

Teachers Note:

This lesson is part of a sequences of lessons taught to cover Relationships and Sex education.

Please ensure that you have confirmed this session with SLT and RHE lead before teaching.

If this lesson is virtual, please delete this slide.

Our Bodies

Relationships and Sex Education
(RSE)

To learn how your body changes throughout life. You will be finding out about how to look after your body throughout these changes and how to keep maintain a healthy body. You will also learn about how other bodies, not just your own, change.

When will it happen?

Most boys notice the first signs of growing up when they're about 12 or 13. Some boys might notice them before they are 10, and others not until they are 16. Most of the changes finish by the time a boy turns 18, but some of them can take a bit longer.

Puberty is our body growing up and changing. . .

Our Bodies

Same age, different stage



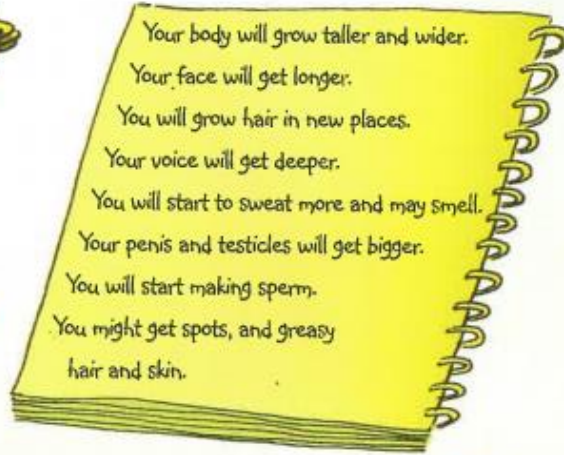
It's perfectly normal to develop at a different time from your friends. It doesn't matter who is the oldest in your class, or the tallest, or who eats the most. People start puberty when their bodies are ready, and not before. It can be a bit embarrassing if you are the first in your class to start, and frustrating if you are the last. But it does happen to everyone eventually, and everyone gets to the same stage in the end.

Your body needs an energy store before it can cope with all the growing that happens. So don't worry if you put on some weight – it's quite normal at this time of life.

Our Bodies

What next?

Just so you know what to expect, here's a list of growing-up changes. Most of them overlap each other, and they don't necessarily happen to everyone in this order.



Some of these changes are very obvious and you can't hide them even if you want to. You might only notice others if someone points them out to you.



Becoming a man

These changes might make you look like an adult, but it takes a few more years before you'll be treated like one. In many countries and states you have to wait until your 18th birthday before you're considered to be an adult, even though you might feel like one before that. Having an adult body doesn't mean you have an adult mind!

Everyone will be going through the same thing at some point!

Our Bodies

Getting bigger

“Haven’t you grown!” You’ve probably heard this from your aunts or uncles, and you’re going to hear it a lot more when you start changing. Getting taller is one of the most obvious things that will happen to you, and it can start quite suddenly.



A growth spurt

Boys usually grow fastest around the time they're 14, but you may grow tall when you're quite a bit younger or older than this. In just one year, a boy can add 7-12cm (3-5in) to his height. This is called a growth spurt, although some boys grow more gradually. If you start your growth spurt young, the chances are you'll stop growing young too. If you start your growth spurt later, you might catch up with the early growers and even overtake them.

You don't just get taller – your bones, muscles and internal organs all get bigger when you grow. In particular, your shoulders will broaden out, which makes you stronger and balances out your extra height. All this growing can keep happening into your early 20s.

Looking funny

Many boys' hands and feet get bigger first, then their arms and legs, then their body. Because of this, you might think you look really gangly. Your nose and jaw change shape too, which can make you imagine that your face looks weird before it evens out. But other people won't notice these changes as much as you do.

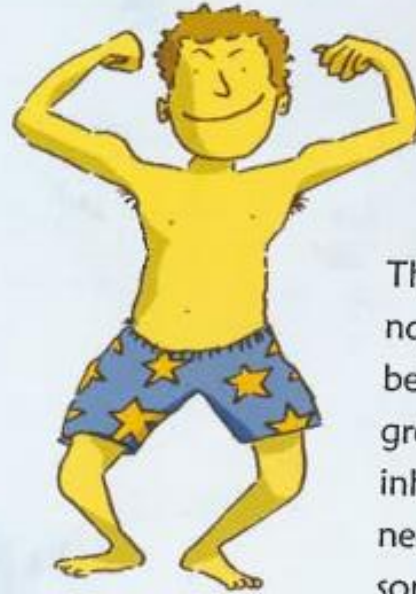


Remember everyone is unique, everyone is different.

Our Bodies

Getting muscley

How strong and how tall you get both depend a lot on what you inherit from your parents. This means that some boys are naturally stronger than others, just because their bones and muscles grow more. It's not just about inheritance, though. Everyone needs to eat healthily and to get some exercise every day.



Breasts

Wait a minute – isn't that something that happens to girls? Well, yes. But nearly half of all boys find that they develop slight breasts, which can be quite tender. This doesn't mean you're turning into a girl. The swelling should disappear as you become more grown up.

Voice of doom

In the middle of your throat you'll find your larynx. It's also called your voice box, because it's the part of you that you use to talk. Over the next few years, your larynx will get bigger and change shape slightly, giving you the deep, booming voice of an adult.

You make sounds by breathing out air through the vocal cords in your larynx.

Your vocal cords and larynx will both get larger – so you will make a deeper sound.



Our Bodies

Breaking your voice

When someone tells you that your voice has broken, all they mean is that it's got deeper. There's no moment when your voice actually breaks; in fact, nothing breaks at all – you just start to sound like an adult. You can already make your voice sound higher or lower if you try. Once it has broken, though, there's a limit to how high you can go, and your normal speaking voice will stay quite low.

Speaking and squeaking

It can take a while for your voice to break fully. Annoyingly, it also takes time to get used to the bigger muscles in your larynx. Sometimes these get out of control while you're talking. When this happens, one or two words will come out squeaky in the middle of a sentence, often when you're excited. It's a bit embarrassing, it's usually funny, and it happens to just about everyone.



Whose voice?

By the time your voice finishes breaking, you will sound quite different. You won't notice it yourself, but anyone who hasn't heard you for a year or two might not recognize your voice any more. Don't be surprised if people on the phone mistake you for your dad – especially strangers.

Like all the other growing-up changes, your voice might break a lot earlier or later than your friends'. It might take a while, but everyone sounds a little deeper in the end – even girls.

Our Bodies

Remember everyone is unique, everyone is different.

Our Bodies

Everyone has tiny hairs all over their body, but your new hairs will be thicker and longer.



If you shave off any body hair, you'll find that it grows back in a few days – and it will be itchy at first.

Getting hairy

Seeing hair grow on your body is an odd experience. You'll notice your friends start to get hairy, too, but you won't all grow hair at the same time, or even in all the same places. But here's what you might expect:

Remember, you are not the only one...

Our Bodies

What, even there?

Everyone grows armpit and pubic hair soon after puberty starts, but face, chest and other body hair usually grows later, and some boys hardly grow any at all. Your pubic hair is usually the first to grow. To start with, it's quite thin and only grows in a small patch. After about a year it gets thicker, curlier, and spreads outwards a little bit.



Hair can grow just about anywhere on your body, even in places you can't see:

- on your shoulders,
- on your back,
- around your bum,
- in your bellybutton,
- and in your nose and ears.

Hair worries

With all this hair you might think you'll turn into a werewolf before long. In fact, only the hair on your head can grow very long. The rest of it stays short. You might also worry that your friends are showing off how much hair they've got, when you don't have any at all. There's nothing wrong with having lots of hair, or very little; different people find men attractive either way.

Beard and body hair can be a different shade from the hair on your head. Fair-haired boys often grow dark pubic hair, for example. And, if your body hair is very light, it can be hard to see even when it's fully grown.

Our Safety

What questions,
queries, curiosities,
are in our class
Curiosity Box...

