

CHANGING BODIES - BOYS

EVERYTHING BOYS NEED TO
KNOW ABOUT PUBERTY

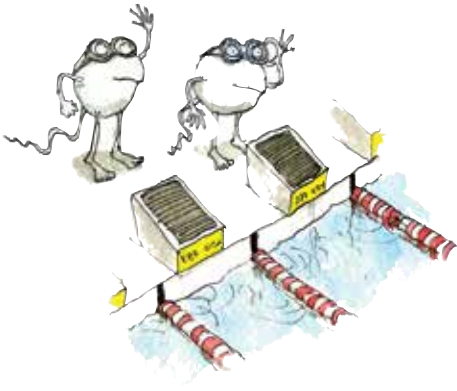


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Your body has been constantly changing from the day you were born. The most obvious changes took place as you developed from a newborn baby to an infant, but the next major event is about to happen as you reach your teens – puberty. This book will help you understand just what that means and how your body is about to change.

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PUBERTY

Puberty is that period of adolescence when your mind and your body break through from childhood to adulthood. Yes - you are becoming an adult! This is an exciting time, and most young people can't wait to get going.



Child to adult

This process of change can take a year, or last as long as six years. Nothing will follow a strict timeline. You can't even assume that you'll be developing at the same rate as your brothers, sisters or your friends; it's all very individual. Your body has a mind of its own, its own personal calendar, and it will decide when it's ready to develop. For example, for boys these physical changes can start as early as 10 or as late as 17 years of age.

The thing to remember is that puberty is all about the process of physical development which will make you into an adult capable of making a baby. It's the strongest force in nature – that of reproduction. It's how the human race keeps going!

