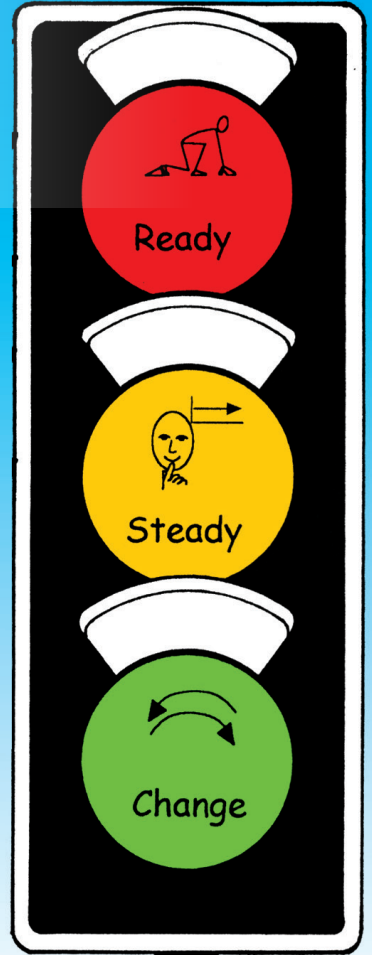


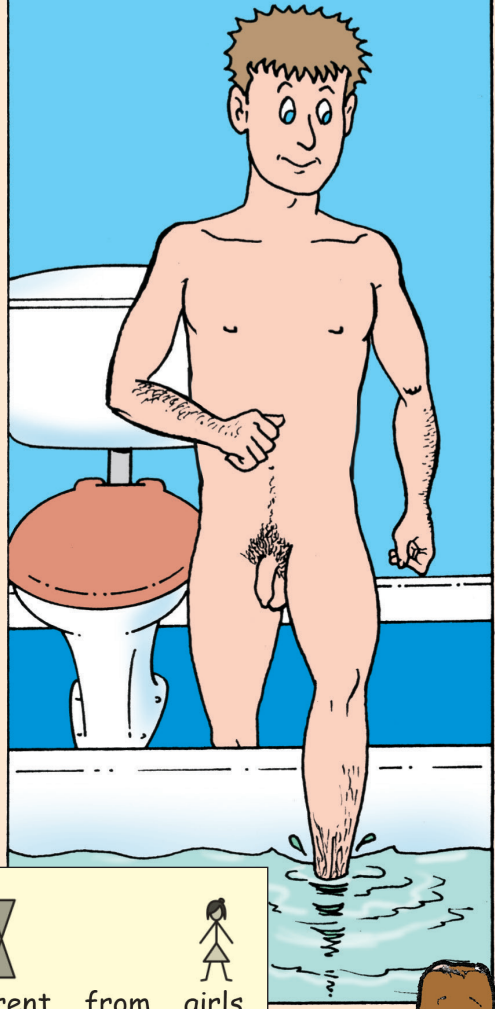
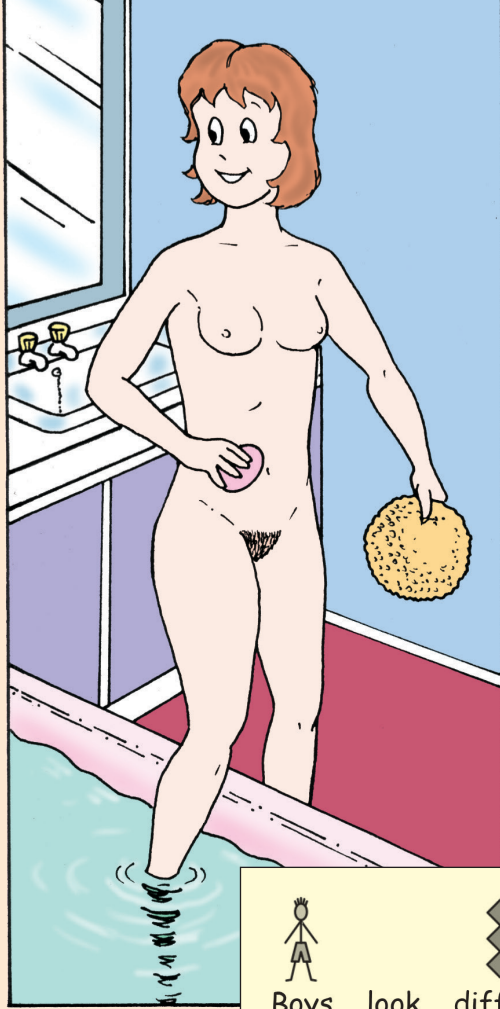


Gloucestershire
Healthy
Living and Learning

BOYS CHANGE



BODY CHANGES






 Boys look different from girls.




 We are all different



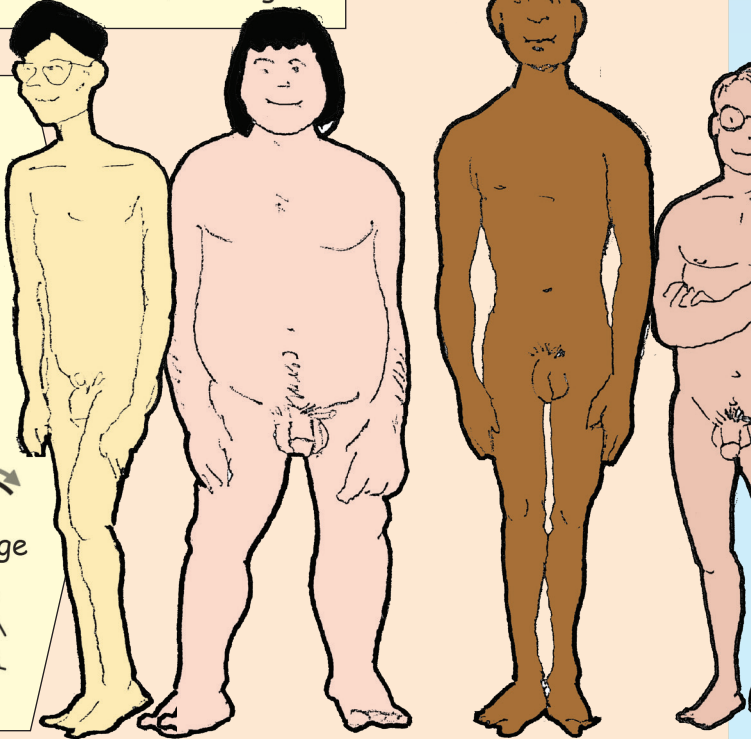

 shapes and sizes. Your











 body will grow and change












 at the right time for you.

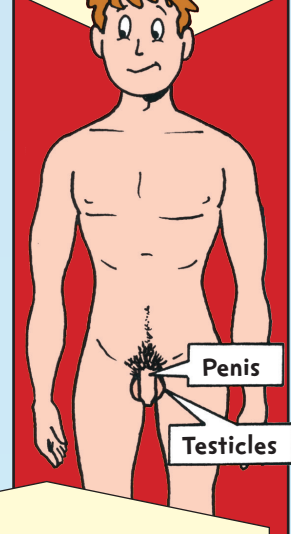
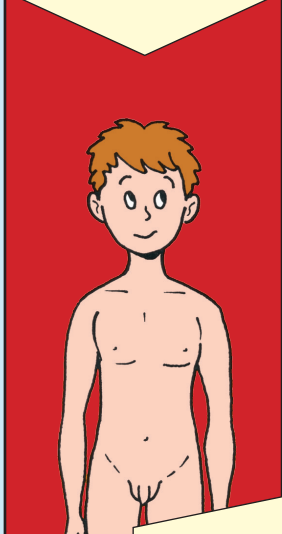






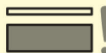


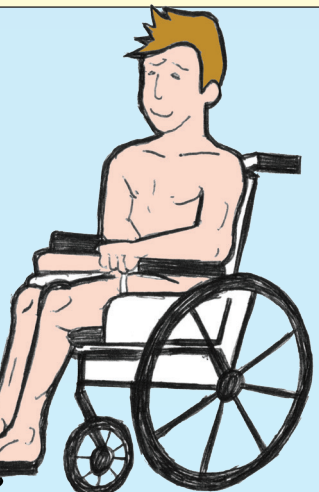
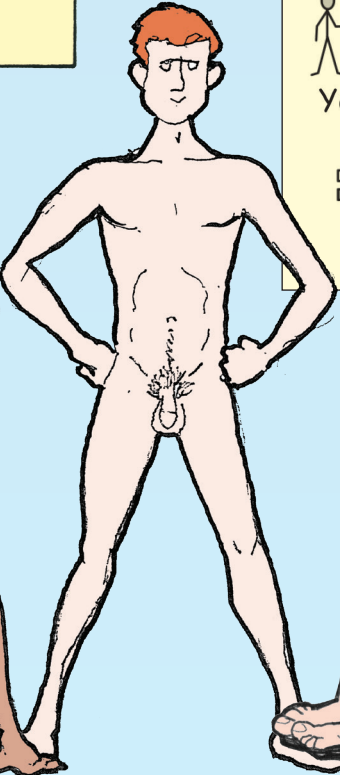
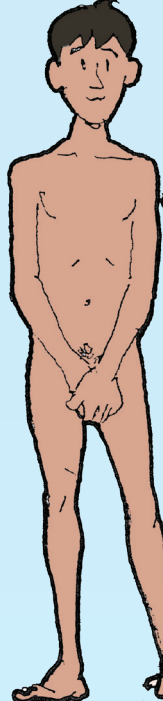
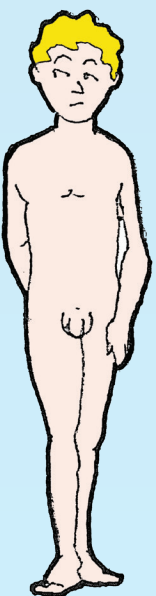
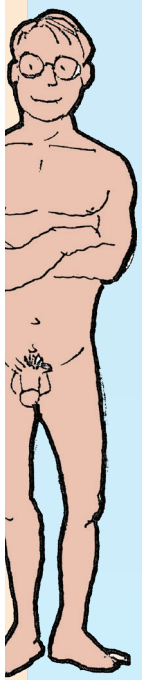
 You  will  grow  hair
 on  your  body.

 This is what  you
 looked like
 before.

 This is what  you
 look like
 now.




 Your  penis  will  grow
 longer  and thicker.

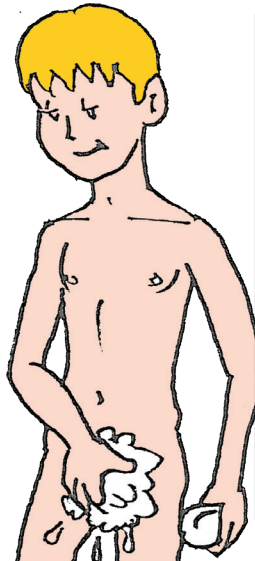


KEEPING CLEAN








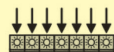
 You  will sweat  more

 This could  make you smell bad.

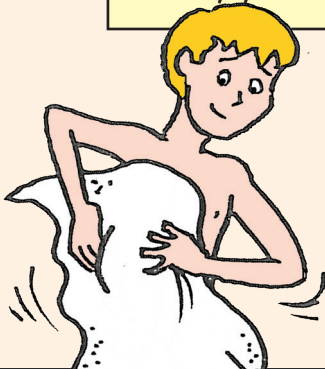


 Remember to change  your socks and  pants  every day.

 Wash  under  your arms.

 It is important to  wash  every day.

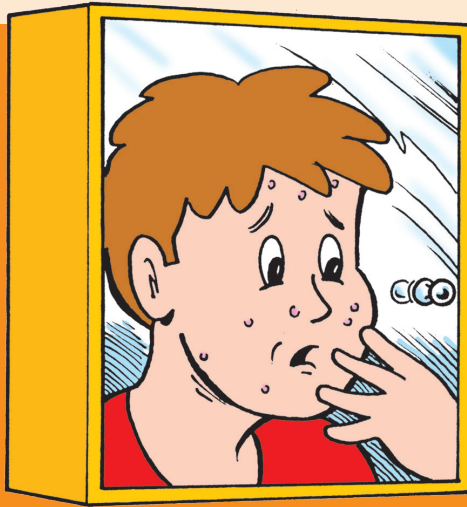
 Dry yourself well



 Use a deodorant.






SPOTS







 You could get spots on your face.
 

 Don't worry.
 




 Lots of teenagers get spots.

SHAVING








 You will grow
 
 hair on your face.
 

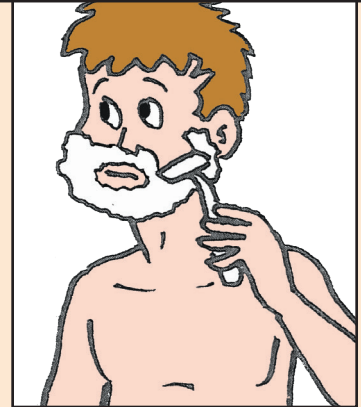




 Rub shaving cream
 
 on your face.

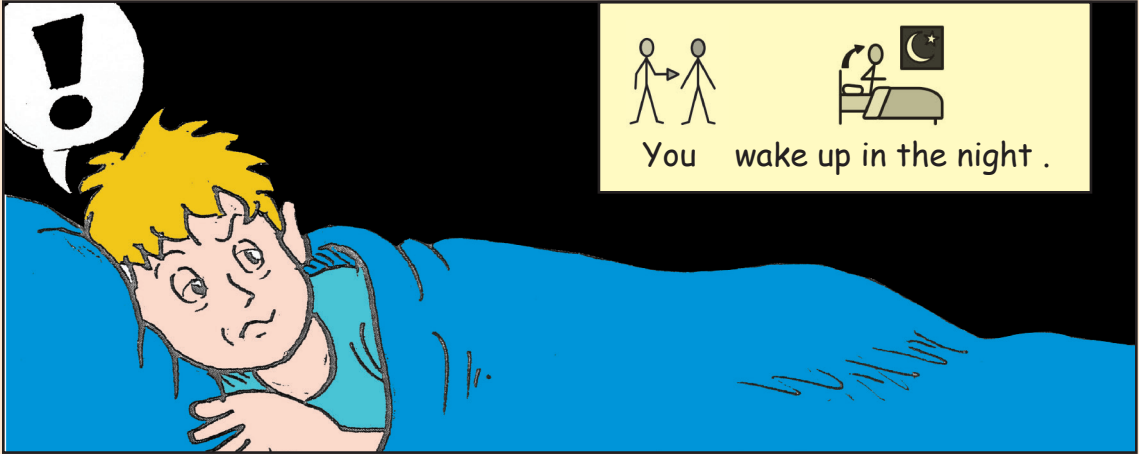










 Using a razor, gently
 
 shave off the
 

 shaving cream and hair.







 You will need
 
 to shave.
 

WET DREAMS



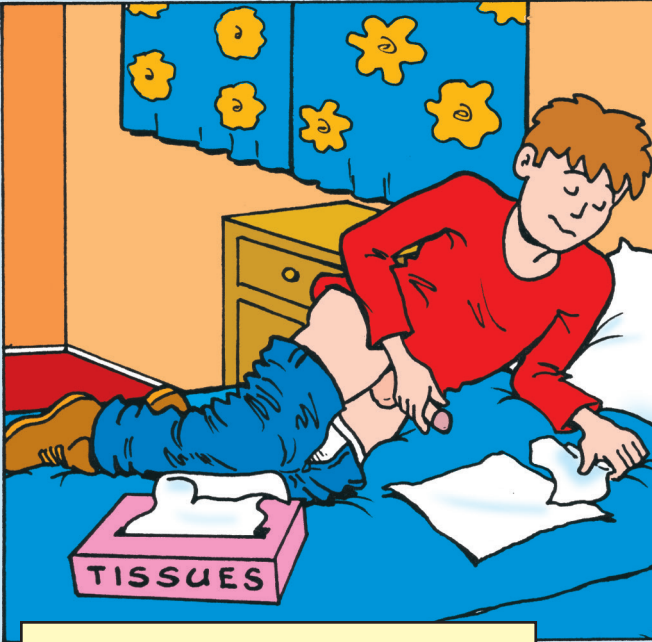






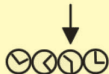







 You have ejaculated in your sleep. This is a wet dream and is ok.

 It happens to lots of teenage boys.

MASTURBATION

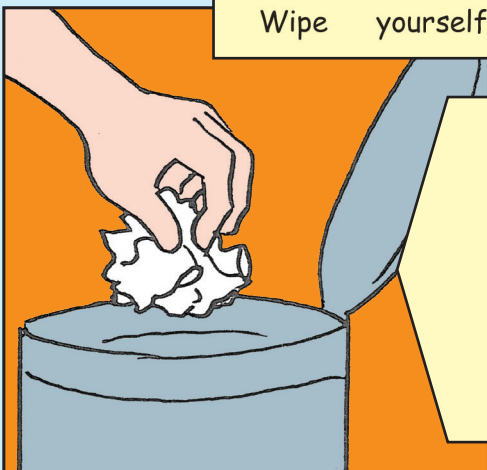





 Sometimes  you  may
 want to  touch  your penis.
 This is ok and
 can feel good.

 You  must do this in a
 private place  like your
 bedroom  or the bathroom.



 Wipe  yourself  with a tissue.



 Put  your
 tissues in the bin.

 Wash your hands.

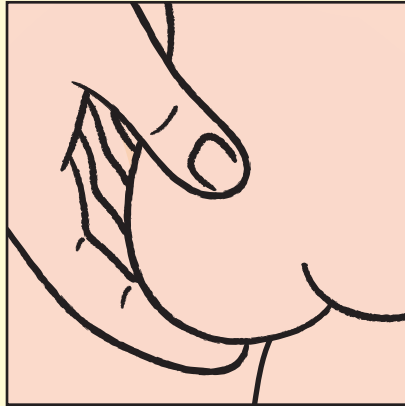
CHECKING YOUR TESTICLES



You should check your testicles once a month for



lumps or swellings.



You should do this when



you are warm and standing up This could be after



a bath or shower. Make sure you do this in a private place.



1



If you feel any lumps or swellings or one testicle is



much bigger than the other you need to see your doctor.



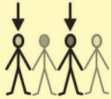



Ask a parent or trusted adult to help you



make an appointment.

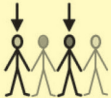



RELATIONSHIPS



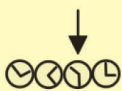








Some boys think girls are nice.



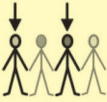













Some girls think girls are nice.

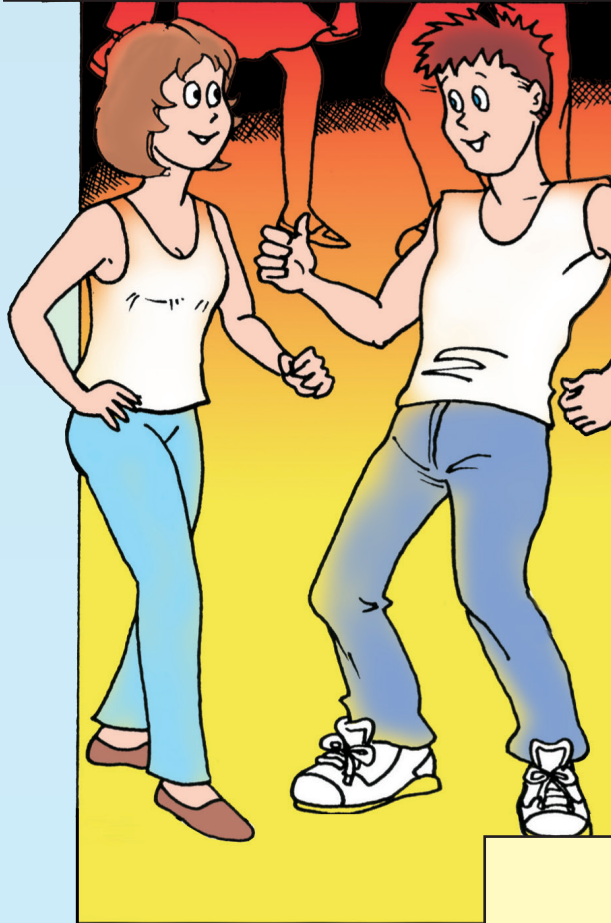









Sometimes you may feel excited when you are











Some girls think boys are nice.



Some boys think boys are nice.

with someone. This is ok and is part of growing up.

HEALTHY RELATIONSHIPS



Being listened to



Feeling good about yourself



Trust



Having fun



Feeling happy



Respect



Having a choice

UNHEALTHY RELATIONSHIPS



Not being listened to



Feeling bad about yourself



No trust



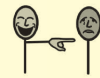
No



fun



Feeling scared



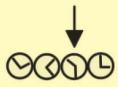
Being made fun of



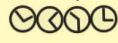
No choice



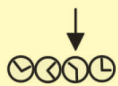
EMOTIONS



Sometimes you just feel happy.



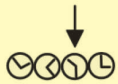
Sometimes you just feel sad.



Sometimes you feel angry



with your friends.



Sometimes you



want to



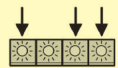
shout at



your Mum and Dad.



Your moods may change often.



CHOICES AND RESPONSIBILITIES



Growing up and sex are normal parts of life.



You may feel excited when you think about someone you know



or someone famous. You may imagine kissing or touching them.



This is okay. One day you will probably want to have sex.



This should be when it feels right for you and your partner.



It is against the law to have sex with someone

16

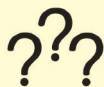
who is under sixteen,



Remember, if you do not want someone to touch you say 'NO!'.



And if you touch someone and they say 'NO!' you must STOP.



If you have any questions about relationships and sex or






need more help ask a parent or carer or a trusted adult





e.g.




like your teacher or the school nurse.

 If you have any questions or need more help

 ask a parent or carer, your teacher or



 the school nurse.



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publichealth@gloucestershire.gov.uk