**Starting Puberty for Boys**

I am starting a stage of life called puberty. Puberty happens to all of us, and we can’t stop it no matter what. During puberty, I may start to grow taller. Boys start to get taller after girls do. This means I may have to wear different clothes and shoes because I am growing faster.

During puberty, I will also start to see hair growing on the place my bathing suit bottom covers in the front. This is called pubic hair. All boys’ pubic hair is curly. To take care of my pubic hair, I will continue to wash with soap and water like I always do. This hair doesn’t need to be cut like the hair on my head because it only grows very short.

I will also grow hair under my arms in my armpit. Like pubic hair, this hair will only grow short. Most men do not shave the hair off their arm pits, but some do. It is my choice. The arm pit is one place where a boy sweats. During puberty, my sweat glands make more sweat and it often smells bad. I need to wash with soap and water to keep my armpits smelling clean. I can also use deodorant, which will keep the sweat down and help me smell nice.

During puberty, my skin may be oily and cause acne. These can look like tiny black spots or blisters called pimples. Like other blisters I get on my body, I need to leave the pimples alone so they will heal. I can take care of my pimples by washing with soap and water one time a day. A good time for me to wash is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(fill in the blank). My family member might tell me I have to use medicine on the pimples too for a short time. I will use the medicine as I am supposed to, so my acne heals.

During puberty, my body is changing. I am growing up. It will be important for me to wash my body regularly with soap and water to stay clean and fresh. When I get dressed, I will need to start wearing new clothes and put on deodorant. Since my body is changing during puberty, it might feel different or look different. This is normal. It happens to every boy. It’s important to talk to a \_\_\_\_\_\_ (person) if I have questions about what I feel or see as new changes to my body occur and to make plans.