



# Physical Changes ...Boys Part I

Usually develop about the age of 12 to 15 years old



**Growth Spurt** - The average boy grows 7 to 10 inches during their growth spurt. Can you imagine being 7 to 10 inches taller and gaining about 20 pounds? During this time, you may experience growing pains especially around your ankles, knees, wrists and elbows. The growth spurt lasts for about 2 to 3 years. When that growth spurt is at its peak, some people may grow 4 or more inches in a year.



**Muscles** - Your muscles will start to develop and your shoulders will become broader. By the end of puberty, adult men have heavier bones and nearly twice as much skeletal muscle. Some of the bone growth (e.g., shoulder width and jaw) is disproportionately greater, resulting in noticeably different male and female skeletal shapes. The average adult male has about 150% of the lean body mass of an average female, and about 50% of the body fat.

Muscle development happens mainly during the later stages of puberty, and can continue until you are an adult. The peak of the so-called "strength spurt," the rate of muscle growth, is attained about one year after a male experiences his peak growth rate.



**Hair** - One of the first signs that you are beginning puberty is the appearance of hair. You will get thicker hair on your arms and legs, hair will develop under your arms and in-between your legs (that's called pubic hair.). You will start perspiring more under your arms because your sweat glands are more active. It is important to keep yourself clean and use deodorant. Depending on your heritage, hair will start to grow on your face, maybe on your chest and back as well.





**Voice** - Worried that your voice is still a bit high pitched? It's quite alright. In puberty, a boy's voice will get deeper. This happens when enough testosterone is released in the body, causing your larynx (your voice box) to grow larger and your vocal cords to get thicker.

You will first notice it when your voice sounds like it's cracking. Your voice tones will go high and low constantly.

It will begin squeaking a lot. This process can happen for a couple of months to a year. When it starts to happen, don't worry about it, all boys go through it, and soon enough, you'll have that bass voice you always wanted!



**Tougher Skin** - The skin, particularly on your hands and feet, will become a tougher and thicker. You will develop calluses which will help protect your hands and feet, especially when you are working hard.