

Growing Up Well

FOR BOYS



Ministry of Education
Republic of Maldives



HOW CAN I HELP?

I am filled with lots of information for boys like you. I will tell you about the changes that naturally happen in your body as you start to grow from a child and eventually into a young man. It doesn't happen overnight and actually takes years. This can be a difficult time if you don't know what to expect and how to manage the changes that are happening. Read along to find out more!



PUBERTY

Puberty is a series of changes that your body goes through as you grow into a young man. You start to produce hormones which will change your body and it can also affect your emotions. It can be difficult to get used to it but everyone must go through it including girls while they grow into young women. The changes are different for boys and girls and it should be respected. For boys, puberty usually happens between 10 and 18 years of age. Some might start puberty earlier or later. This is normal. Each person's body will grow and change when it is ready. All of us are different our bodies change differently too. Here are some of the common changes you can expect during puberty.

What will happen to boys during puberty?

- You will grow taller, bigger and may get more muscular
- Your voice changes and gets deeper. It might be difficult to control at first but it will settle down soon
- You develop facial hair
- Your underarms and private area grow hair
- Sweat and oil glands becomes more active and you may get pimples and sweat more
- Your body odour changes
- Your reproductive system matures
- Your penis and testicles get bigger and may feel itchy and uncomfortable
- You may experience mood changes

Why are most of the girls taller than the boys already?

Girls get a head start on puberty as their bodies start to change and grow a bit earlier than most boys. Don't worry, boys will usually catch up and some may grow even taller than girls! You just need to wait and see. In the meantime it is important that you keep active and eat a balanced nutritious diet that will help your body grow taller, stronger and healthier.

PERSONAL HYGIENE & GROOMING

- It is important that you bathe at least once a day so your body is clean and does not smell
- If you are worried about smelling, you can use a deodorant or anti-perspirant on your underarm.
- Now that your body creates more oil and that you are getting facial hair, you will need to pay more attention to washing your face well and keeping your hands clean! read along for acne & shaving tips.
- Your body will start growing hair on your underarms and private area. The hair on your legs and arms may also become thicker and curlier as you grow older.
- Wash your hands regularly
- Give your nails a good scrub every day and cut them once a week
- Brush your teeth at least twice a day (morning and before going to bed). Sugary foods and fizzy drinks can damage your teeth and gums, so it is best to limit them. You still have molars to grow. Bad oral health can lead to unsightly stains, bad breath and even missing teeth. Besides, a clean and healthy smile gives us so much confidence!
- Wear clean, washed clothes and underwear that are comfortable.

Did you know:

A million deaths a year could be prevented if everybody washed their hands regularly!

When should I shave?

It is really up to you to decide when you want to start shaving. You can start whenever you have grown facial hair. At first talk to a trusted adult whether you should start shaving or not. You would probably get fine hair on your upper lip followed by some more on the chin. It may get thicker and spread to your neck and cheeks as you grow older. You might not need to shave much just yet.



SHAVING TIPS

- There are all sorts of razors available these days. You can buy razors and shaving gel or cream at lots of shops, supermarkets and some pharmacies. Some people prefer using electric shavers.
- First, you should wash your hands properly
- Rinse your razor to make sure it is clean.
- It is important to wash your face before shaving, so you don't get a rash from shaving. This is particularly important if you have sensitive skin.
- You can use a mild soap or a gentle face wash to wash your face.
- Hair in different parts of the face grows in different directions. You should shave in the direction your hair is growing. Shaving in opposite direction can give a rash, redness or razor burn!
- Rinse your razor every few strokes to make sure it doesn't get clogged.
- When you are done, give your face a nice wash!
- Make sure you rinse and dry the razor, and store it safely.
- You must renew the blade of your razor or get a new razor if it becomes blunt or if it develops a stain to make sure you don't end up with a rash, redness and blotches.
- Expect to get some cut and nicks. You just have to be careful and make sure it doesn't happen every time.
- Also, you must never share razors/shavers with others

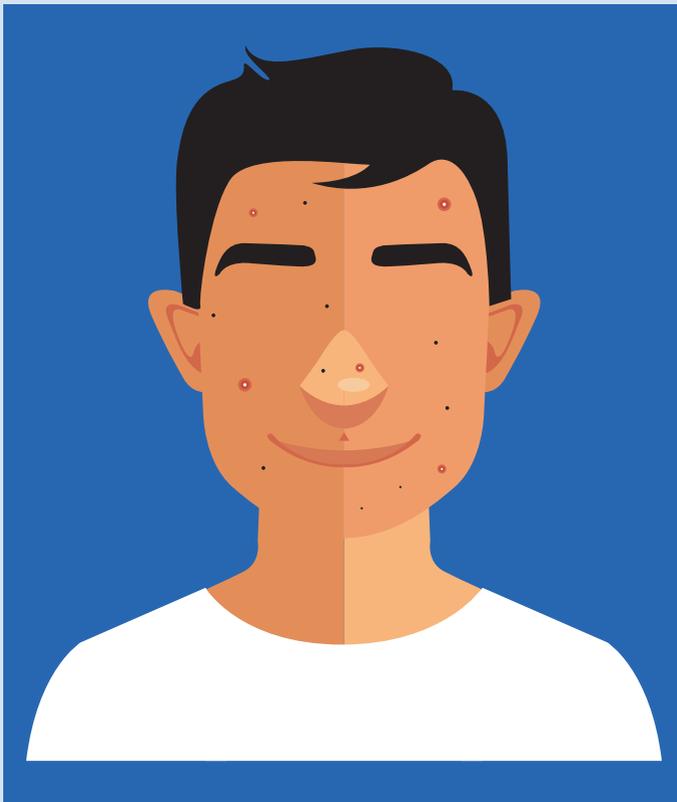


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Why not talk to a parent or trusted adult to get some tips. You can even get a shaving lesson from someone who has done it before!

How can I prevent acne and pimples?

All the new hormones that your body produces during puberty affect the oil producing (sebaceous) glands and sweat producing glands. Pimples are caused when the sebaceous glands that lie just under your skin creates oil (sebum) that is a bit thicker and flows a bit slower resulting in your pores getting clogged. When pimples get inflamed, this condition is called acne. Some of us have to deal with acne for many teenage years and there is no single treatment that works for all of us. Most of us get pimples and acne on the face, but you can also breakout in other parts of the body. Try these tips to make sure you are looking after your skin well and giving your body the chance to reduce the number and severity of breakouts.



Did you know: We lose 30,000 to 40,000 dead skin cells off the surface of our skin every minute. Better wash our bodies properly everyday so our skin doesn't get clogged!

TIPS TO BETTER MANAGE PIMPLES & ACNE

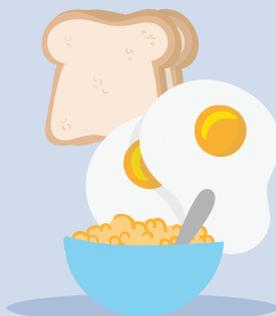
- Keep your hands clean and finger nails trimmed and clean.
- Washing your skin is important to remove excess oil and dead skin cells which can clog your pores. Washing too much can actually damage your skin by over-drying or irritating existing pimples.
- If you've been exercising, doing a sport, doing active work or if the heat is just so terrible that you are sweating too much, you should wash your face and other acne-prone areas of your body as soon as possible.
- If you use skin products, choose products that are non-comedogenic (meaning they don't clog pores).
- Be careful with hair styling products and keep them away from the face. A lot of these products contain oils that can make your acne worse!
- If you get acne on your body (e.g. back or thighs), avoid wearing tight clothes. They can rub against the pimples and irritate it more. Never pop, pick or squeeze pimples. This can actually push pus or an infection deeper inside causing more redness, swelling, and worse - scarring, which may be there forever!
- Don't be embarrassed to get help. If your acne is really bothering you, you should speak to a trusted adult. Doctors can recommend special creams or gels and medicines for your acne and can help you manage your acne better.
- If you are taking prescription medication for acne, you must complete your medication as the doctor advised (unless the doctor tells you to stop it before that). When your skin starts to look better, you might feel like you don't need the medicine anymore, but there is a chance that you might get a breakout if you stop too early.
- Here is some good news - acne usually gets a lot better as you get older!
- A well balanced nutritious diet and physical activity can keep your body and skin fit and healthy.

TAKING CARE OF YOURSELF

- You need to eat a good diet to fuel your body while it goes through all the changes of puberty
- Drinking plenty of clean water is really important too, especially in a tropical country like ours
- You may experience mood changes and irritability. Learning how to relax and manage it is part of growing up
- Deep breathing can help us relax and feel better
- Daily stretching and exercise helps build strong muscles and bones and it helps us relax too
- Proper rest and sleep is essential for you to grow, be healthy and feel good
- If you have questions about the changes your body is going through, you could talk to a trusted adult like a parent or a brother, or you could also see a doctor if you are concerned about your health and wellbeing!



Calcium rich food like Milk & Yoghurt will give you strong bones for life



Breakfast is a great start for all the learning and activities coming ahead in the day



Make sure you drink enough water. It is the best drink out there!

Food and water are the fuel for lots of growing and developing at your age!

Do You Worry About How You Look?

When your body is changing and growing, sometimes you might worry about how you look. This is normal. If it is affecting you too much, it is best to speak to someone you can trust about it such as your parent, school health officer or counsellor.

You will see children and adults of all sizes, shapes and personalities if you look around. Everyone is different and it is your identity that makes you unique.



