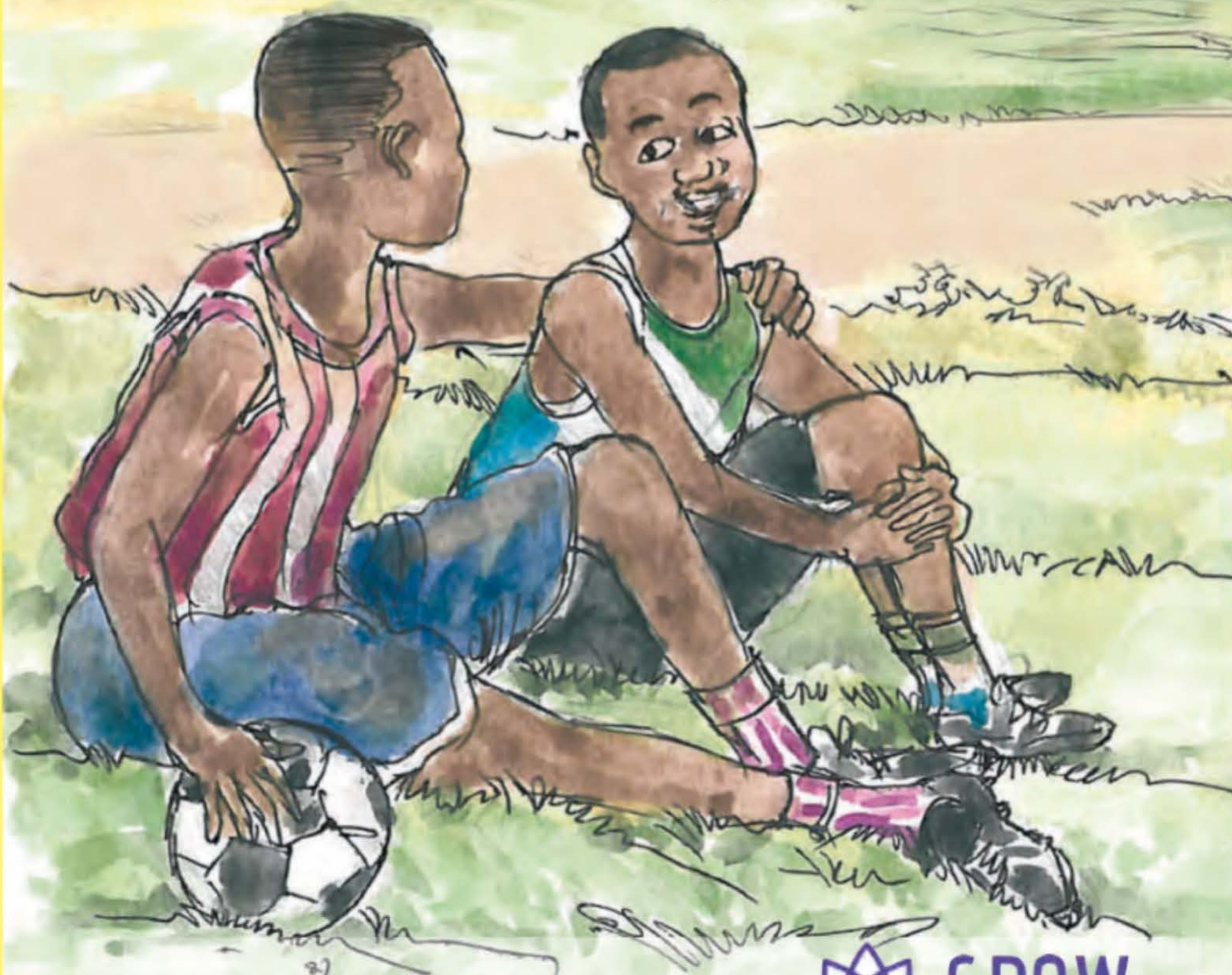


GROWTH AND CHANGES

For Boys in Sierra Leone



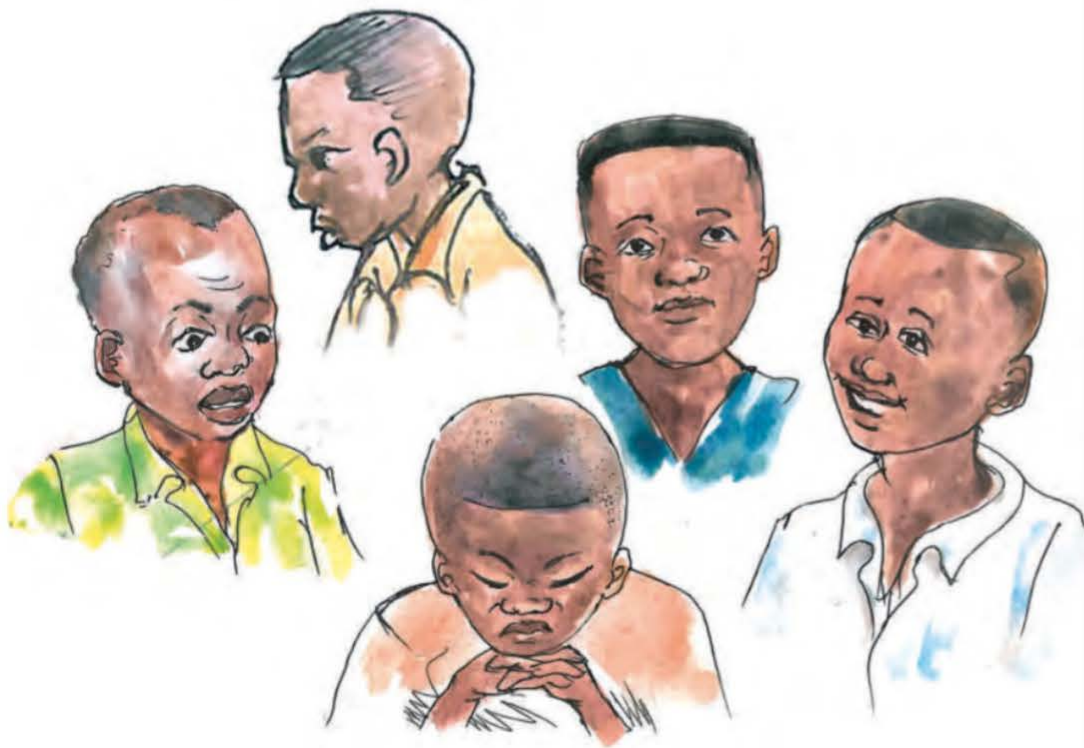
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Promoting every
child's right to read



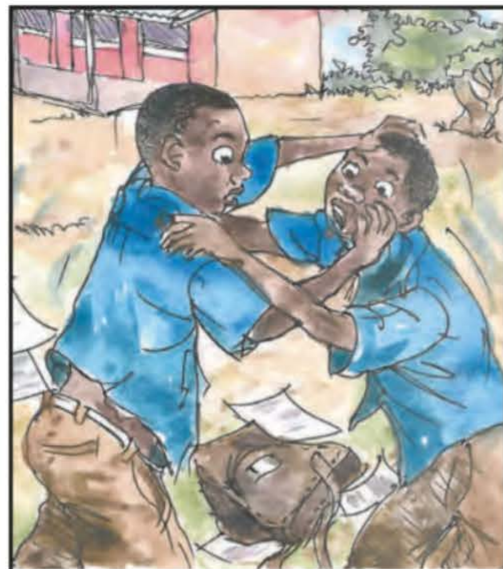
GROW
& KNOW

Puberty starts when extra amounts of chemicals called **hormones** begin to be produced in the body. These hormones lead to changes in the body. In addition to causing physical changes, the hormones cause emotional changes. So, a growing boy may feel happy one moment, and then angry or sad, or confused the next moment.



Puberty is the time when **boys' bodies begin to produce sperm and girls' bodies begin to release eggs**. It is the time when you develop into young men and women.





However, if you want to grow into a healthy young man, you must take good care of your body, focus on your studies, and avoid these risky behaviours.

WHO CAN YOU TALK TO?

When your body is changing, you may have questions. You may feel confused about what is normal. You can talk to elders and adults who you trust, such as older brothers, uncles, fathers, grandfathers, mothers, teachers, and health workers.



They have experienced all the same changes that you are having now. They can answer your questions. They can also help you to manage peer pressures from other boys and girls.

If someone makes comments about your changing body that make you feel unsafe, share it with someone you trust.

If you think there is a body change that is not normal, such as a lump or pain in your testicles, then it is good to ask a doctor or a nurse for advice.

