

# **BOYS' MATURATION PROGRAM**



**Growing from a Boy  
into a Man**

**Presenter: Jaime Dean, Registered Nurse**

# What is Puberty?

**Puberty is the stage in life where boys start taking on manlike characteristics.**

**This occurs between the ages of 11 and 16.**

**During this time many “changes” occur in your body.**



**We are all Unique.**

**These changes occur differently for everyone.**

**Each boy grows at his own pace.**



# What causes these changes?

The pituitary gland, deep inside your brain, gets things started. It sends out hormones. It is the hormones Testosterone and Estrogen that cause the changes.



Boys and girls have different amounts of these hormones.

# What changes happen to boys?

**Sweat and oil glands become more active, and body odor occurs.**

**Body hair grows in the pubic area, under the arms, and on the face, and becomes thicker on the legs.**

**Vocal cords get thicker and longer: boys' voices deepen.**

**Height and weight increase.**

**Muscles become stronger.**

**Acne can develop.**

**Reproductive system begins to work.**



**When we talk about these things  
it is NORMAL to feel**

- **Embarrassed**
- **Curious**
- **Uncomfortable**



**So who would be best to talk to about these things?**



## Your emotions may go Up and Down



**This is because of the fluctuating levels of Testosterone being produced.**

**What are some healthy things you can do when you are feeling down or moody?**



**Be with friends.**

**Be active.**





# Voice Changes

**As you grow  
your voice changes.**

**It gets deeper as your  
vocal cords lengthen.**



**As you mature, your body starts to grow hair in different places:**

**Underarms**

**Face**

**Arms and legs**

**Chest**

**Pubic area**



# When to shave?

**Shaving usually starts when you are in middle or high school.**

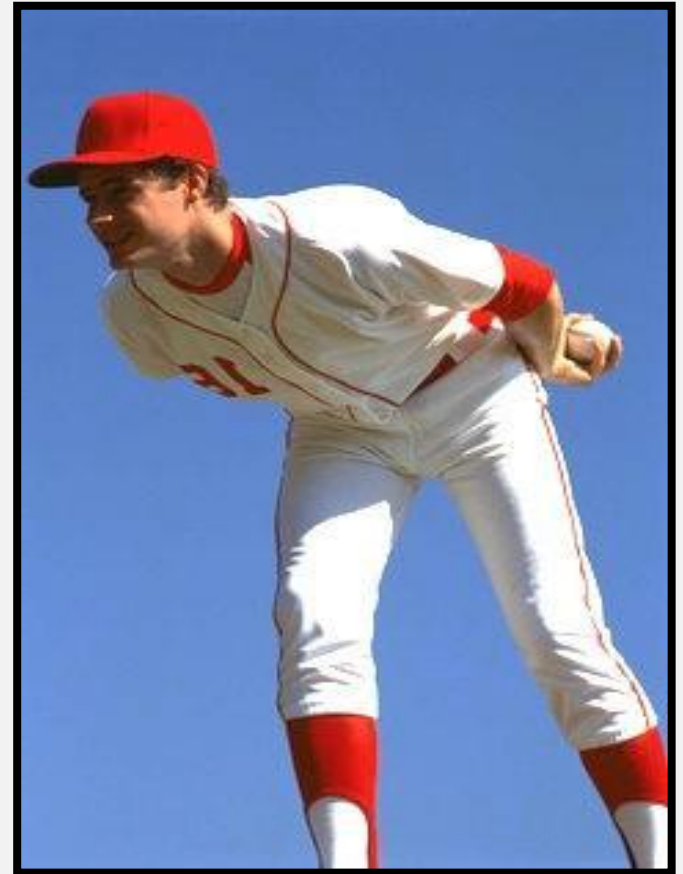


# What causes body odor?

**Perspiration comes out of your skin when your body gets hot.**

**Sweat by itself is not really smelly.**

**When it comes in contact with the bacteria on your skin (which everyone has) it causes body odor (sometimes called BO).**



# To control body odor

**The 1<sup>st</sup> step is to bathe regularly with soap and water.**

**The 2<sup>nd</sup> step is to use deodorant/antiperspirant.**

**Body odor can be held by the clothes you wear, so always put on clean clothes after bathing, especially underwear and socks.**





# Is proper hand washing important?

**One out of three Americans skips hand washing after going to the bathroom.**

**Kids who wash their hands at least four times a day experience 24% fewer sick days from colds, and 51% fewer sick days due to stomach ailments.** American Journal Epidemiology, 2002

**When you can't wash your hands – use hand sanitizer or wipes.**

**So, when should you wash your hands?**



# Good dental hygiene

**Our teeth are important because they help us talk, eat, and give us beautiful smiles!**

**Brush at least two times a day.**

**Flossing at least one time a day adds four years to your life.**



# Acne or pimples

**During puberty, oil glands in your skin and on your face become more active.**

**This may lead to pimples or acne.**

**To help prevent acne, cleanse your face twice a day with warm water and soap or medicated acne cleanser.**

**Most young people get acne at some point in time, so don't be alarmed or feel like you are the only one.**

**To prevent scarring, don't squeeze or pick at pimples, and be patient, don't expect acne to disappear overnight.**



# Why do you want to look good and smell good?



**This will help you feel good.**

# Private and Public

**What do these two words mean?**

**Private = You are alone.**

**Public = People are around.**

**In your home, which rooms are private  
and which are public?**

**Bathroom and bedroom**



# Your body has private parts

**These are the parts that are covered by your bathing suit or underwear.**

**They are the pubic area and the bottom for boys and men.**

**They are the breasts, pubic area, and bottom for girls and women.**



**If a person makes you feel afraid or scared because they are touching your private parts or any other reason what can you do?**

**Tell them NO.**

**Yell and make a lot of noise.**

**Run away from them.**

**Tell a trusted adult.**



# It is important to be comfortable using the correct words

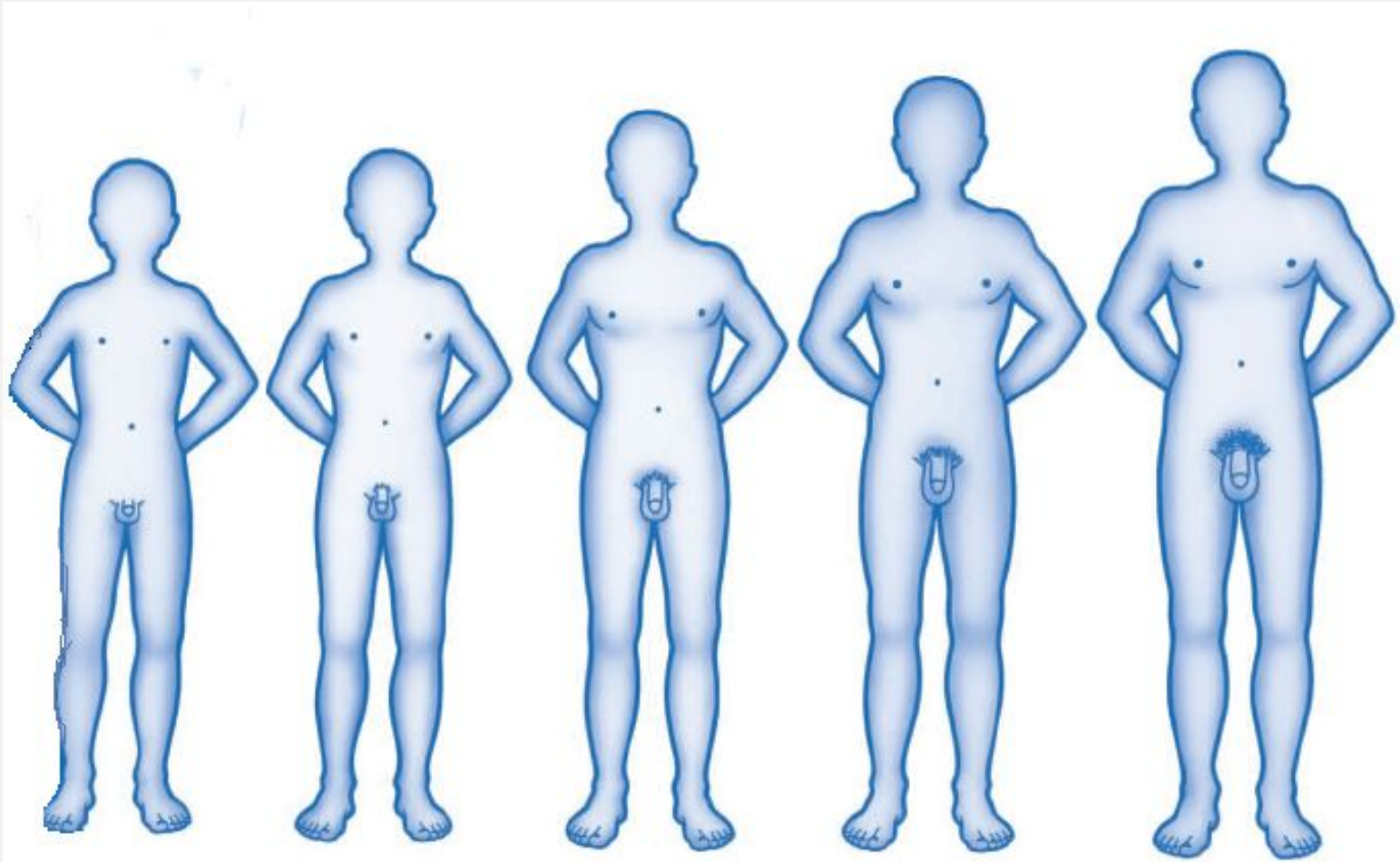
## **Anatomy (Body Parts)**

- > Boys**
- > Girls**

**Show respect.**



# Male stages of development



# Stage One: Up to ages 9 to 13

**Childhood stage.**

**Puberty changes are just beginning.**

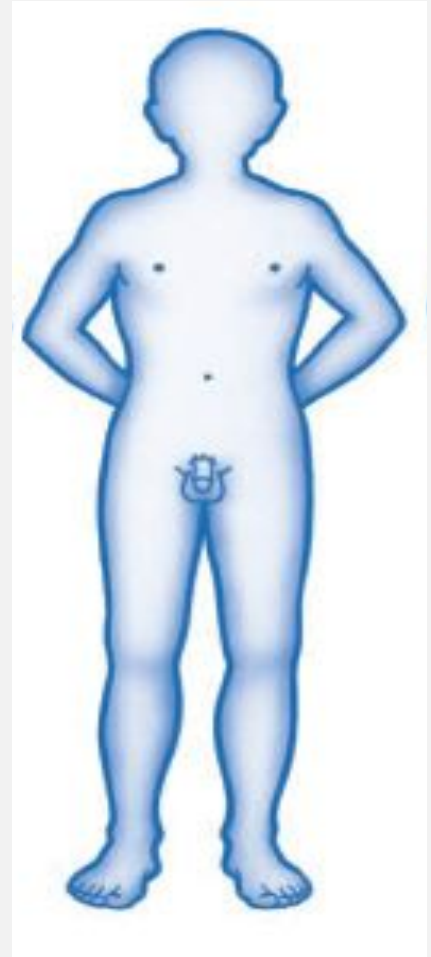




## **Stage Two: Ages 9 to 15**

**Testicles and scrotum grow larger.**

**Fine, straight hairs start growing at the base of the penis (pubic hairs).**



## **Stage Three: Ages 11 to 16**

**Testicles and scrotum continue to grow.**

**The penis grows larger.**

**Height and weight may start to increase noticeably.**

**Vocal cords increase in size, causing voice to deepen.**

**Pubic hair becomes darker, thicker and curlier.**



## **Stage Four: Ages 12 to 17**

**Growth spurt continues.**

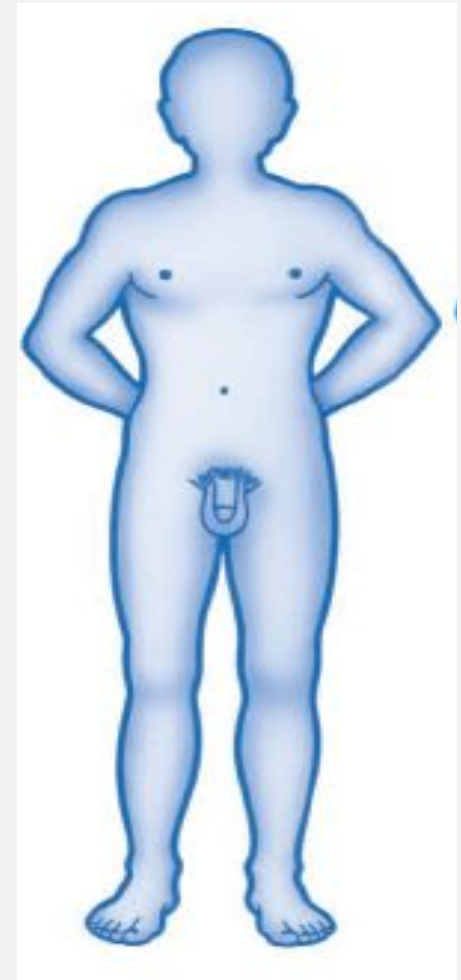
**Shoulders begin to broaden and physique becomes more muscular.**

**Penis grows in width as well as length.**

**Pubic hair coarsens and takes on a triangular shape.**

**Underarm hair appears.**

**Testicles start to produce sperm; ejaculation occurs for the first time.**



## **Stage Five: Ages 14 to 18**

**Adult stage; overall look is that of a young man.**

**Genitals and pubic hair have an adult appearance.**

**Growth spurt slows down.**

**Facial hair growth becomes heavier.**

**Body hair growth, especially on the chest, may continue into the twenties.**

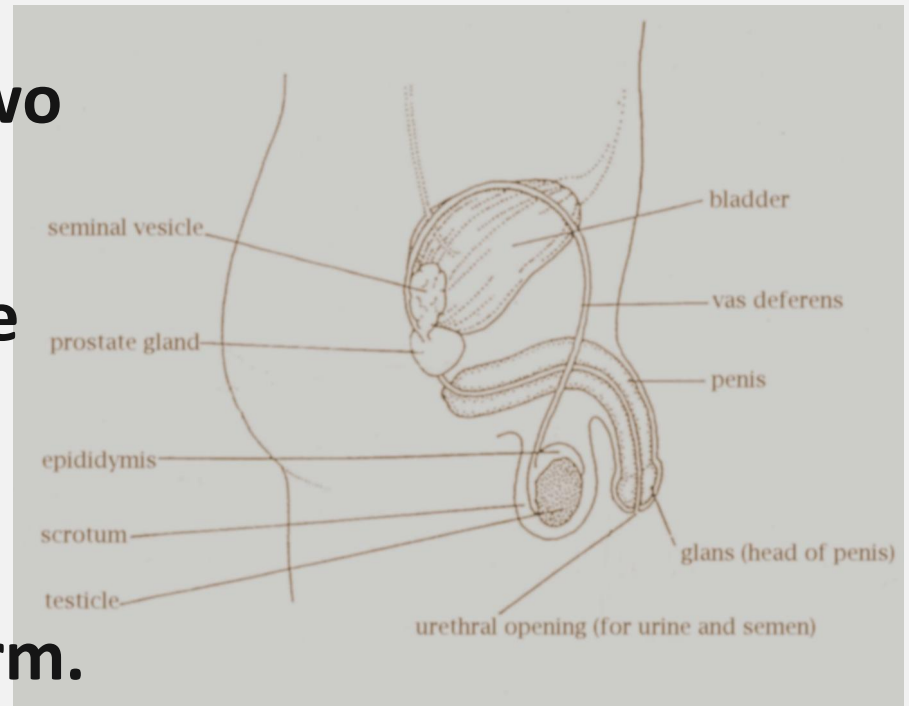


# Male Reproductive System

**The penis, scrotum and two testicles.**

**The scrotum is the sac-like pouch that holds the two testicles.**

**Testicles produce the sperm.**

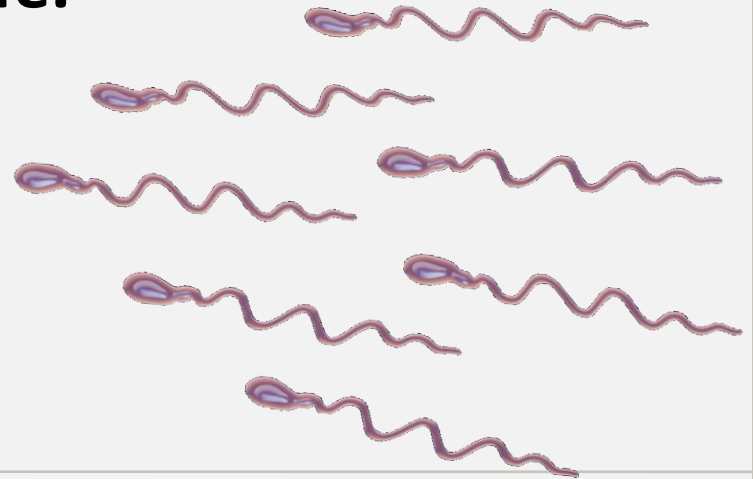




# Sperm: Male sex cell

**Hormones from the pituitary make the testicles grow and they start making more testosterone and producing sperm**

**After puberty you make *200,000 - 400,000* sperm cells a day for the rest of your life.**

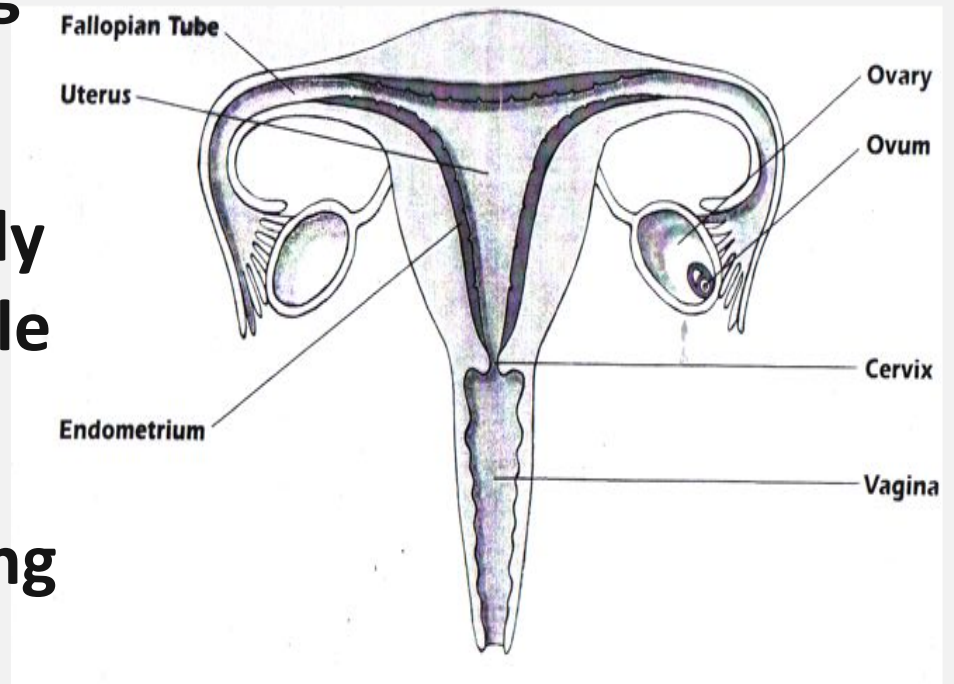


# Female Reproductive System

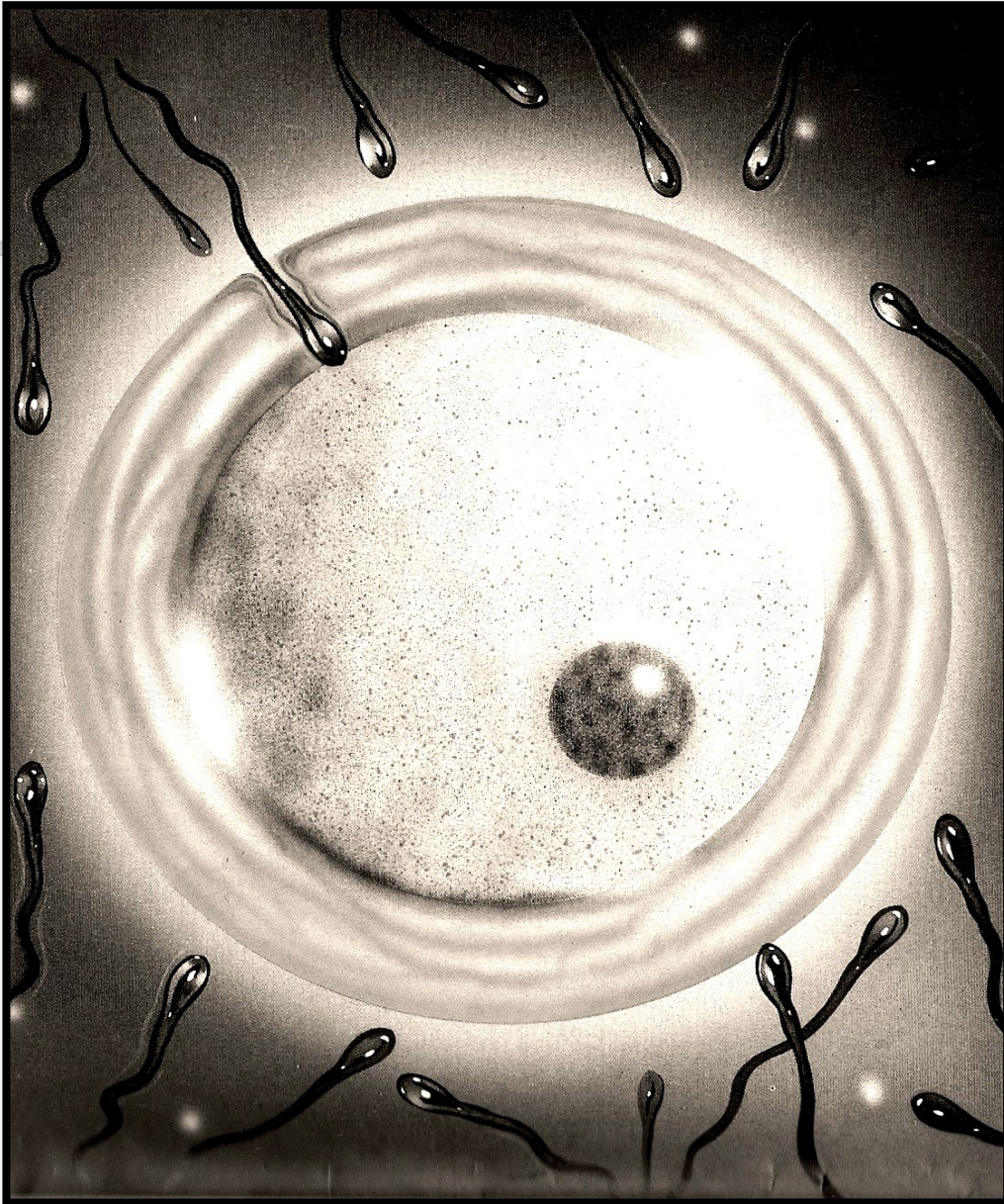
The ovaries release an egg once a month.

Menstruation or a monthly period is part of the female reproductive process.

During the period, bleeding occurs for 3-7 days.



The ovaries, uterus, and vagina



# Life begins

**It takes sperm  
from a man and  
an egg from a  
woman to  
make a baby.**





# Questions?

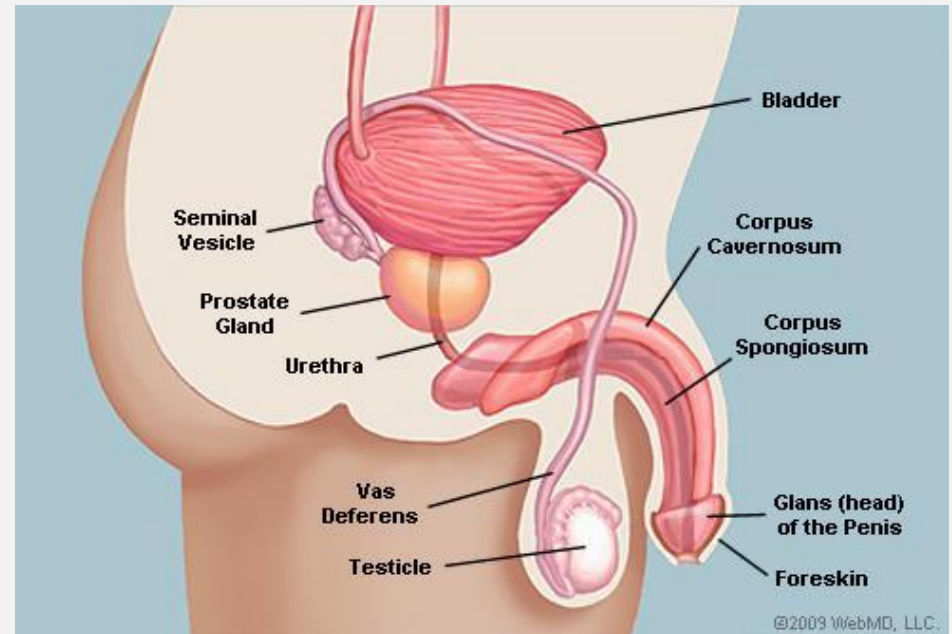
**If you have more questions, talk with a trusted adult.**

**You will learn more about this in the 8<sup>th</sup> grade.**

# The penis has two functions

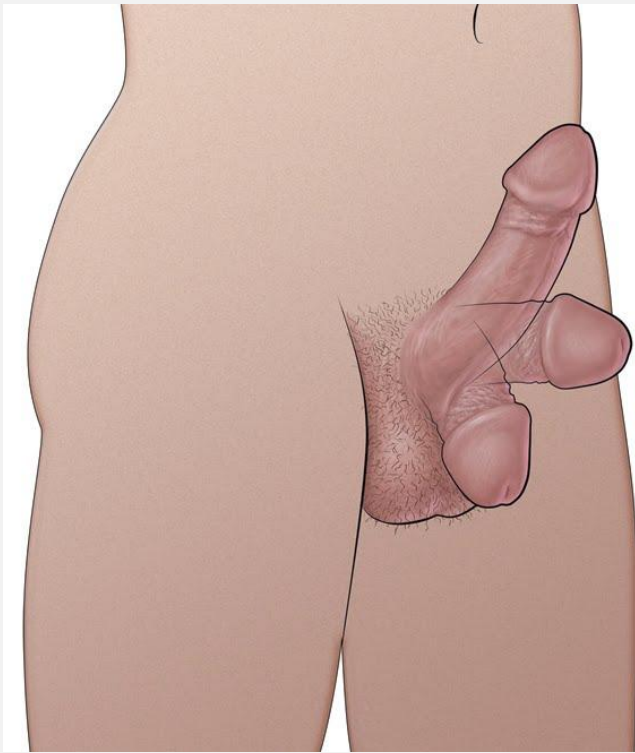
**A reproductive organ.**

**It eliminates liquid waste (urine) from the body.**





# What about Erections?



**An erection happens when your penis fills up with blood and hardens.**

**Erections are perfectly normal.**

**An erection can happen at any time. You can get many in one day or none at all.**

# Erections in public can be embarrassing



**So, what could  
you do if this  
happens?**

# Wet Dreams or Nocturnal Emissions

If a boy wakes up and finds a wet, sticky spot on his bedclothes semen came out when he was sleeping.

This is called a “wet dream”.

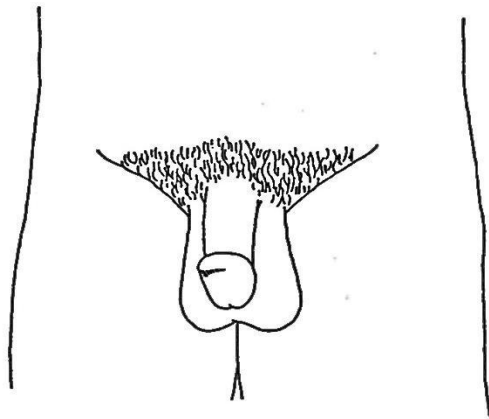
This is normal.



What can you do when  
this happens?

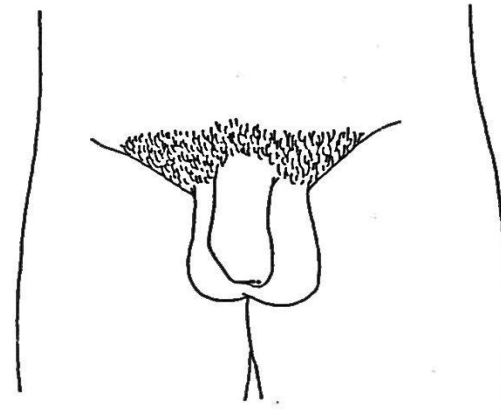
# The penis may appear differently

**Circumcised**



**15%**

**Uncircumcised**



**85%**

**Circumcision is the surgical removal of the foreskin that covers the head of the penis.**

# Good hygiene summary

**Bathe/shower daily with soap.**

**Shampoo hair regularly.**

**Control underarm odor and wetness with deodorant or antiperspirant.**

**Change sweaty clothes.**





# Get plenty of sleep



**Makes you  
healthier and  
more alert.**

**The body grows  
while you are  
asleep.**

# Physical exercise

**When you get moving, you're more likely to:**

- **Feel less stress.**
- **Feel more ready to learn in school.**
- **Feel better about yourself.**
- **Keep a healthy weight.**
- **Build and keep healthy bones, muscles and joints.**
- **Sleep better at night.**



# Be active

**This is an important ingredient in developing a strong body.**

**Children need 60 minutes of play every day.**

**The American Academy of Pediatrics recommends limiting Screen time to only one or two hours a day.**



# Eating healthy



**Healthy foods help bones grow, muscles get strong,  
and skin look nice.**

# Anytime vs. Sometimes foods

Some foods can be eaten anytime because they are **healthy**: Fruits, vegetables, whole grains, low-fat or fat-free milk and yogurt, and lean meats.



Other foods might taste good but should only be eaten sometimes because they have more sugar or fat. Foods like cookies, candy and chips.





# Water – The healthiest substance on the planet.

**Lack of water is the #1 trigger of daytime fatigue.**

**Only a 2% drop in body water can trigger short-term memory loss (the brain is 95% water).**

**Even mild dehydration will slow the metabolism by 3%.**

**Drinking eight glasses of water daily can decrease the risk of:**

- > Colon cancer by 45%**
- > Bladder cancer by 50%**
- > And death from heart attack by 41% and men by 54%**

**CDC, 2007**



# Just the beginning

**After this class, you may have questions.**

**Please ask an adult who you can trust, like your parent, a nurse or a doctor.**

**Thank you**

