



Hi, I'm Matt and I've noticed the girls in my class are getting taller and changing shape. What's going on?

When your body changes shape to look more like an adult you go through 'puberty'. Girls change shape a couple of years before boys and most of the changes are quite obvious. The changes that happen to a boy are less obvious. This book will tell you about the changes that will soon happen to you. Fill in your details below and draw a picture of yourself in the box.



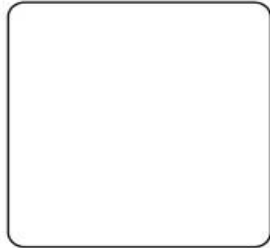
All About Me!

Name:

Age:

Height:

I like:



Sometimes adults say I am angry or look upset but I feel fine. What is going on?



The hormones (chemicals) that make your body change, also make your emotions change. You may not want to talk to anyone. People at home or school annoy you without doing anything wrong. This is quite normal.

What is an erection?



An erection is when your penis unexpectedly stiffens and produces a bulge in your clothing which you may find embarrassing. This is quite normal.

What is a wet dream?



A wet dream often happens in the night leaving an embarrassing stain on your bed. A white liquid, called semen, leaks from the penis. Don't worry, this won't happen often, if at all.



Problem Page 1



Sometimes I get spots on my face. What should I do?

Washing your face more often, can help. Whatever you do, don't pick them off. If you have many spots (acne) you should visit a doctor.

My friend's penis is much bigger than mine. I'm worried!



Don't worry, penis' come in all sorts of shapes and sizes.



All the boys in my class have grown much taller than me. Should I be worried?

No. You can go through puberty anytime between the ages of 9 - 15. Some boys start much earlier than others. You can continue growing even when puberty has finished,