

4TH GRADE BOYS GROWTH & DEVELOPMENT OLENTANGY LOCAL SCHOOLS



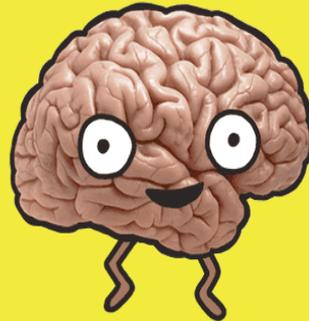
WHAT'S HAPPENING?



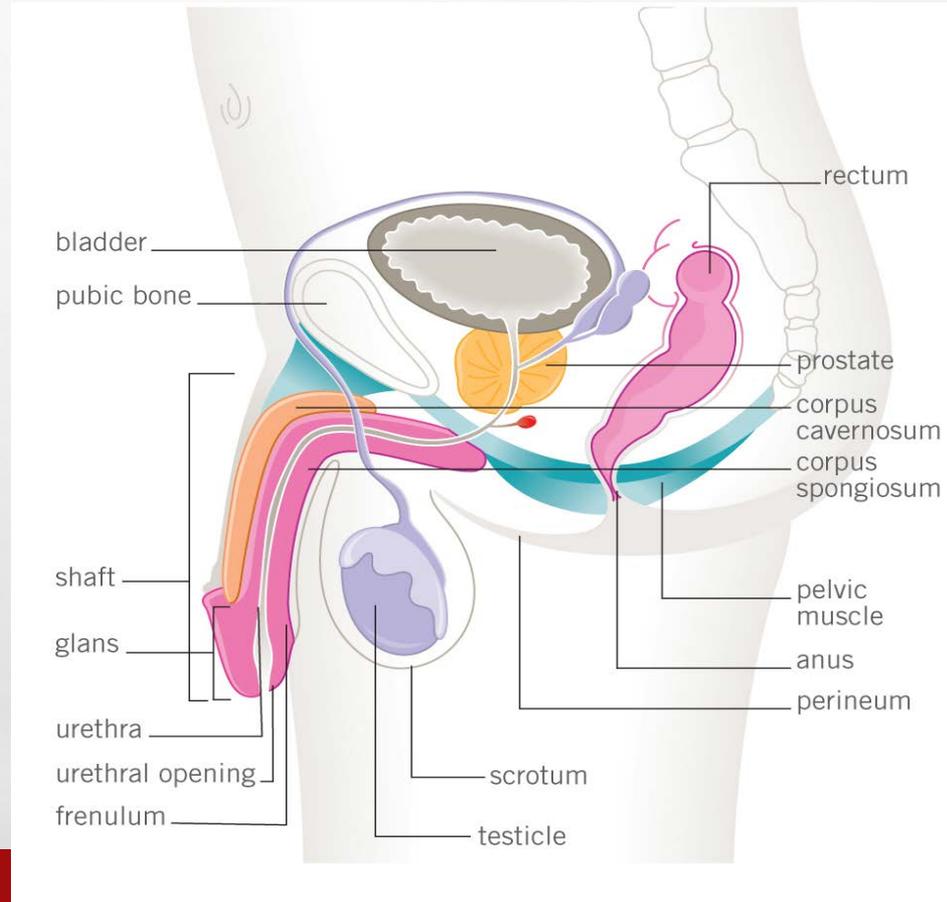
- PUBERTY FOR BOYS USUALLY STARTS BETWEEN THE AGES OF 9 – 15.
- PUBERTY CAN BE REFERRED TO AS A “REMODELING PERIOD” WHEN YOUR BODY WILL CHANGE TO THE MATURE BODY OF A MAN. THIS PROCESS OCCURS OVER A PERIOD OF 3-4 YEARS.
- REMEMBER THAT PUBERTY STARTS WHEN A BOY’S BODY IS READY AND EVERYONE MATURES AT HIS OWN PACE. DON’T COMPARE YOURSELF TO OTHERS; SOME BOYS WILL START THE PROCESS AT 10 AND OTHERS NOT UNTIL SEVERAL YEARS LATER. DON’T BE EMBARRASSED OR CONCERNED BECAUSE PUBERTY STARTS EARLIER OR LATER FOR YOU.

GROWING UP AND OUT!

- CHANGES BEGIN ON THE INSIDE OF YOUR BODY LONG BEFORE YOU SEE CHANGES ON THE OUTSIDE. PUBERTY STARTS WHEN A GLAND JUST BENEATH THE FRONT OF YOUR BRAIN – THE PITUITARY GLAND – SENDS A SIGNAL FOR YOUR BODY TO START MAKING A HORMONE CALLED TESTOSTERONE WHICH IS PRODUCED IN THE TESTICLES.
- TESTOSTERONE IS RESPONSIBLE FOR THE CHANGES THAT OCCUR IN YOUR BODY.



MALE ANATOMY



MALE ANATOMY

- PENIS: MALE SEX ORGAN; ALSO USED TO URINATE.
- SCROTUM: SAC OF SKIN THAT HOLDS THE TESTICLES; LOCATED UNDERNEATH THE PENIS.
- TESTICLES: ALSO CALLED THE TESTES; TWO OVAL SHAPED ORGANS THAT ARE CONTAINED IN THE SCROTUM. THEY PRODUCE THE HORMONE TESTOSTERONE THAT CREATES ALL THE BODY CHANGES DURING PUBERTY.
- URETHRA: TUBE THAT CARRIES URINE OUT OF THE BODY.

PHYSICAL CHANGES OF PUBERTY FOR BOYS

- STAGE ONE

AGES 9 – 13

CHILDHOOD STAGE – NO SIGNS OF PUBERTAL DEVELOPMENT

- STAGE TWO

AGES 9 – 15

TESTICLES & SCROTUM GROW LARGER, FINE STRAIGHT HAIRS AT BASE OF PENIS

PHYSICAL CHANGES OF PUBERTY FOR BOYS

- STAGE THREE

AGES 11 – 16

TESTICLES & SCROTUM CONTINUE TO GROW

PENIS GROWS LARGER

PUBIC HAIRS BECOME DARKER THICKER AND CURLIER

VOCAL CORDS INCREASE IN SIZE CAUSING VOICE TO DEEPEN

HEIGHT & WEIGHT INCREASE

PHYSICAL CHANGES OF PUBERTY FOR BOYS

- STAGE FOUR

AGES 12 - 17

GROWTH SPURT CONTINUES

SHOULDERS BROADEN AND PHYSIQUE BECOMES MORE MUSCULAR

PENIS GROWS IN WIDTH & LENGTH

UNDERARM HAIR APPEARS

TRACES OF HAIR MAY APPEAR ON UPPER LIP AND CHIN

PHYSICAL CHANGES OF PUBERTY FOR BOYS

- STAGE FIVE

AGES 14 – 18

ADULT STAGE – OVERALL LOOK OF YOUNG MAN

GENITALS AND PUBIC HAIR HAVE ADULT APPEARANCE

GROWTH SPURT SLOWS DOWN

FACIAL HAIR GROWTH BECOMES HEAVIER

BODY HAIR GROWTH , ESPECIALLY ON THE CHEST, MAY CONTINUE INTO THE TWENTIES



PERSONAL HYGIENE

- YOU WILL HAVE TO ASSUME RESPONSIBILITY FOR YOUR CHANGING BODY AND DEVELOP NEW HYGIENE HABITS. OIL AND SWEAT GLANDS BECOME MORE ACTIVE DURING PUBERTY.
- HEALTHY HAIR – DEVELOP A ROUTINE FOR TAKING CARE OF YOUR HAIR. YOU WILL NEED TO SHAMPOO MORE FREQUENTLY USING A GOOD SHAMPOO.
- “NO SWEAT” – DURING PUBERTY YOUR SWEAT GLANDS PRODUCE MORE SWEAT (PERSPIRATION). PERSPIRATION IS NORMAL AND IMPORTANT, IT HELPS YOUR BODY REGULATE ITS TEMPERATURE. USE DEODORANT!



PERSONAL HYGIENE

- SKIN CARE

ACNE: OIL GLANDS IN YOUR SKIN BECOME MORE ACTIVE DURING PUBERTY. ACNE (PIMPLES) START WHEN THE SKIN PORES BECOME BLOCKED WITH DEAD SKIN CELLS. BACTERIA CAN DEVELOP IN THE CLOGGED PORE CAUSING A PIMPLE.

- DON'T SQUEEZE, PICK, OR POP PIMPLES! FOLLOW A DAILY FACE CLEANING PROGRAM AND WASH YOUR FACE 2X DAILY WITH SOAP AND WATER. BEGIN NOW AND ESTABLISH A ROUTINE.
- TREAT PIMPLES WITH AN OVER-THE-COUNTER PRODUCT, IF THE ACNE IS SEVERE, YOU CAN SEE A SKIN SPECIALIST CALLED A DERMATOLOGIST.



PERSONAL HYGIENE

- WASH REGULARLY

TAKE A SHOWER OR BATH DAILY TO LOOK AND FEEL YOUR BEST. ANY TIME YOU GET SWEATY YOU SHOULD BATHE MORE OFTEN. FOR ODOR PROTECTION USE BODY WASH OR SOAP. THEN GRAB SOME CLEAN CLOTHES AND APPLY DEODORANT TO HELP KEEP BODY ODOR AWAY.

IF YOU ARE CONCERNED ABOUT UNDERARM WETNESS, TRY A DEODORANT/ANTIPERSPIRANT THAT NOT ONLY FIGHTS ODOR BUT WETNESS TOO.

- DON'T FORGET TO TAKE GOOD CARE OF YOUR TEETH!

BRUSH YOUR TEETH AT LEAST TWICE A DAY AND
FLOSS AT LEAST ONCE A DAY.





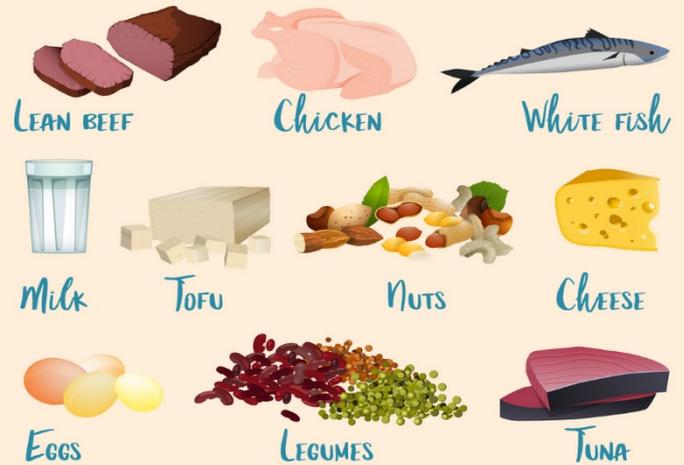
NUTRITION AND EXERCISE

- WHOLE FOODS
- PROTEIN
- COMPLEX CARBOHYDRATES
- WATER
- "SOMETIMES" FOODS
- GIVE YOU ENERGY
- BOOST YOUR METABOLISM
- BOOST YOUR MOOD
- PREVENT CERTAIN DISEASES

NUTRITION AND EXERCISE



HIGH PROTEIN FOODS



EMOTIONAL AND SOCIAL CHANGES

- BOYS MAY NOTICE THAT SOMETIMES THEIR FEELINGS ABOUT THINGS CHANGE WITHOUT ANY APPARENT REASON.
- ADJUSTING TO BODY CHANGES AND NEW EXPECTATIONS FOR BEHAVIOR AND MATURITY CAN CREATE BOUTS OF LOW SELF-ESTEEM AND MOODINESS.
- DURING PUBERTY BOYS MAY FEEL STRONGLY THAT THEY NEED TO LOOK AND ACT LIKE THEIR PEERS. YOU MAY FEEL MORE SELF-CONSCIOUS AND FEEL UNCOMFORTABLE WHEN YOU FEEL "DIFFERENT."

EMOTIONAL AND SOCIAL CHANGES

- A BOY MAY WANT MORE INDEPENDENCE WHEN CHOOSING CLOTHES, SELECTION OF FRIENDS, AND HOW TO SPEND FREE TIME.
- TOYS, GAMES, HOBBIES MAY CHANGE
- ALTHOUGH YOUR FRIENDS ARE AN IMPORTANT PART OF YOUR SOCIAL DEVELOPMENT, LOOK TO YOUR FAMILY FOR VALUES AND DECISION-MAKING

QUESTIONS???

- PASS YOUR QUESTION CARDS UP