HELLO, IT'S ME !

# PUBERTY



South Central
Public Health District
Prevent. Promote. Protect.



# WHAT IS PUBERTY?

## PUBERTY IS:
## Growing Up.

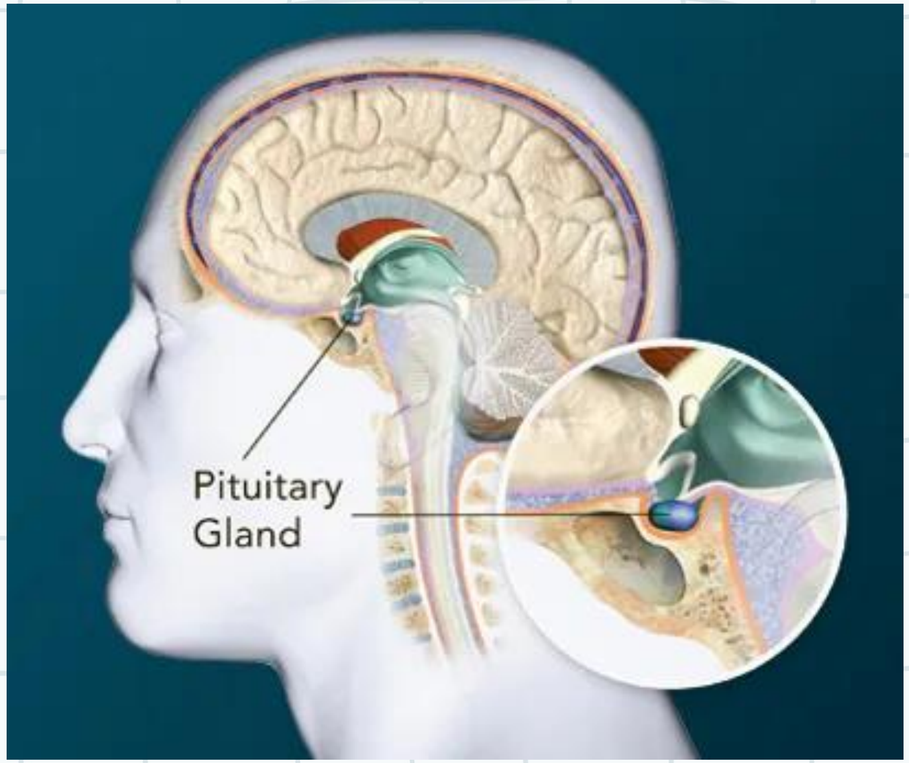
# WHAT HAPPENS AS WE GROW UP?



## OUR BODIES CHANGE...



# IT STARTS IN THE BRAIN!!!




THE PITUITARY GLAND PRODUCES AND REGULATES HORMONES



# WHERE DOES PUBERTY START?

TESTOSTERONE

# ME !



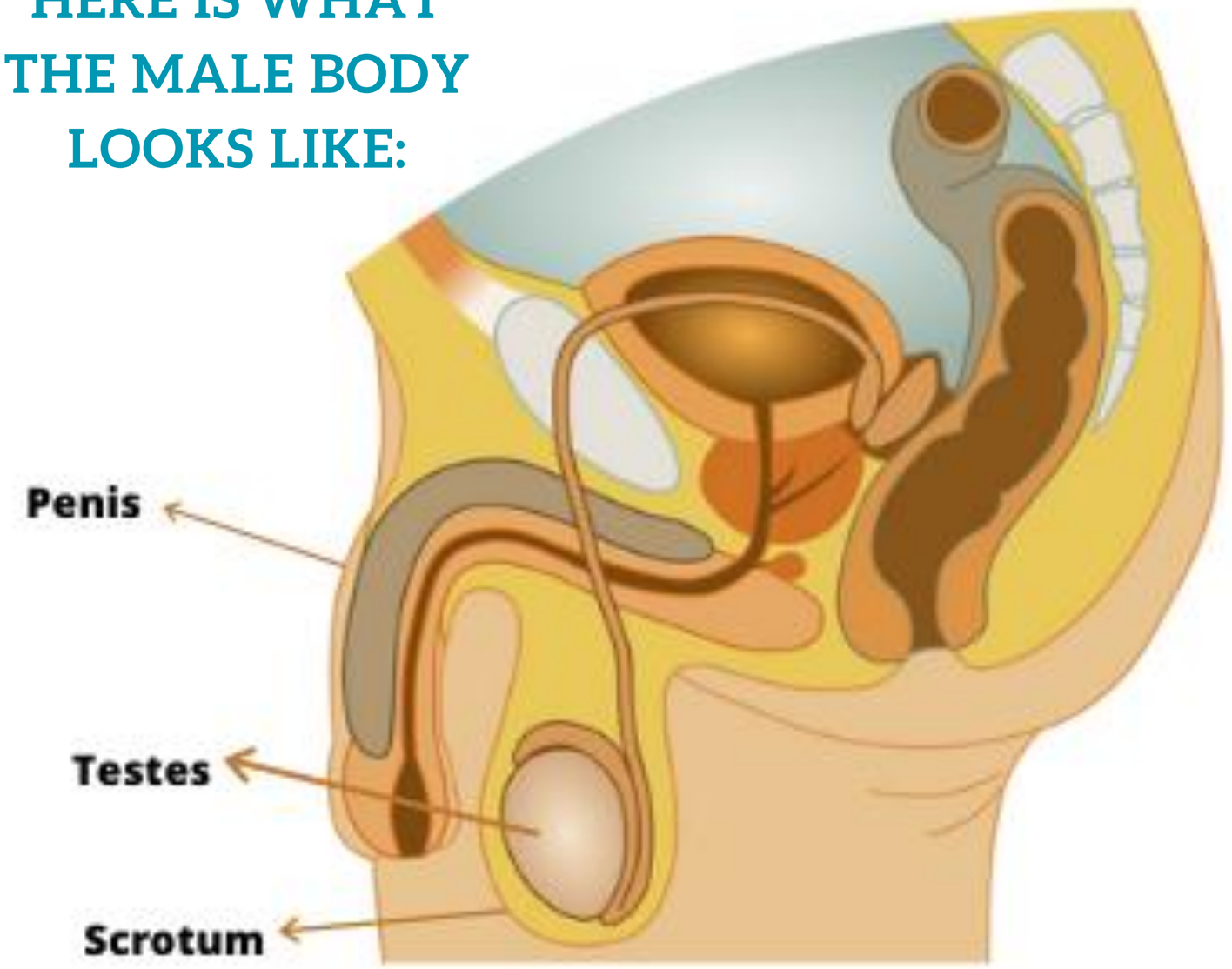
PHYSICAL CHANGES

HORMONES

EMOTIONAL CHANGES

# THE MALE REPRODUCTIVE SYSTEM

HERE IS WHAT THE MALE BODY LOOKS LIKE:



# PHYSICAL CHANGES IN BOYS DURING PUBERTY

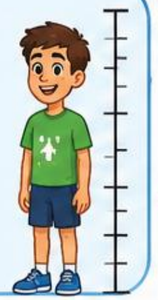
Puberty is when your body grows and changes from a boy to a man.

Everyone grows at their own pace!

## 1 GROWTH SPURT

You may grow taller very quickly.

Your arms, legs, hands, and feet also grow!



## 2 MORE MUSCLE

Your muscles get bigger and stronger.

You may notice broader shoulders and a stronger body.



## 3 BODY HAIR

Hair grows in new places, such as your underarms, chest, legs, and around your private parts.



## 4 VOICE CHANGES

Your voice may crack or deepen. This happens when your vocal cords grow.






These changes are normal and a sign that your body is growing and getting stronger!

## 5 ACNE

You may get pimples on your face, back, or chest. This is normal and usually gets better over time.



## 6 SWEATING & BODY ODOR

You may sweat more and notice body odor.

Using deodorant and good hygiene helps!



## 7 CHANGE IN PRIVATE PARTS

Your testicles get bigger and your penis grows longer and wider.

This is a normal part of puberty.



## 8 WET DREAMS

You may have wet dreams while you sleep. This is normal and happens to many boys.



**Remember:**

Everyone's body is different. Be patient, take care of yourself, and talk to a trusted adult if you have questions!

## TIPS FOR A HEALTHY YOU

- Drink water
- Eat healthy foods
- Be active
- Get enough sleep
- Practice good hygiene
- Talk to someone you trust

## YOU'VE GOT THIS!

Puberty is just one step on your journey to becoming the best version of YOU!



# MY BODY



Good hygiene helps you stay healthy, feel confident, and do your best!

# HYGIENE NEEDS DURING PUBERTY

*Take care of your body as it changes!*

## 1 BATHING



- Shower or bathe at least once a day.
- Wash all parts of your body with soap and water.
- This helps keep you clean and prevents body odor.

## 2 DEODORANT




- Use deodorant every day.
- Helps stop underarm odor caused by sweat.
- Apply after showering for all-day freshness.

## 3 CLEAN CLOTHES & UNDERWEAR



- Wear clean clothes and underwear every day.
- Change sweaty clothes after sports or activities.
- Change your socks daily to keep your body fresh.

## 4 WASH YOUR HAIR



- Wash your hair regularly with shampoo.
- This keeps your scalp clean, healthy, and less oily.
- Helps prevent itchy, flaky scalp and odor.

## 5 BRUSH TEETH TWICE A DAY



- Brush in the morning and before bed.
- Keeps your teeth strong and your breath fresh.
- Don't forget to floss for a healthy smile!

## 6 EXTRA TIPS



Drink lots of water.



Keep your hair neat and clean.



Keep your nails clean and short.



Wear clean socks and shoes.



Use your own towel and don't share personal items.





## REMEMBER:

- Good hygiene builds confidence!
- Everyone's body changes—this is normal.
- Talk to a parent, teacher, or health care provider if you have questions.

**A clean, healthy you... feels great!**

# EMOTIONAL CHANGES IN BOYS DURING PUBERTY

Puberty brings changes to your body and your emotions.

These feelings are normal and a part of growing up!




## 1 MOOD SWINGS

Your mood can change quickly. One moment you're happy, and the next you're annoyed or upset.



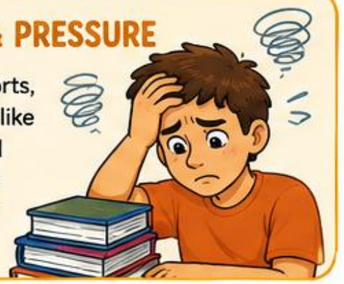
## 2 SENSITIVE FEELINGS

You may feel more sensitive and get hurt feelings more easily. That's okay. Everyone is different.



## 3 STRESS & PRESSURE

School, friends, sports, and family can feel like a lot. You might feel stressed or worried about doing well or fitting in.



## 4 SELF-CONFIDENCE

You may wonder about yourself or worry about what others think. Remember, you are still growing and learning!



## 5 STRONGER EMOTIONS

Feelings like anger, frustration, excitement, or sadness may feel stronger than before. That's a normal part of growing up.



## 6 NEED FOR PRIVACY

You may want more privacy and time alone. It's a way to figure out who you are and what you like.




## 7 CHANGING FRIENDSHIPS

Your friends and relationships may change. You might start to care more about what friends think.



## 8 IT GETS BETTER!

These changes won't last forever. As you grow, you'll understand yourself better and feel more in control of your emotions. Be patient with yourself!



## TIPS TO HANDLE BIG FEELINGS

- Talk about how you feel.
- Stay active and healthy.
- Write in a journal.
- Take deep breaths and relax.
- Ask for help when you need it.



You are growing into a strong, unique, and amazing young man! You've got this!

# WHAT ARE SOME THINGS YOU CAN DO TO STAY HEALTHY DURING PUBERTY?

## EAT HEALTHY FOODS



## GET ENOUGH SLEEP



## EXERCISE



## HAVE GOOD HYGIENE






# MOVE YOUR BODY, FEEL AMAZING!



Aim for at least **60 MINUTES** of physical activity every day!

That's only 1 hour— spread out during the day or all at once!

**60 MINUTES EVERY DAY**

Moving your body helps you feel good, stay healthy, and have more energy!

## EXERCISE HELPS YOU:

- Feel happier and less stressed
- Build strong bones and muscles
- Stay healthy and strong
- Sleep better
- Focus better in school



## FUN WAYS TO MOVE YOUR BODY

### WALK
Take a walk around your neighborhood or with a friend!



### RIDE
Ride your bike, scooter, or skateboard!



### DANCE
Put on your favorite music and dance like nobody's watching!



### PLAY SPORTS
Play soccer, basketball, football, baseball, or your favorite sport!



### SWIM
Swimming is a great full-body workout and so much fun!



### PLAY OUTSIDE
Run, jump, climb, play tag, or explore nature!



### STRETCH & YOGA
Stretching and yoga help your body feel strong and calm.



## TIPS FOR SUCCESS!

- Make it part of your daily routine.
- Find activities you enjoy!
- Move with friends or family.
- Drink water before, during, and after!
- Be proud of every minute you move!

You don't have to do it all at once! Every minute counts!



**BE ACTIVE. HAVE FUN. FEEL GREAT! YOU'VE GOT THIS!**

# PROTECTIVE EQUIPMENT FOR BOYS IN SPORTS



PROTECT YOUR BODY
PROTECT YOUR GAME

## GEAR UP. PLAY HARD. STAY SAFE.

Wearing the right protective equipment helps prevent injuries and keeps you in the game!



### WHY IT MATTERS

- Helps prevent serious injuries
- Keeps you healthy
- Builds confidence
- Lets you play your best



### SOCCER



**SHIN GUARDS**

Protects your shins from kicks and impacts.

### BASKETBALL



**MOUTHGUARD**

Protects your teeth, tongue, and gums.

**ANKLE SUPPORT**

Helps prevent sprains and twists.

### FOOTBALL



**HELMET**

Protects your head and brain.

**SHOULDER PADS**

Protect shoulders, chest, and back.

**MOUTHGUARD**

Helps protect your mouth and jaw.

### BASEBALL



**HELMET**

Protects your head from pitches.

**BATTING GLOVES**

Improves grip and protects hands.

**ATHLETIC CUP**

Protects sensitive areas.

### HOCKEY



**HELMET**

Protects your head.

**MOUTHGUARD**

Protects your teeth and jaw.

**SHIN PADS**

Protects your legs from impacts.

### SAFETY WITH BIKES, ATVs, AND SCOOTERS



**BIKES**

- Always wear a helmet.
- Check your brakes and tires.
- Ride in the same direction as traffic.
- Use hand signals.
- Wear bright colors and be visible.



**HELMET**

Protects your head.



**ATVs**

- Always wear a helmet and goggles.
- Wear long sleeves, pants, gloves, and boots.
- Never ride on pavement.
- Ride with an adult and follow rules.



- HELMET
- GOGGLES
- GLOVES
- BOOTS



**SCOOTERS**

- Always wear a helmet.
- Wear knee and elbow pads.
- Ride on smooth surfaces.
- Watch for cars, pedestrians, and obstacles.

### OTHER IMPORTANT GEAR



**EYE PROTECTION**

Protects eyes from balls, sticks, or flying objects.



**KNEE PADS**

Cushions your knees and helps prevent injuries.



**GLOVES**

Protect hands and improve grip.



### TIPS FOR STAYING SAFE

- Always wear the right gear for your sport.
- Make sure your equipment fits properly.
- Check your gear regularly for damage.
- Listen to your coach and play by the rules.
- Tell an adult if your gear is broken or doesn't fit.

### REMEMBER

Protective equipment doesn't make you less strong—
it makes you SMART!
Wear it. Use it.
Play hard. Stay safe.
Have fun!



**BE SMART. WEAR YOUR GEAR. PROTECT WHAT MATTERS MOST—YOU!**


DON'T BE A
COUCH POTATO!
Too much sitting is boring and not good for you!
CHIPS
GET UP.
GET MOVING.
FEEL GREAT!

# 8 HOURS OF SLEEP EVERY NIGHT!

Aim for 8 HOURS each night!

**Sleep helps your body and mind so you can be your BEST every day!**




## SLEEP HELPS YOU:

- Think better and remember more.
- Feel happier and less stressed.
- Stay healthy and fight off sickness.
- Have more energy to play, learn, and have fun!

## WHEN YOU SLEEP:

- Your body rests and grows.
- Your muscles get stronger.
- Your heart and body stay healthy.
- You do better in school.

## GOOD SLEEP HABITS

- Go to bed and wake up at the same time each day.
- Turn off screens at least 1 hour before bed.
- Do a quiet activity like reading.
- Take a warm bath or shower.
- Keep your room cool, dark, and quiet.

**GOOD SLEEP = ❤ A BETTER YOU!**

**SLEEP WELL TONIGHT, SHINE BRIGHT TOMORROW!**

# QUESTIONS?