

Straight Talk about Puberty for Boys

Directions: While viewing the video, answer the following questions.

1. When does puberty start in boys?

2. What are some changes that take place in boys during puberty? (List 3)

- a. _____
- b. _____
- c. _____

3. What hormone in boys plays the key role in puberty?

4. What is the best way to remain healthy and energized during puberty?

- a. _____
- b. _____

5. How many hours of sleep do most teenagers need per night?

6. List three embarrassing side effects of puberty in boys:

- a. _____
- b. _____
- c. _____

7. Why does a boy's body go through all these changes?

8. What are ejaculations that occur during the night called?

9. "I'm 13 and I have barely grown at all this year. Do you think there could be something wrong with me?"

10. Who can you talk to when you do not understand puberty?
