

## **PUBERTY CHANGES IN BOYS**

The changes of puberty in boys include growth of testes, growth of the penis, growth of pubic hair, voice change, and height spurt. An individual boy may begin his changes at a time different from his peers.

- **TESTES DEVELOPMENT**

Growth of testes is usually the first change for boys. The scrotum lengthens and becomes a darker color. These changes begin between 9 ½ and 13 ½ years of age.

- **PENIS DEVELOPMENT**

Growth of the penis occurs between ages 10 and 14.

- **PUBIC HAIR**

Pubic hair and underarm hair appear between the ages of 10 and 14. At first the hair is fine and thin but becomes curly and coarse over time.

- **GROWTH SPURT**

Increased height and change in body shape with broadening shoulders begin between the ages of 11 and 16. The voice also deepens.

During this time, a boy may notice some temporary breast enlargement. This is completely normal, very common, and is no cause for concern. It will disappear with time.

- **FACIAL AND CHEST HAIR**

Facial and chest hair appear at around age 17. The thickness of the beard is quite variable and depends on genes. Some men have little or no chest hair and very light beards, while others have dense growth. The amount of hair is unrelated to masculinity.

- **ERECTIONS / EJACULATIONS**

Erections occur more often during puberty; sometimes a boy will have an erection for no apparent reason – this is common and normal. Ejaculation, the release of semen from the penis, begins during puberty. Like erections, ejaculation can occur for no obvious reason, especially during sleep. When this happens, the term “nocturnal emission” or “wet dream” is used. This is normal and should not cause worry or embarrassment. Semen contains sperm as well as fluids and nutrients to nourish the sperm cells. It may feel sticky as it dries.