

Growing Up: A Guide for Boys

Your Body Is Changing (and that is normal)

Going through puberty can feel like navigating new territory for you.

Here are some key areas to focus on:

***Taking Care of Yourself** - Good hygiene helps you feel confident and healthy.

Shower regularly and use deodorant.

Brush and floss daily.

Change clothes and underwear daily.

***Your Feelings Matter** - Strong boys talk about their feelings. You don't have to handle everything alone.

You may feel angry, sad, confused, or quiet sometimes.

Mood swings can happen during puberty.

Talking helps—even when it feels awkward.

***Friends, Pressure & Choices**

Friends may influence your decisions.

Not everyone will make good choices so learn to say NO.

Real strength is doing what's right even when others don't.

***Respecting Yourself & Others**

Your body deserves respect.

Other people's bodies deserve respect.

No one should touch you without permission. You don't touch others without permission. Key word: Respect.

***Becoming a Good Man** - Being a man is not about being tough, it's about character.

Be kind and honest.

Take responsibility.

Learn from mistakes.

Treat girls and women with respect.

Important Reminder

You are growing and learning. You are not alone, and you are loved.

You may grow taller fast or slower than others. Your voice may crack or change.

You may get body odor or acne. You may have erections or wet dreams.

Nothing is wrong with you. Everyone develops at a different pace.