

5 physical changes that will occur throughout puberty for boys

By Alex Cresswell

**The Changes in A Boys Body**

**1-Voice Change**

* Your voice deepens, and while the process is gradual, you might experience your voice breaking at times. This is normal and natural.

**2-Body Hair**

* Facial hair first appears at the corners of your upper lip and then spreads across the upper lip, to the upper parts of the cheek, below the bottom lip, and finally to the sides of your face and your chin. Underarm hair is also growing at this time as well.

**3-Acne**

* Accompanying underarm hair growth, your sweat and oil producing glands also start developing, which eventually results in acne when these glands are clogged. In order to avoid breakouts, you should wash your face twice daily.

**4-Growing**

* Puberty can also cause you to go through a growth spurt, which results in an average growth of about 4.1 inches (around 10 cm) a year. Your head, hands, and feet are the first things to grow. Then you grow in your arms and legs, and finally your torso and shoulders catch up with the rest of your body.

##### **5-Ability to ejaculate**

* Through puberty boys are able to ejaculate. This is were semen is ejected from the penis. The first time this happens marks the sexual maturity in a boy’s life.

Site Menstrupedia:<http://menstrupedia.com/articles/puberty/physical-changes-boys>

**By Alex Cresswell**