



## Unit 4 – Growth and Development More on Puberty for Boys Supplement

### Case Study

Seth started 6<sup>th</sup> grade a lot taller than the rest of his classmates. During the summer he had been experiencing a lot of physical changes. His voice was cracking a bit and getting much deeper. His chest was getting broader and his muscles were much larger. He also noticed a lot more hair on his body especially under his arms, on his legs, and on his face. His penis and testicles were also growing and he was sprouting pubic hair around his testicles.

### The Facts on Puberty

Boys usually experience puberty between 10 and 15. During this time a boy's body becomes more muscular and they will develop more body hair. Their penis and testicles will grow and they will begin to experience erections. An erection is when the penis hardens and lengthens. This is a normal sensation and can sometimes produce a small amount of fluid called semen. Sometimes an erection will happen while a boy is sleeping. A boy might awaken with a slight wetness in his underwear. This is sometimes referred to as a "Nocturnal Emission" or "Wet Dream".

### Important Steps

When a boy begins to go through puberty, he needs to make sure that he showers daily and wears deodorant under his arms. Some boys start shaving their face if they develop a lot of hair on the upper lip or on the cheeks. Erections are normal, but can sometimes be embarrassing if it happens and is obvious to others. Loose fitting shorts or pants will help make erections less noticeable.

### Who Can Help

As a boy begins to experience puberty, he may have questions about his body and the feelings he is experiencing. Fathers, older brothers, uncles, school nurses, school counselors, and doctors are people that can give helpful information.