

Yarning about  
boy's business



Hey Uncle, every morning I'm waking up with a real croaky voice. Did this happen to you?



Sure did Charles. Sounds like you're going through puberty. Let's have a yarn about boy's business and what that's all about. We'll start with puberty.



## Puberty

Puberty is the changes that a boy goes through to become a man and usually starts around 12 years old. You'll notice things like your voice changing or breaking, which is why it sounds croaky for a bit. You'll start to grow more hair too; on your face, under your arms, on your chest and back, in between your legs and around your penis. Some boys grow lots of hair and some just a bit. Everyone is different but all boys go through it.

You might get pimples on your face and maybe chest and back too. They'll usually go away after a while. Remember to wash your face and body every day, eat healthy food and drink lots of water. But if you're still worried about them, have a yarn to your healthcare worker.

Sometimes puberty can make you feel differently than you usually do. You'll be feeling really good one minute and then all of a sudden you may start to feel angry, mad, frustrated or sad. Having a yarn to a mate, some of your mob or someone else you trust can help and make a difference.

Uncle I've also been waking up a bit with my sheets and boxers sticky and wet. Does that have something to do with puberty?



Yep sure does. During puberty your testes (balls) start to develop sperm and what you just told me about is called a wet dream. Wet dreams are your body's way of getting rid of sperm and it usually spurts out of your penis (ejaculate) in your sleep.



Another change is you could start having erections. Erections happen when the penis fills with blood and goes hard. They usually happen when you get sexually excited but sometimes they happen for no particular reason. Erections can feel nice but sometimes it can be embarrassing if it happens at school or when you're with your mates. I reckon if you think of something really boring or wear loose shorts that can help. It does settle down after a while.

You might also like to masturbate. This is when you touch yourself for sexual pleasure. It's OK to masturbate and can also feel really nice. Just make sure you do this in a private place, like your bedroom.

You can start to look at, and feel differently about, people you meet when you're growing up and feel attracted to people in a different way to how you like your mates. Some men are attracted to women and some women are attracted to men. Some men are attracted to other men and some women are attracted to other women. You can be attracted to whoever you want, just as long as you're happy, healthy and safe.

Uncle, I see the older boys putting this stuff on their bodies and under their arms that makes them smell real deadly. What is it?



That's deodorant. Most boys and men sweat but using deodorant helps you not sweat so much and makes you smell real nice. Have a shower or bath every day. That way you'll smell real deadly for all the dates you'll be going on.



Why would I be wanting to do that Uncle?



Because soon you might want to start going out with those people you like.



# Relationships

A relationship is when people know each other. People have different types of relationships with the people they live with, their family, their friends and people they don't know well.

People have many different close relationships. One of these close relationships is with a partner, such as a girlfriend/boyfriend or husband/wife.

Some good things in a close relationship with a partner can be talking to each other, doing things together and helping each other. Close relationships can make people feel happy and good about themselves.

## Consent

What's consent Uncle?"



You might have heard some people talk about the age of consent. It means that when you are 16, you are old enough to make the decision to have sex and can say 'yes' without pressure. If you have been taking drugs or drinking alcohol, this can affect your ability to give consent. You need to feel comfortable and confident to say 'no' at any time when you're having any type of sex. If you start having sex and decide that you want to stop at any point, that's OK. When you are going out with someone you both need to be honest, open and respectful with each other about sex. That's part of being in a healthy relationship.



# Sex

Sometimes when people have sex, they can have an orgasm. Sometimes they don't. An orgasm is when a person's sexy feelings get bigger and bigger. Then something happens to a person's whole body that feels different and exciting.

Sex can be between men and women, men and men, or women and women. All of this is OK as long as each person wants it. It's important to know that it's OK to not have sex. Just because you are in a relationship with someone, it doesn't mean you have to have sex. There are a couple of things that you need to understand when you are thinking about having sex as well. Some of these things include:

- You can still get an STI even if it's your first time having sex
- Make sure you use condoms to protect yourself
- If you are a guy and a girl having vaginal sex the girl can still get pregnant the first time she has sex. So you need to make sure you choose the right contraception.



Wow Uncle, there's a lot I have to think about, like looking after myself and understanding all the changes that are happening to me. Thanks for the yarn Uncle.



No worries my brother. I'm always round for a yarn.



## Our clinics

### **Family Planning NSW Ashfield**

328-336 Liverpool Road  
Ashfield NSW 2131  
P: 02 8752 4300

### **Family Planning NSW Fairfield**

24-26 Nelson Street  
Fairfield NSW 2165  
P: 02 9754 1322

### **Family Planning NSW Penrith**

13 Reserve Street  
Penrith NSW 2750  
P: 02 4749 0500

### **Family Planning NSW Hunter**

Ground floor  
384 Hunter Street  
Newcastle NSW 2300  
P: 02 4929 4485

### **Family Planning NSW Dubbo**

2B/155 Macquarie Street  
Dubbo NSW 2830  
P: 02 6885 1544

You can contact **Family Planning  
NSW Talkline 1300 658 886**,  
a confidential service to answer all  
your questions about reproductive  
and sexual health over the phone  
and by email.

**[www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)**

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