

**Straight Talk about Puberty for Boys**

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

1. When does puberty start in boys?

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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?

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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?

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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?

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

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

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

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