

# Adolescence and Puberty

Watch from 1.08 to 6.19 – sweat

Watch 10.42 to 11.23 – hair

Watch 18.28 to 21.15 - spots

<https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-specials-dont-panic-about-puberty>

# What is puberty?

- Adolescence is the stage of growth and development between childhood and adulthood
- Puberty is when a child's body begins to develop and change as they become an adult and are able to reproduce
- Puberty usually happens between ages 10 and 14 for girls, and ages 12 and 16 for boys

# What happens in puberty?

Hormones are chemicals that your body produces to send messages around your body. During puberty, your body will produce hormones which start these changes:

**Boys: The body produces testosterone which start the changes of puberty**

***Usually starts between 12 – 16 years***

Grow taller

Bones grow bigger and heavier

Body changes shape e.g. shoulders grow broader, jaw gets larger

Grow additional body hair

Voice gets deeper

Might sweat more –notice a change in the smell of your sweat

Muscles get stronger

Hair and skin can become oily and you might get spots

You might get strong emotional feelings – mood swings

# What can I do to help myself?

- Wash regularly and put clean clothes on after a shower. Make sure you clean your face, under your arms, your private parts using warm/hot water and soap.
- Use deodorant or antiperspirant (*Deodorant will help keep you fresh, whilst antiperspirant helps to control sweat. Perfumed body sprays just smell nice!*)
- Wash your face – don't pick at spots or squeeze them, just keep your face clean.
- Don't be scared of any changes that are happening – they are normal. Talk to a parent, an older sibling or one of us if you are worried.

# 4 FACTS ABOUT PUBERTY

- You'll experience both physical and emotional changes.
- Puberty doesn't happen all at once, it takes a few years.
- You're not alone, and people can go through puberty differently.
- It's okay to ask questions when you're not sure.