

5 Stages of Puberty for Most Boys



Stage 1

- ▶ Hormones are released (mainly testosterone)
- ▶ Testicles and scrotum grow
- ▶ Maybe sperm production begins
- ▶ Maybe pubic hair

Stage 2

- ▶ Growth spurt
- ▶ Body shape changes
- ▶ Muscles grow
- ▶ Nipples may get tender and sore

Stage 3

- ▶ Penis gets longer
- ▶ Voice breaks
- ▶ Ejaculation
- ▶ Wet dreams
- ▶ Pimples

Stage 4

- ▶ Facial hair more noticeable

Stage 5

- ▶ Full height
- ▶ Chest hair

Guide To Puberty For Boys

PT Brinkman



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