Always Changing & Growing Up

Everything you need to know about puberty



Old Spice | always

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From a Boy to a Man

An Important time of your life!

You're a growing boy. Growing independent, strong and into a man. Puberty is an exciting time, full of changes to the way you look and the way you feel.

Puberty can start as early as 9 years old for some boys or as late as 14 for others. Puberty is a series of changes that your body will go through as you grow up. It can be a confusing time. Don't worry! These changes are completely normal and natural, they will happen to all men.

The goal of this guide is to get you started with what to expect and help you feel more relaxed and confident. It includes helpful tips from experts.

It also helps to talk about puberty. Ask your parent or trusted adult for advice to help answer your questions. They've experienced it too, so they can help.

Let's get started!

You can ask your parent(s) or guardian to fill in the text below:

I_____ have reviewed the Always Changing and Growing Up puberty guide materials with my son. I understand that he may have additional questions and I agree to be a resource to help him answer his questions.

Parent Signature: _____

Student Signature: _____

Your Body is Changing

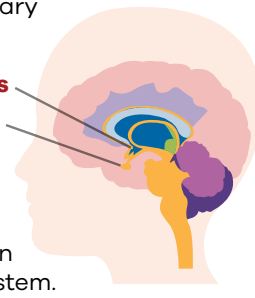
Puberty

Puberty is a time of physical and emotional change that happens as children grow and mature. These changes are normal, they're a sign you're healthy and all boys and girls experience them!

They usually start occurring earlier for girls (between the ages of 7 and 12), than they do for boys (between 9 and 14). But keep in mind, the time puberty begins is different for everyone. Your time is the right time for you!

So, why do we all change?

Puberty simply happens to prepare your body for reproducing. During puberty, two parts of the brain called the hypothalamus and the pituitary gland start making more hormones.



Hormones are chemical substances that act as messengers in the body and make changes happen. Some hormones will make your bones grow longer, others will guide the development of your brain or the changes in your reproductive system.

Did you know? Boys and girls produce all the same hormones, but in different levels. Boys have more testosterone and girls have more estrogen. That's one of the things that makes us different!

Changes During Puberty

Now you know why changes occur, let's take a look at what changes children go through during puberty.

Male

- Breasts can grow
- Voice cracks and gets deeper
- Adam's apple enlarges
- Shoulders get larger and body gets more muscular
- Chest hair may appear
- Penis and testicles grow

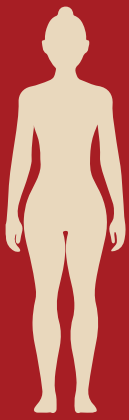
Female

- Breasts start to grow
- Vaginal discharge begins
- Hips and thighs broaden
- Labia may change



Shared

- Emotions and feelings may seem stronger
- Brain development improves the way you think and understand
- New feelings of attraction may begin
- You grow taller
- Skin gets oilier and pimples may appear
- Sweating increases, body develops own odor
- Body hair grows: face, armpit, leg and pubic



These changes can be tough for many people, so it's helpful to support each other as best you can through this stage in life.

How to Deal With all These Changes?

With all these changes going on, it's important to learn how to keep your body healthy. As you're growing up, it's time to start developing your own healthy habits.

Skin Care

As the skin on your face gets oilier you may start getting pimples, blackheads or acne. If you get acne, it doesn't mean you're not clean or you've done something wrong. Most of the time, it's related to your new hormones that cause the extra oiliness, and it is also genetic. The good news is that developing a regular skin care routine can help!

3 Steps to Better Skin

1. Clean – To help get rid of everyday dirt and oil on your face, wash twice daily with a gentle soap or cleanser. It can be medicated or non-medicated. Deep cleanse with a cleanser containing salicylic acid (look for "salicylic acid" to be listed in the active ingredients on the back of the bottle).

2. Prevent – To help prevent pores from becoming clogged, use a salicylic acid product all over your face. Make sure to moisturize after each wash so your skin stays hydrated.

3. Treat – To help eliminate pimples quickly, use a benzoylperoxide product to unclog pores.

Acne Do's and Don'ts

- Do eat a healthy diet and make sure to get regular exercise and proper rest.
- Don't squeeze any pimples – this can cause scars and may even cause more acne!
- Don't scrub skin hard. This may actually spread acne or make it worse.

Smile Care



Part of staying healthy is making sure you keep your teeth clean. Make sure you brush them properly every morning and every night with a good toothpaste and a soft bristled brush.

Toothpaste helps fight cavities, strengthen teeth enamel and freshen breath. You should also floss daily in between your teeth and a mouthwash can help reach places that brushing may have missed.

Hair Care

Puberty may cause your hair to become oilier, thicker, coarser – even curlier or straighter. Some boys need to wash their hair more often, some don't. The important thing is to develop a routine for taking care of your hair and scalp.

1. Wash with shampoo
A good shampoo will clean your hair by removing deposits such as dirt, sebum and styling products. It can also protect it from damage and nourish it, too!

2. Apply conditioner
The role of the conditioner is to untangle your hair and make it easier to manage. It will also keep it moisturized and protect it from damage.

Sweat and body odor Sponsored by Old Spice

Everybody sweats, or perspires. It's a normal and important function – it helps regulate your body temperature. But once you hit puberty, sweating can also cause body odor. Your body actually has two different types of sweat glands. Eccrine glands start working at birth, producing a clear and odorless perspiration. But when you hit puberty, your apocrine glands kick in, producing the kind of sweat that can smell bad when it comes into contact with the bacteria on your skin. It's these apocrine glands that activate when you are in stressful situations.

Body odor busters

Wash regularly with soap – at least once a day and especially after physical activity, make sure to wash your underarms thoroughly. Apply deodorant or antiperspirant at least once a day.

What's the difference between deodorants and antiperspirants?

Deodorants are basically perfumes that help mask or cover your body odor. **Antiperspirants** help stop the body odor from developing by reducing sweat. Both come in many different styles and fragrances and are usually combined in one product. Talk to your parent about choosing the right product for you.



Body Hair

During puberty, thicker and darker hair begins to appear in many new places, such as legs, underarms, chest and in the pubic area. Having body hair is normal and natural. Some people may decide to remove it, some may choose not to.



You may also notice hair starting to grow on your upper lip and chin and may want to start shaving or grooming it. Before you start shaving, talk to someone like your dad, guardian or relative - ask for advice and your own razor. At first you may not need to shave very often but eventually, as it grows faster and thicker, you may start shaving more regularly, even daily. Like most things, the more you shave, the better you get at it!

Remember – everyone's facial hair is different - and that's ok!

Breasts

You may think that only girls grow breasts during puberty, but many boys actually have some breast growth during puberty, too – and it's normal! It usually just involves a little enlargement of the nipple area or a small amount of breast growth. For boys who have this, it almost always disappears within 6 months to a year or so.

Changes to the Reproductive System

The most significant changes that happen during puberty are the changes that happen to our reproductive organs.

What happens to boys?

During puberty, boys start to make more androgens (reproductive hormones), especially testosterone, which causes a lot of the male puberty changes and makes the penis and testicles grow.

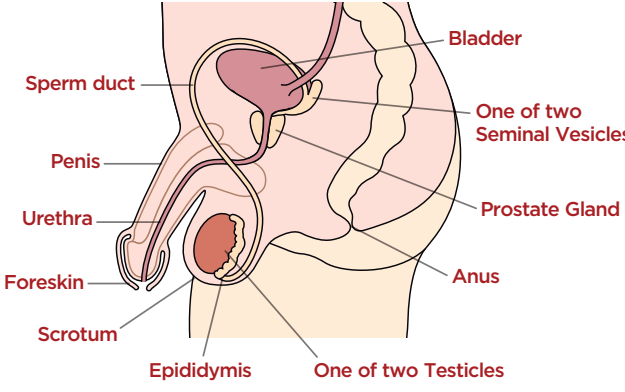
As testosterone increases, boys begin having more erections, which is when the penis becomes stiff and sticks up as it fills with blood. During puberty, most erections happen randomly, usually for no reason.

Eventually, the testicles begin making the male reproductive cell called sperm. This is the cell that can fertilize the female egg to help create a pregnancy.

Remember – just because your body is now making sperm, it does not mean that you need to start thinking about becoming a dad.



Male reproductive system





FAQs

Do men stop having erections when they get older?
No. Healthy males of all ages, from babies to old men, can get erections. They occur more commonly during and after puberty.

Does it matter what size your penis is?
Not at all! Penises do vary in length and shape from person to person, but not as much as you may think. Remember, the size of your penis has nothing to do with how manly you are or whether you can become a father (if that's what you want to do one day).

What is circumcision?
This is a minor surgical procedure, usually performed soon after birth, which removes all or part of the foreskin of the penis. A circumcision is not usually considered medically necessary, but it may be performed for religious or cultural reasons, or because it makes it easier to keep the penis clean. To help prevent the growth of bacteria, uncircumcised boys and men should wash under the foreskin every day. Remember – circumcised or not, the penis works the same.

What are wet dreams?
Sometimes you can ejaculate when you are asleep. This is called a nocturnal emission, more commonly known as a "wet dream". Usually they happen without disturbing your sleep - you may just notice that your pajamas or sheets feel sticky when you wake up. This is nothing to worry about – most boys have them. You will experience them less frequently after your body has gone through puberty, because as you grow older you'll start having more control over your body.

Changes to the Reproductive System

What happens to girls?

During puberty, girls start to produce more estrogen and progesterone. Estrogen causes her reproductive organs to grow, mature, and prepare to start her menstrual cycle. It is a very normal, healthy and positive part of growing up. A menstrual cycle prepares her body for pregnancy. Most of the time an unfertilized egg occurs in the lining of the uterus which will shed and leave their body as a period. Periods are simply a sign that her body is healthy and well.

How do girls manage their periods?

Just so you know and in case you ever need to get one for a girl, these are the products girls might use to manage their periods. They all either absorb or hold the menstrual blood.

Period Protection	Worn Inside or Outside the Body	Disposable or Reusable
 PADS	Outside	Both
 TAMPONS	Inside	Disposable
 CUPS	Inside	Reusable
 MENSTRUAL UNDERWEAR	Outside	Reusable

PMS and cramps

A week or so before her period, a girl's hormone level goes up and down a lot. These fluctuations can change how a girl feels. The physical and emotional symptoms that occur are known as premenstrual syndrome (PMS). They are completely normal and affect most women at some point in their lives.

Girls may also get period cramps just before or during their period. These happen because the muscle of the uterus contracts, in order to push its lining out of the vagina.

Staying Confident and Healthy

Your brain is changing, too!

While changes to your body are obvious, there's a lot of changes happening to your brain, too! You develop new, stronger emotions and these changes can affect your confidence. But they are normal and you have control over whether you listen to the negative or focus on the positive.

Build your brain power & embrace the Growth Mindset

Your brain is like a muscle, so you need to exercise it. When you take on challenges and practice until you overcome them, neurones in your brain create new and stronger connections. And when your brain gets stronger, your skills do, too. The growth mindset is the belief that your mind can grow and change with practice. Start training using the table below.

	Growth Mindset		Fixed Mindset
CHALLENGING YOURSELF	Embrace challenges		Avoid opportunities
FACING CRITICISM	Learn from feedback		Ignore useful feedback
MAKING AN EFFORT	See effort as key to success		See effort as useless
OVERCOMING OBSTACLES	A misstep is a step forward		A misstep is a reason to give up
WHEN OTHERS SUCCEED	Find inspiration in their performance		Feel threatened and upset

Take risks and keep going

Remember – you only truly fail when you don't even try, so take positive risks. It can be scary, hard and, well, risky. It can also be exciting, fun and rewarding!

Here are a few tips to take positive risks:

- **Don't be afraid to fail!** If you fail, use it as an opportunity to learn, get stronger and keep going!
- **Try again, and again**, and again. Know that sometimes you have to keep practicing and trying new ways to get better.
- **Remind yourself of all the things you've achieved** in the past. It can help you feel positive when you feel like you can't do something.
- **Break big things down** in to smaller, more manageable steps.
- **We all have strengths** - focus your attention on yours. It will help you become more confident and will give you energy!



Powerful Words to Help You Out

Words can have impact, both positive and negative. The good news is that changing the words you use can change your world. Try these words:

AND. When you praise yourself, it's easy to add "but" to lessen your success. Try using "and" instead. So instead of "I'm pretty good at geometry but I still have a B", try saying "and I am getting better every week".

I CAN. Have you ever said things like "I'm totally going to fail this test, I got so many questions wrong"? Lose the negative talk and think about how you can study harder and do better next time.

YET! Yet is a very powerful word. You can use it to remind yourself that though you haven't accomplished it yet, you will!



Making good decisions

You're probably starting to earn more freedom at school and at home – and probably more responsibilities, too! As a result, you'll be making more decisions on your own than when you were younger. You'll need to evaluate and make sense of all the influencing factors in your life such as friends, parents, teachers and things you see in the media and read on the internet.

At times, it can be difficult to know what to think and how to act. Learning to make the right decision for YOU is an important part of growing up. It's easy to get into situations that are challenging when you don't take the time to think about your decisions.

Remember, great decision-making skills are learned – no one is born with them!

I-D-E-A-L solution building

IDENTIFY	the problem
DESCRIBE	all the ways you might solve the problem
EVALUATE	all the possible solutions
ACT	on one of the solutions and try it out
LEARN	if your solution solved the problem effectively

Sex, Gender & Society

Let's start with a few definitions:

Biological sex: Your biological sex is based on the genitals you're born with and the chromosomes you have. At birth, most people are either male or female.

Gender identity: This is about how you feel and how you think about yourself when it comes to gender. Everyone's gender identity is unique to them and should be respected.

Gender roles and stereotyping: These are socially constructed – they relate to characteristics and behaviors that are typically thought to go alongside a person's biological sex. They can often stereotype boys & girls. You might have started to notice that people expect you to look, act or behave in a certain way just because you're a boy. We call this stereotyping.

Don't let society limit you!

Your biological sex shouldn't define what you can or can't do – and stereotyping someone because of their gender, or thinking that someone is better or worse because of their gender, can be very harmful. Remember – you don't have to let these norms limit you. Boys can be whoever they want to be! Stay strong and believe that you can achieve anything!

You're great, just the way you are

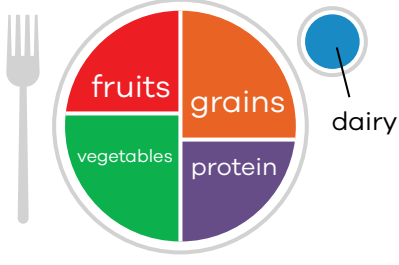
We are all different and that's what makes us beautiful. Imagine if we all looked the same – how boring would that be? If someone teases you about how you look, try and ignore it. There is no right or wrong way to look. Instead, try and focus on staying healthy and happy, be proud of your uniqueness and be supportive of those around you.

Healthy Choices

Eat well

Taking care of yourself also means supplying your body with the energy and nutrients it needs. Growing like you do during puberty needs a lot of energy and most of it comes from the food you eat. This is why it's very important to make sure you eat a healthy, well-balanced diet.

Here is what a healthy meal looks like:



A few tips:

- **Eat regular meals** and don't skip breakfast. Dips in energy can lead to crankiness.
- **Make eating healthy fun** - try out new fruits and vegetables each week!
- **Help with the grocery shopping** – and try and pick out healthy food you think you'll like.
- **Try your hand at cooking** – and make something for all the family.
- **Eat healthy snacks** - if you treat yourself with very salty or sweet ones, do so in moderation.
- When you're craving something sweet, **why not try a fruit** smoothie – it's full of delicious natural sugars.

Be active

Being physically active through sports or other physical activities helps keep your body healthy and boost your energy levels! The key to enjoying it is to pick something you like, such as – dancing like crazy to your favorite song, playing goalie on a soccer team, or challenging your brother or sister to a running race. The key to enjoying an activity is to pick something you like.

Sleep well

Getting enough sleep is an essential part of staying healthy and happy. On average, you'll need between 8 to 10 hours per night.

Here's why your body needs sleep:

- To restore and rejuvenate
- To grow muscles
- To repair tissue
- To file away all your thoughts from the day
- To help increase your ability to learn more and pay attention.



- Plenty of sleep can also help prevent you from becoming overweight, and reduces the chance of diabetes.

Tips to getting enough sleep:

- Stick to a regular sleep schedule
- Avoid watching and using screens (e.g. TV, phone) one hour before going to bed
- Use a comfortable mattress and pillow
- Exercise daily

Visit the doctor

Healthcare is important, so be sure to visit your doctor and dentist on a regular basis. Good health begins with proactive care, so remember to schedule your annual checkups.

Stay safe

During puberty, you're going through so many changes that everything seems possible, and this is great. Just remember to stay safe too.

- **Say no to drugs**—whether or not they're illegal, they can affect your brain and cause long term damage.
- **Treat everyone with respect**—nobody should be mean to others.
  - Stop and think before you say or do something hurtful.
  - If you are being bullied try to speak up and ask the bully to stop. If speaking up seems too hard, walk away and find an adult to help.
  - Talk to an adult you trust. Don't keep your feelings inside; they can help you make a plan to improve your situation.
  - If you think you have bullied someone in the past, apologize. Everyone feels better.
- **Use the internet and social media safely, responsibly and positively.** While they can be great ways to find out information and connect with others, they can also have drawbacks. Talk to your parents, guardians or a trusted adult to learn more about how to best use them, and follow these key tips:
  - Be careful about what you share. What goes online stays there forever
  - Don't feel pressured to do anything
  - Be aware that social media is not always real life
  - Don't gossip online - things can spread easily

Healthy Relationships

Taking care of others around you

During puberty, everyone is going through changes that can be hard to deal with. Look out for others and share with a trusted adult if you're worried about any of your friends.

Discovering new feelings

At this particular moment of your life when your body is producing a lot more hormones, you might start to experience new feelings. Some of these feelings may cause you to be more curious about your sexuality and it's good to remember that this curiosity and this is totally normal.

Personal intimacy

As these hormones can make people feel more curious about their new feelings, some may begin to explore intimate parts of their body, especially their genital area. This is not right or wrong, but it's personal and should be done in private.

Intimate feelings towards others

You might also begin to see others as more than just friends, and start having new feelings and crushes. This is completely normal!



Just remember to keep in mind that others may not feel the same as you, and it's important to respect other's personal choices.

Continue the Conversation

Talking to your friends and family about your feelings and questions during puberty can help them better understand and support you.

Don't feel like you need to cope with everything on you own. Ask your parents or a trusted adult for their advice and to help answer your questions. They've experienced it too, so they'll have lots of good tips.

To help start the conversation, follow these tips:

Keep it casual: Find a time when you typically talk with your parents, and use it to discuss the things you've learned in this guide. You might want to ask them what it was like when they were younger and experienced puberty.



Write it down: Sometimes it helps to write down your questions, so you can make sure you get all the answers.

Be direct: Take a deep breath and just share how you're feeling. Chances are they've experienced similar feelings at some point in their life, too!

Where To Get More Info



Start a conversation with your parents, teachers or other trusted adults.



Watch and subscribe to the **Old Spice** and **Always** YouTube channels for more information and advice.



Check out **OldSpice.com** and **Always.com** for more information.

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