

**Puberty
Boys
Edition**

SHINE_{sa}



Aboriginal Health Council
of South Australia Ltd.



**This booklet is made for people
wanting to know more about puberty.**

It can also be used by parents or carers.

**The illustrations in this booklet were made by Savi Ross.
Savi Ross is an African American, Torres Strait Islander
illustrator based in Narm, Melbourne.**

**We acknowledge that this resource was made on the lands of the
Kurna people and we pay our respects to elders past and present.
We would like to thank the Aboriginal health workers and community
members for their support in the production of this resource.**

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What is puberty?

Puberty is the time when we go from being a **child** to being an **adult**.

It is caused by **hormones** sending messages to different parts of our bodies.

Puberty can change the way our body looks and feels and it can change our thoughts, feelings and emotions.

Puberty can also change how we feel about our relationships.

Puberty usually starts between the ages of 8 and 16 years. It can last anywhere from 18 months to 5 years.

Some of the changes we experience during puberty can feel confusing and uncomfortable, but puberty is normal.



Everyone's body is different!

The information in this booklet is for most people however some people may be intersex and their bodies can be different from others. Other people may be transgender or non-binary and this is OK.

Body changes during puberty



Most people will experience **changes to their body** during puberty.

We're going to look at some you might experience.

Remember: Some of the changes we experience during puberty can feel confusing and weird but these are normal!

Body shape changes

Some people get taller, some gain weight.

Some people get broader across their chest and shoulders.

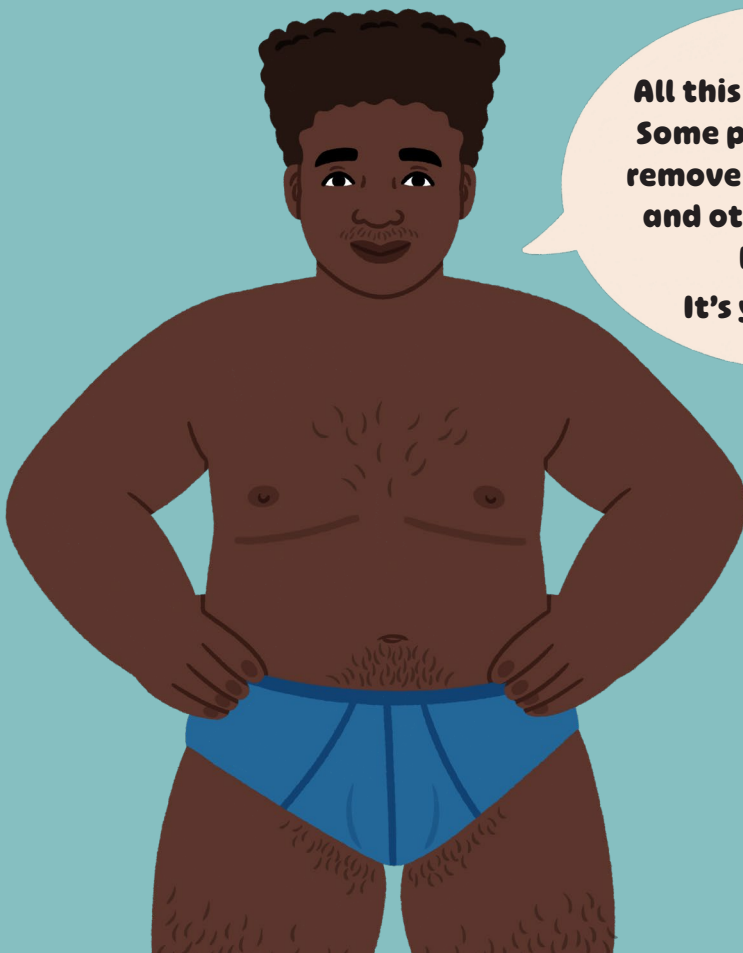


Body hair changes

More hair might grow on your body, in your armpits and around your private parts.

Hair might also start to grow on your face including above your lip, chin and cheeks.

Some people may grow hair on their chest or back and hair might get thicker and darker in other areas.



**All this hair is normal.
Some people shave or
remove their body hair
and others choose to
leave it.
It's your choice.**

Skin and sweat changes

It's common to have more body **smells** and **sweat** during puberty.

Your skin can also change, with more oil causing **pimples** and greasy hair.



Washing your clothes and body often will help manage these changes.

Soap and deodorant work well but private parts (genitals) should be washed with water only!



Voice changes

During puberty your voice may change and get deeper.

This can be a slow process where your voice can go between **squeaky** and **deep** until it settles down.

Some people call this voice breaking.

During puberty your voice box gets bigger; it can stick out at the front of the throat. This is called an Adam's apple.



Adam's apple

FACT:

The voice box doesn't get to its new size straight away! The squeaky sounds are the voice box trying to get used to its new size!



What do you call these?

Words your health worker would use:

Your words:

Penis and testicles

Budoo

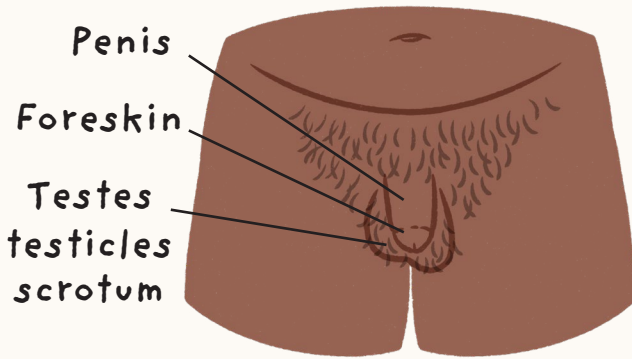
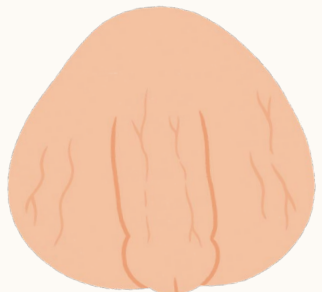
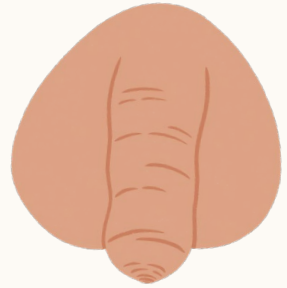
Erection

Feelings or Emotions

penis and testes changes

Your penis and testes (balls) change during puberty too. The skin of the scrotum gets darker and more wrinkled.

The testes and penis will grow. The penis usually gets longer before it gets thicker.



Sperm are tiny cells in a whitish fluid called **semen**. During puberty, sperm start to be made in the testicles.

Ejaculation is when semen comes out of an erect penis during orgasm (also called cumming).

Urine (wee) also comes out of the penis, but never at the same time as semen.

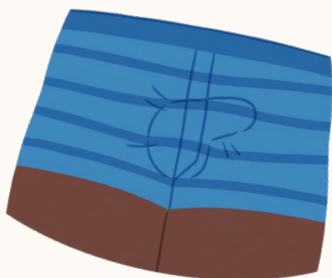
Erections



Erections are when the penis becomes hard/stiff. When you reach puberty you may experience erections more often.

This is a normal and healthy part of growing up.

Sometimes erections happen for no clear reason, and they can happen when you don't expect it, like at school, on the bus, or when you're with friends.



Having an erect penis might feel embarrassing. It's good to have ways to deal with it, like thinking of something boring, or wearing loose clothes that hide it better.



Remember, erections are a normal part of puberty.

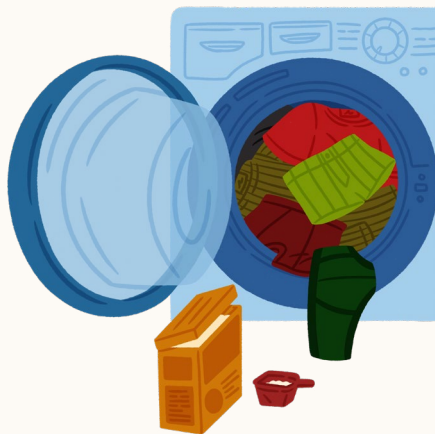
Wet dreams

A wet dream is when a penis ejaculates semen while sleeping.

Some people rarely have wet dreams, while others may have them often.

They are a normal part of growing up.

When a wet dream happens you can easily clean up by washing any clothes or sheets the semen gets on.



Feelings and emotions during puberty

Hormone changes during puberty can cause your emotions to be all over the place.

You may have feelings like **happiness** and joy one moment, but then **sadness** or **anger** the next. You might have bigger or smaller feelings than you're used to.

This can be really confusing and frustrating for you and the people around you.

Talking with your friends and family about how your mood is changing can help.



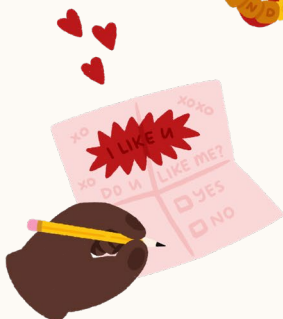
It is also important to get enough sleep and to do some things you enjoy, like art, sport, music or playing a game.

Going through puberty you might experience:

**Friendship
changes**



**Feelings of
attraction**



**Mood
swings**

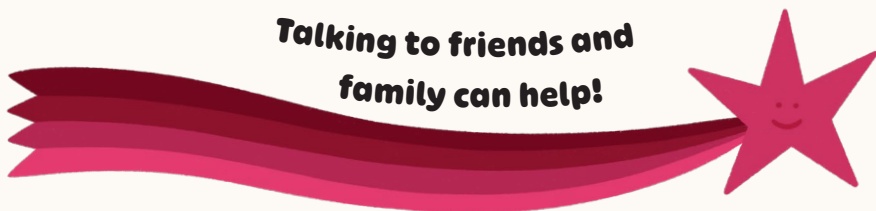


**Interests
changes**

**Energy
changes**



**Talking to friends and
family can help!**



Sexual feelings

During puberty you might start having sexual feelings and thoughts. Sexual feelings can look like sensitive skin, **erections, wetness,** or feeling excited.

Sometimes they might seem to just happen for no reason.



Some people don't experience any sexual feelings.



Masturbation

Touching or rubbing your own genital area so that it feels good is called masturbation.

Masturbation is a private activity and **should be done in a private place**, such as in your bedroom or bathroom with the door closed.

Self-care

Puberty is a time when you go from being a child to an adult, and this includes learning how to look after yourself.

There are different things to think about:

Body hygiene

Washing your body

**Clean clothes/
underwear**

**Washing hands
regularly**

Taking care of yourself



Sleep Try to get 8-10 hours a day.



Eat You might feel more or less hungry during puberty because of all the changes.

Try to pay attention to your body and give it what it needs.



Move Some days you will have lots of energy and others you'll have none! Moving your body is a good way to have more feelings of focus and calm.



Talk/yarn Talking to people you care about can help you feel better about the changes that are happening.

Where can I get help during puberty?

Think about who you can speak to about changes during puberty

Nan, can you get me some deoderant?

Pls

Yeah.
You want a shaver too?



Nan

Cousin

Health worker

Parent/carer

Kids helpline

1800 55 1800

Youth worker

Elders

Aboriginal Health Clinics/Services can help you if you have questions about puberty.



Where can I learn more?

Kids Helpline

More information on teens
stuff like puberty, mood swings,
relationships and more.

www.kidshelpline.com.au/teens



Yarn Safe

Learn more about your
feelings and relationships.

www.headspace.org.au/yarn-safe



Young Deadly Free for Young Mob

For older teens, Young Deadly
Free has information about
relationships and more.

www.youngdeadlyfree.org.au/young-people



Puberty Girls Edition

Learn more about puberty and
what puberty is like for girls.

www.shinesa.org.au/puberty



Your notes



More information for parents/carers

Young Deadly Free for Adults

For adults/parents/carers
supporting young people with their
sexual health and relationships.

www.youngdeadlyfree.org.au/for-elders-parents-youth-workers



Yarning Quiet Ways

A resource for adults to help kids
learn about their bodies and strong,
safe and healthy relationships.

www.letsyarn.health.wa.gov.au/for-parents/yarning-quiet-ways



Consent and Young People

This conversation guide has tips to
help you yarn about consent.

www.consent.gov.au/first-nations-conversation-guide



