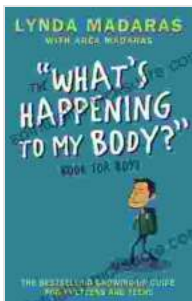


What's Happening to My Body? A Guide for Boys

Puberty is a time of significant physical and emotional changes for boys. It can be a confusing and sometimes scary time, but it's also an important time of growth and development. This guide will help you understand the changes that are happening to your body and how to cope with them.

Physical Changes

The most obvious physical changes that occur during puberty are those related to growth. Boys typically begin to grow taller and gain weight. Their muscles will also become more developed, and their body shape will begin to take on a more masculine appearance.



What's Happening to My Body? Book for Boys: Revised

Edition by Lynda Madaras

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2533 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 274 pages



Other physical changes that may occur during puberty include:

- Acne

- Body odor
- Pubic hair
- Facial hair
- Deepening of the voice
- Enlargement of the penis and testes

Emotional Changes

In addition to the physical changes that occur during puberty, boys may also experience a number of emotional changes. These changes can include:

- Mood swings
- Irritability
- Anxiety
- Depression
- Increased independence
- Sexual feelings

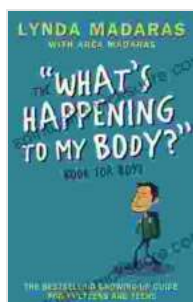
Coping with Puberty

Puberty can be a challenging time, but there are a number of things that boys can do to cope with the changes that are happening to their bodies and emotions. These include:

- Talking to a trusted adult, such as a parent, teacher, or counselor, about what you're going through

- Joining a support group for boys who are going through puberty
- Reading books or watching videos about puberty
- Exercising regularly
- Eating a healthy diet
- Getting enough sleep

Puberty is a time of significant change for boys. It can be a challenging time, but it's also an important time of growth and development. By understanding the changes that are happening to your body and how to cope with them, you can make the most of this time and emerge as a healthy, happy, and confident young man.



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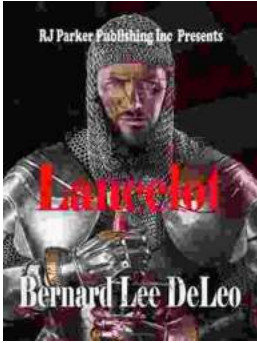
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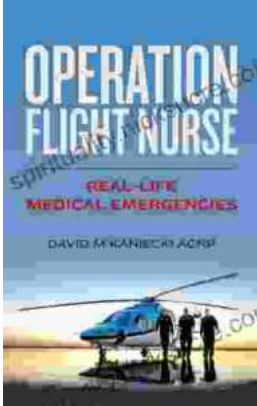
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