

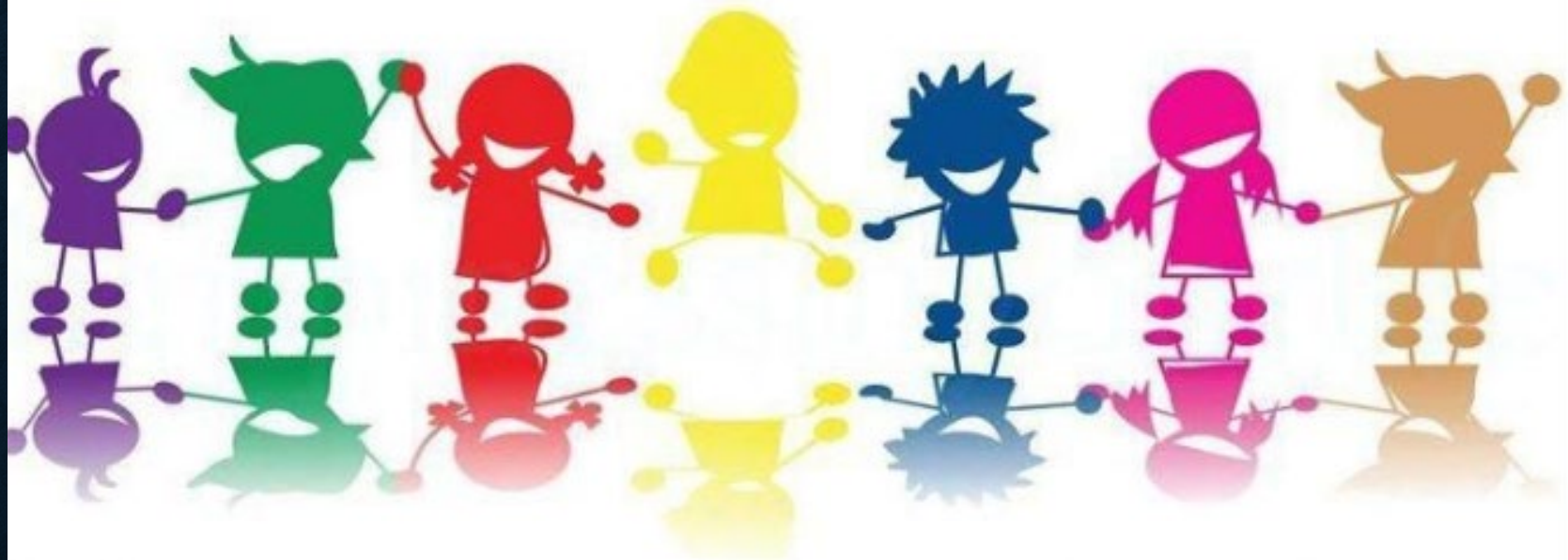
# **GROWTH AND DEVELOPMENT**

for Boys

# **GROUND RULES/GUIDELINES**

- Don't be afraid to ask questions
- There are no stupid questions
- Be respectful to the instructor and your classmates
- No personal stories
- Use appropriate medical terms

When I see you through my eyes,  
I think that we are different.

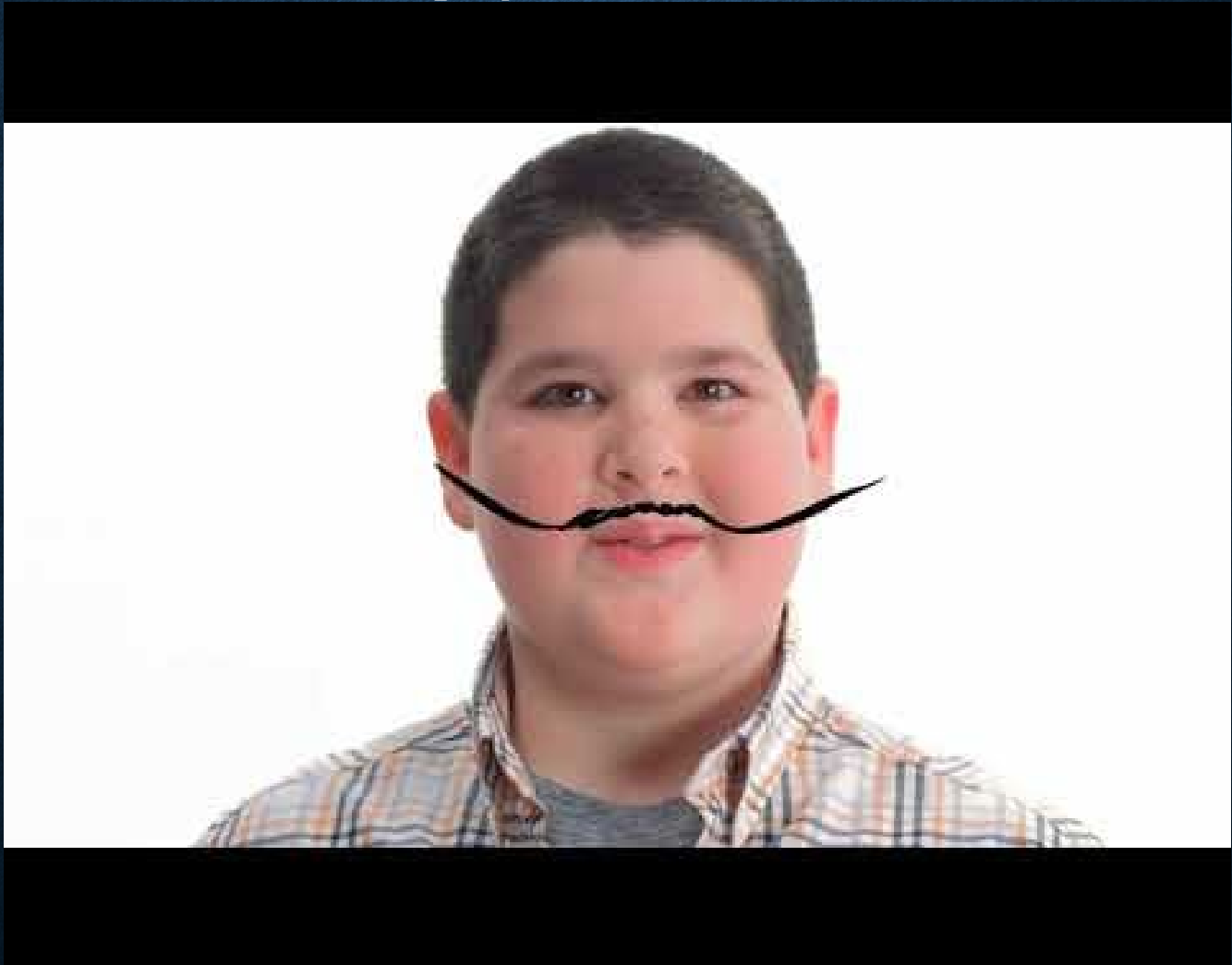


When I see you through my heart,  
I know we are the same.

~Doe Zantamata

# ALWAYS CHANGING BOYS

Hit play for video to start



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**“At your age, Tommy, a boy’s body goes through changes that are not always easy to understand.”**

# BODY SYSTEMS



Integumentary



Respiratory



Skeletal



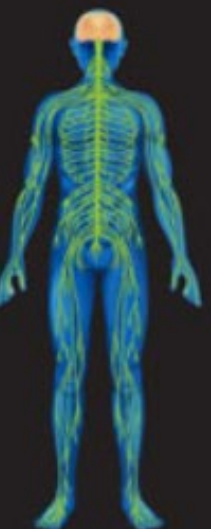
Muscular Skeletal



Digestive



Circulatory



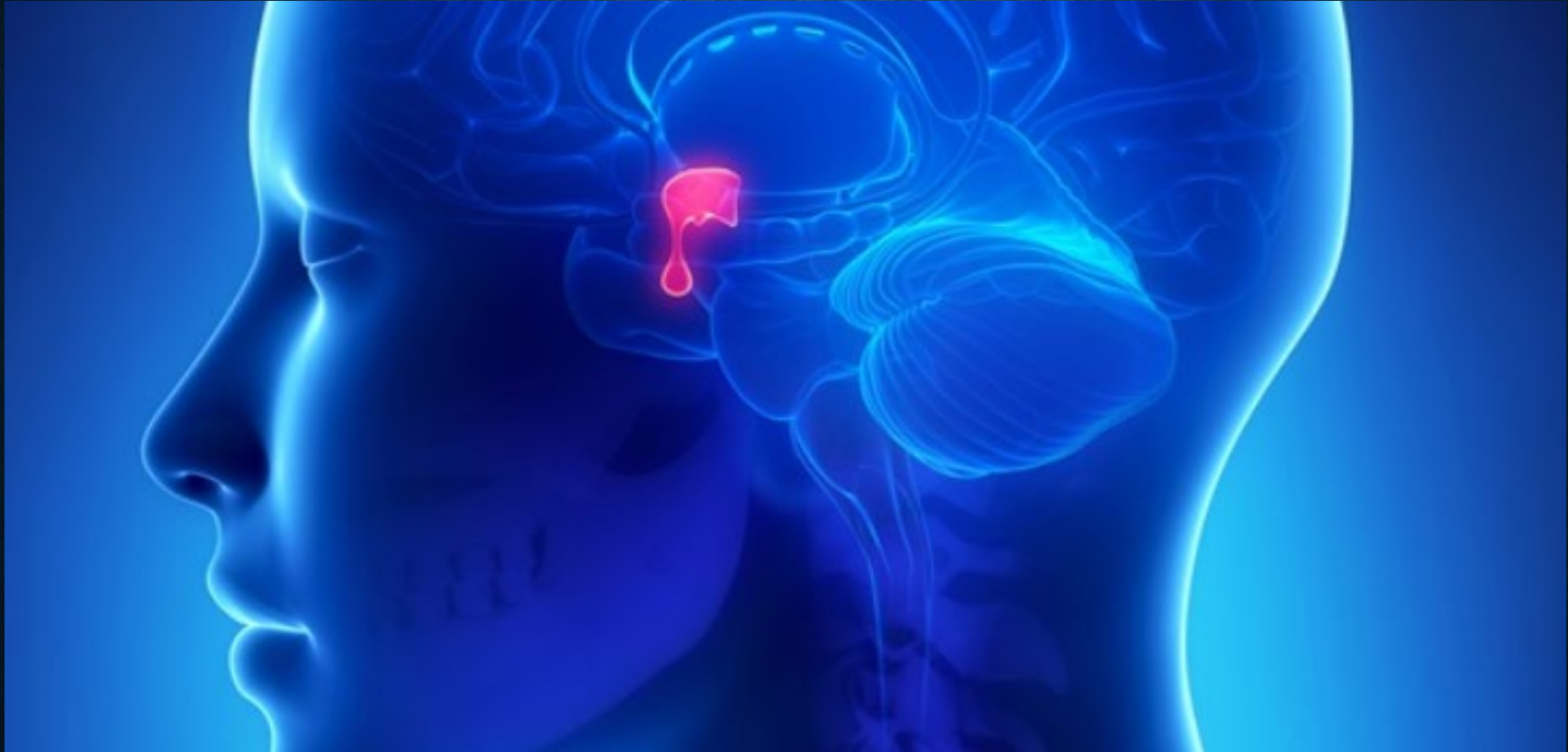
Nervous

And ...

**THE REPRODUCTIVE  
SYSTEM ...**

**AND THE CHANGES YOU  
WILL GO THROUGH ...**

# Puberty begins when



- The pituitary gland sends hormones to the rest of the body
- These hormones cause the physical and emotional changes of puberty



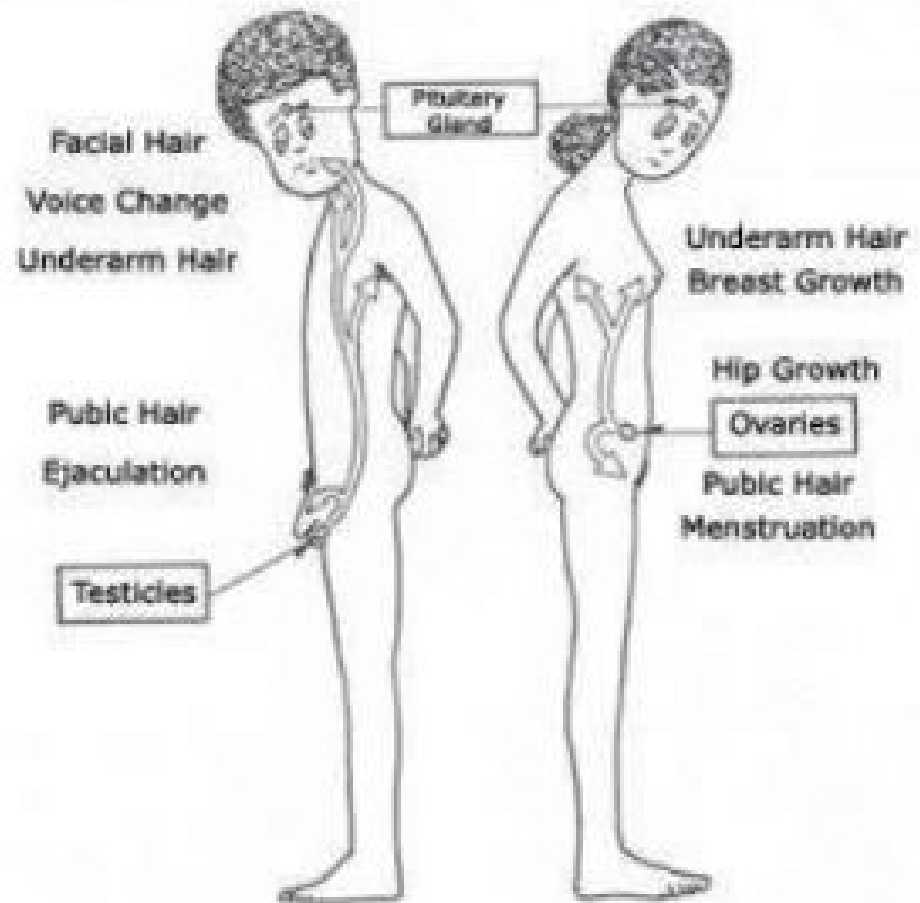
# THE EFFECTS OF THE PITUITARY GLAND

## SEX HORMONES:

- **Testosterone** – male (testes)
- **Estrogen** – female (ovaries)
- stimulate the many physical changes that adolescents go through during puberty.

### Secondary sex characteristics:

- \* development of the breast.
- \* appearance of maxillary and pubic hair, and others.
- \* Boys' testes also begin to produce sperm cells.
- Girls' ovaries begin to develop egg cells



# Changes in Puberty



Acne



Facial hair



Voice change



Breast growth



Mood swings



Genital growth

The mean

clean teen machine



#### Do the 'do.

You don't have to **wash your hair** every day, but if your hair is oily or your head is itchy, then you should. Oils from the scalp can cause zits on your forehead.



#### Zap zits.

Avoid oily skin and acne by **washing your face** twice a day. If you have acne, use a cleanser with benzoyl peroxide, salicylic acid or sulfur.



#### Is that a shadow?

Oh, it's hair! After an adult has shown you how to **use a razor**, it's up to you on how often you want to shave.



#### Be kissably cool.

**Brush your teeth** at least twice a day and **floss** once a day. Doing so will prevent bad breath and keep your teeth looking white and healthy.



#### Clean under your nails.

Germ can get trapped under nails and spread infection, including HPV (human papillomavirus). Also, **keep your nails trimmed**.



#### What's that smell?

Hormones cause extra amounts of sweat that, well, stink. **Shower every day** to wash away B.O. After showering, use antiperspirant/deodorant to reduce sweat.



#### There's hair down there!

**Keep your man parts clean** by soaping up and rinsing daily. Pubic hair can trap sweat and bacteria, and this is the last place you want to have problems. If uncircumcised, clean underneath the foreskin too.



#### Wash those tighty whities!

Wear cotton T-shirts and underwear to soak up sweat. Wear clothes **once before washing** to remove stains and smells.



#### Stinky feet.

**Clean toes and feet** will keep away athlete's foot and toenail fungus. Also, keep your nails trimmed.

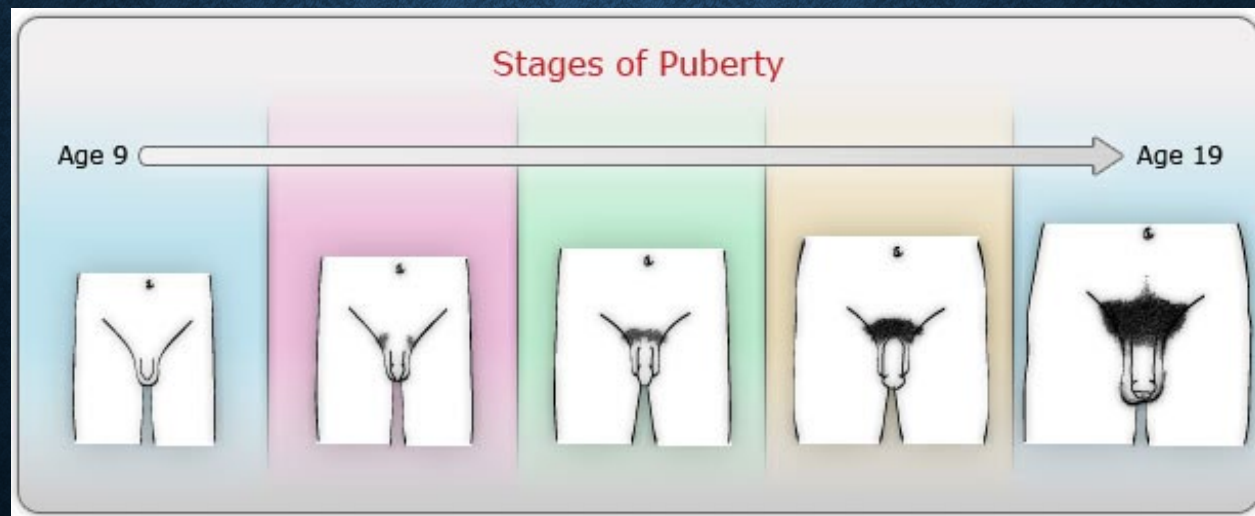
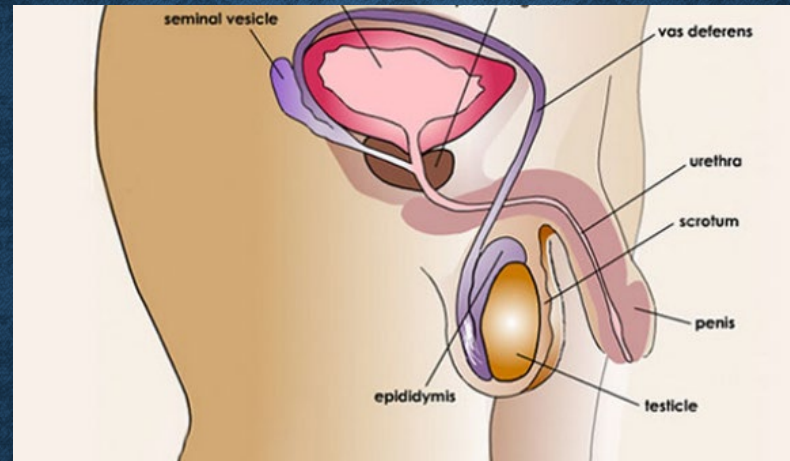


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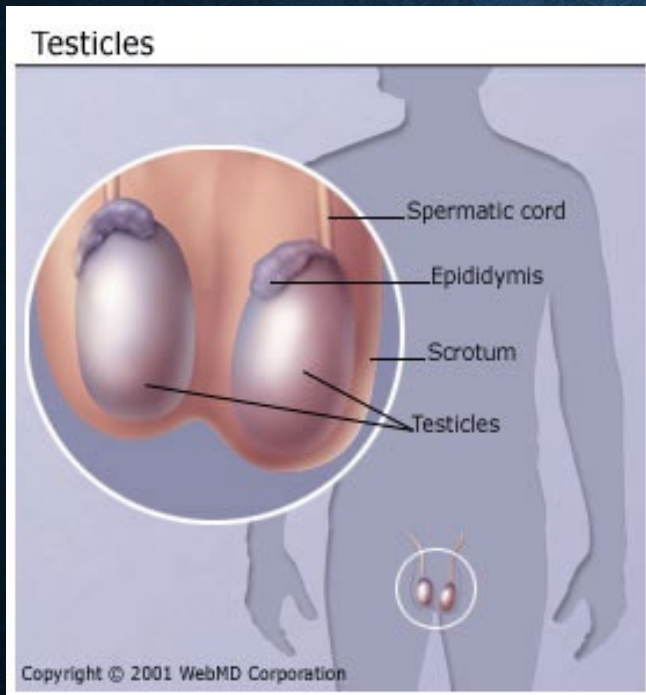
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"Wow! That's some growth spurt!"

# REPRODUCTIVE SYSTEM



# TESTICULAR HEALTH

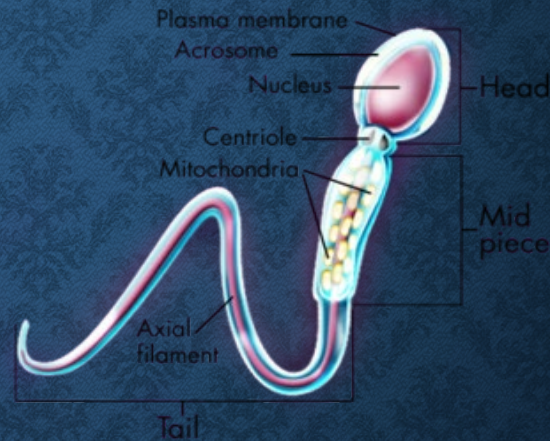


- Both testicles should be descended
- One testicle may be higher than the other
- Ridgeline on Scrotum is normal
- Size is determined by heredity
  
- Should **NOT** be painful or swollen
- Should **NOT** have an itchy rash

PROTECT FROM INJURY  
Jockstrap  
Plastic cup

# FACTS ABOUT SPERM

- The penis must be erect in order for sperm to be released by the males body (ejaculation).
- Sperm and urine can not leave the body at the same time.
- Boys may experience involuntary erections, this is normal, in fact you have been doing this since you were a fetus!
- Sperm may be released during sleep (nocturnal emissions or “wet dreams”), this is normal – and is the most common way boys know that they have begun to produce sperm... at last!!



# HEALTHY HABITS

- **8-10 hours of sleep**
- **Blue light/screens can disrupt healthy sleep cycles (GET OFF 2 hours before going to sleep)**
- **Healthy boundaries**
- **Healthy food choices**
- **Drink 8 glasses of WATER**
- **Exercise at least 30 minutes a day**

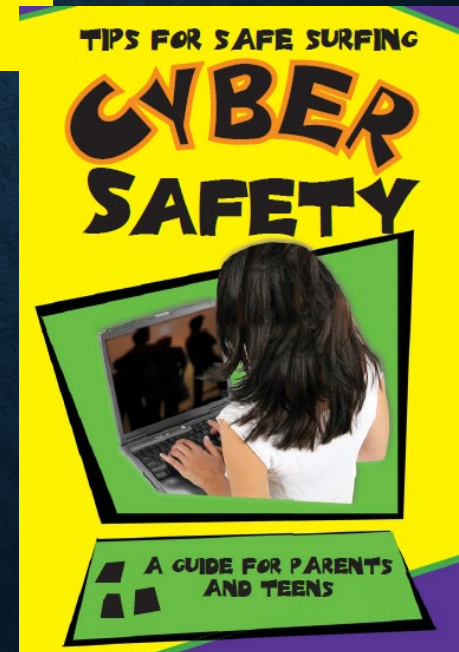




# INTERNET SAFETY

- Don't respond if someone is bullying you or your friends electronically – tell your parent, an adult at school, or a person you trust.
- Tell an adult if you receive messages that make you feel uncomfortable, are cruel, or are designed to hurt you or someone else.
- Don't share information online that could be embarrassing.
- Don't share personal information, such as your name, age, address, or phone number.

- Nothing you do is private
- Be Smart
- Know when to tell



**YOU WILL HAVE A LOT OF  
QUESTIONS.**

***PLEASE TALK TO AN ADULT, NOT YOUR FRIENDS***

