

# YEAR 5 Boy Body Changes in Puberty

This is how God has created our bodies.



God has made us male and female and all that God has made is good.

We need to respect the dignity of ourselves and other people.

During puberty, our bodies are slowly changing into that of an adult. But this takes time and we have still a lot to learn, so enjoy 'growing up'.



During puberty, girls' and boys' bodies are changing from that of a child into that of a young adult.

This is normal and an exciting time of 'growing up'. It is good to be prepared for the changes that will happen to your body.

So what will you notice?



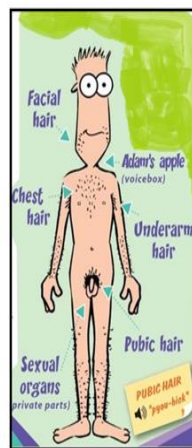
Taller

Muscular

Hair on chest, pubic hair.

Private parts, get bigger

Voice gets deeper



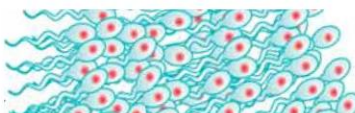
During puberty your penis gets longer, thicker and may become darker.

Boys' and men's bodies are different sizes and shapes, so too is the penis, this is normal.

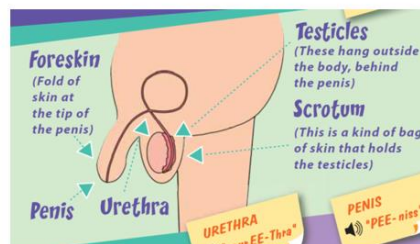
Body Changes.

Body Changes

Sperm Cell



Semen – the 'milky' fluid that carry the sperm



Testicles is where the hormone, testosterone is made

Wet Dreams



Semen can come out of the penis during sleep, especially during puberty.

You may wake up to find that there are wet patches on your sheets – don't worry, this is a normal part of growing up.