

BOYS AND PUBERTY



Important Guide
for Parents

PUBERTY STAGES

STAGE 01 9-12 years old	STAGE 02 9-15 years old	STAGE 03 11-16 years old	STAGE 04 11-17 years old	STAGE 05 14-18 years old
Growth Spurt Begins	Height Increases	Grow in Height	Penis Grow in Width	Reach to Full Adult Height
No Visible Signs	Muscle Tissue and Fat Develops	Penis Length Starts to Grow	The Testicles Continue to Grow	Pubic Hair and Genitals Look Like an Adult Man Do
Male Hormones Become More Active Internally	The Skin Around the Nipple Gets Darker and Bigger	Pubic Hair Getting Darker and Thicker	Anus Hair May Grow	Shaving is a Necessity
	Testicles Start to Grow But Penis Does Not	Shoulders Broaden	Underarm and Facial Hair Increases	Pubic Hair Extends to Inner Thighs
	Pubic Hair Begins to Grow	Muscle Tissue Increases	Skin Gets Oilier	Fully Mature Male
		Voice Starts to Change and Deepen	Voice Continues to Deepen	

HOW TO IDENTIFY BOYS IN PUBERTY

MOOD THINGS

Gets Upset or Angry Easily
They will Impulsive Than Usual
The reason for that is Hormones

GROWTH SPURT

Hands and Feet will suddenly grow bigger
Outgrow their clothes fast
Getting taller

BODY ODOR

Notices body odor for the first time
Feet will start to smell
Needs to improve personal hygiene

BODY HAIR

Grows pubic and armpit hair
Hair on arms and legs will start to darken and thicken
Grows some facial hair

PIMPLES

May start to have pimples
Hair will be Oily
Need to wash the hair more often

VOICE

Voice will start to crack
Voice box grows bigger
Gets a deeper voice

HOW TO HELP THEM

TALK WITH THEM

Talk to them about the changes that their body will experience. Explain that this is a normal process that everyone faces.

SHARE THE SCIENCE BEHIND PUBERTY

There are a lot of books for kids explaining puberty. Buy those books for them, or you can educate yourself and teach your kid the science behind puberty.

PRIVACY

Soon they will be a teenager. So, be sensitive and give their privacy. Also, do not tease them about their developmental changes.

SELF CARE

They will experience many changes like pimples, sweating, body odor, oily scalp. So teach them skincare habits. It will help them to improve their hygiene.



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Guide To Puberty For Boys

Sabine Zange



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