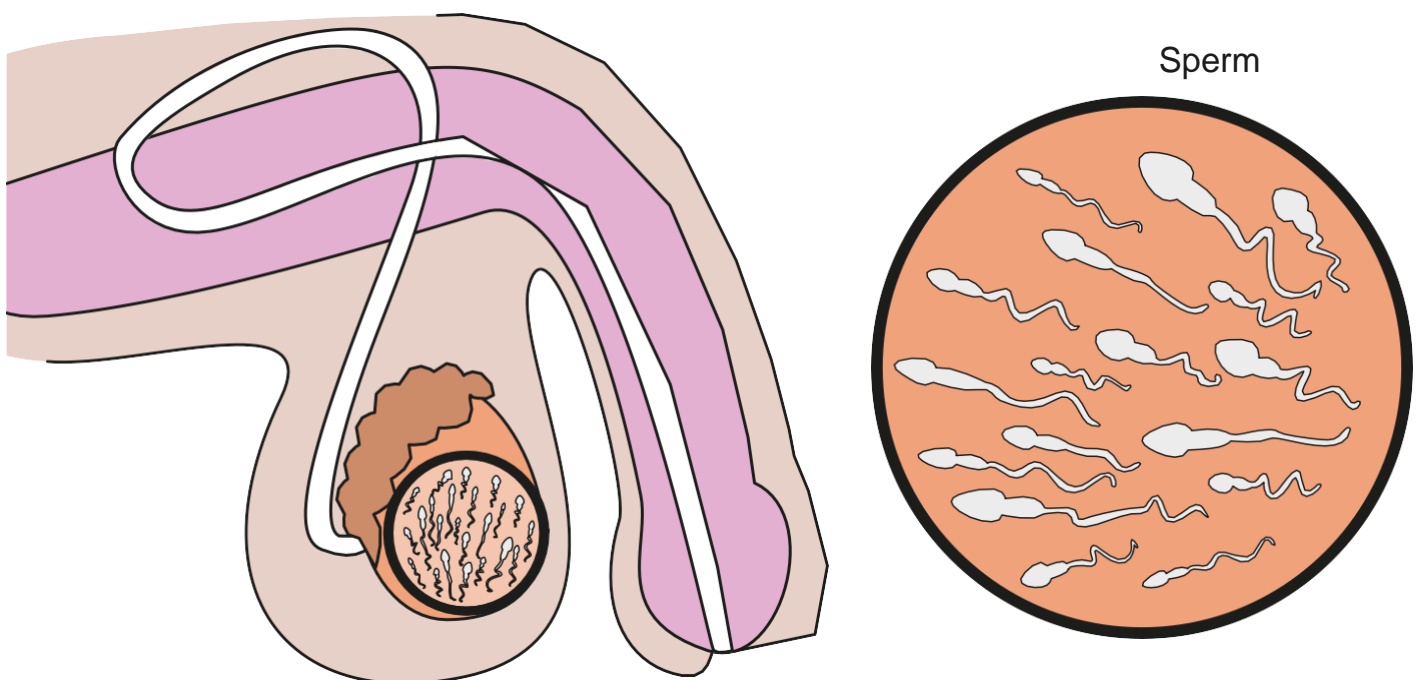
My body slowly changes on the inside.

- **My sexual organs are formed.**

These are the parts I need to have a baby and to have sex.

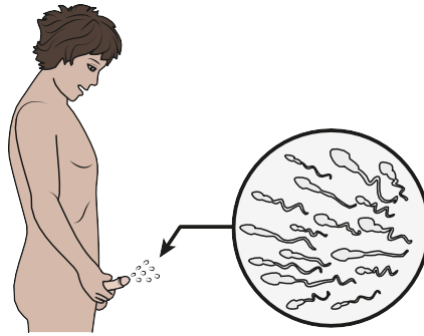


My testicles contain sperm.



Sperm are in my semen when I ejaculate.

This liquid is not urine.



**This fact-sheet was made with
help from**



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Sexual Understanding

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CeRHeS
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