

# PUBERTY

## A Boys Overview



# What is puberty?

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**Puberty is the time when your body changes from being a child to a young adult.**

## Why does it happen?

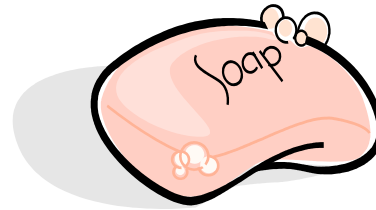
- Puberty begins when your body is able to produce hormones that cause changes to happen in your body.
- These hormones cause changes in your body and in your feelings.
- These feelings and changes are natural and do not happen to everyone at the same time.

# What changes happen to boys?

- Grow taller and heavier
- Bones grow bigger and heavier
- Hair and skin can become oily and you may get spots
- Body sweats more
- Hair grows more on the face and body
- Voice gets deeper
- Body parts develop
- Moods and thoughts and feelings change

# Personal Hygiene

## What do we do?



# Any Questions?



