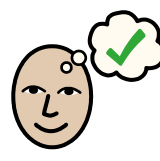
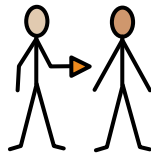
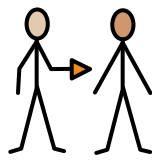
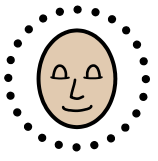


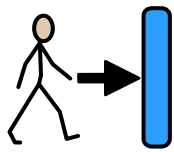
There are people that you feel very



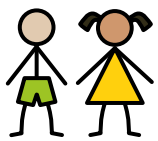
safe with, that you know you can



trust and you feel very warmly



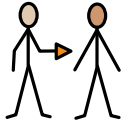
towards. These can be adults or other



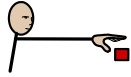
children.



When



you



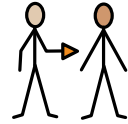
reach

around

10

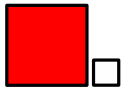
or

11

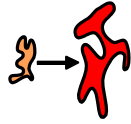


you

have a

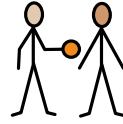


big



change

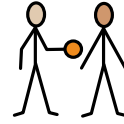
in



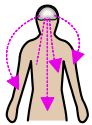
your



body.



Your

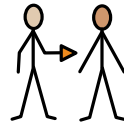


hormones



change

and

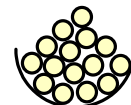


you



have

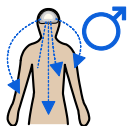
a



lot

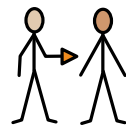


more



testosterone

if



you

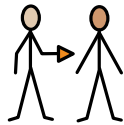
are a



boy,

or oestrogen and

progesterone if



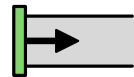
you

are a



girl.

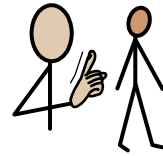
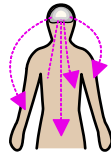
This is what



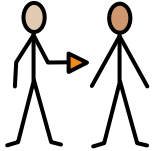
starts



puberty.



Sometimes these hormones might make



you

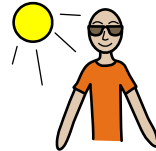


feel

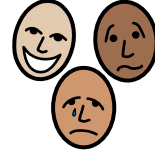


like

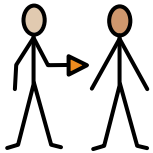
the



warm

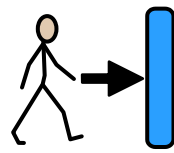


feelings



you

have



towards



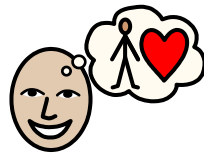
someone

are



romantic

or a



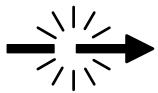
crush.

This is



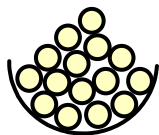
ok.

It

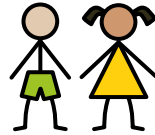


happens

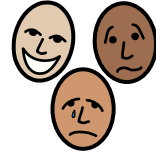
to



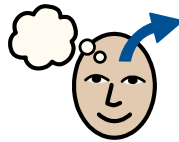
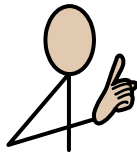
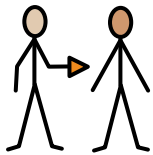
lots of



children.



There is nothing wrong with these feelings,



but you must remember that an



adult and child cannot have a romantic



relationship.

Puberty: Glossary of Terms

E

Ejaculation

This is when semen, a fluid which contains sperm, leaves the penis. (See semen and sperm below.)

Emotions

During puberty the body produces many hormones, which are chemicals that help teenagers grow into adults. The brain is also growing and changing too during this time. Combined together, this may intensify moods and emotions. Feelings of sadness, frustration, tiredness and anger are all normal during this time.

Erection

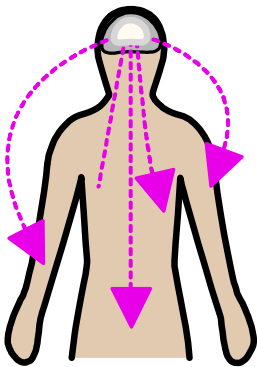
This is a hardening of the penis, causing it to enlarge and stand away from the body. It happens when sponge-like tissue inside the penis fills with blood. Sometimes erections happen when a boy thinks about someone they like, at other times they happen for no particular reason at all.

Testicles

Egg-shaped glands within the scrotum that produce sperm. During puberty, the testicles may increase in size and drop lower

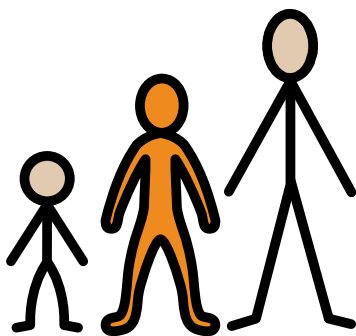
Testosterone

A hormone which is responsible for the development of muscle mass, pubic and body hair and a lower voice during puberty.



Oestrogen

A hormone which causes eggs to mature in female ovaries. One of these is then released into the uterus during each menstrual cycle.



Progesterone

A hormone which causes the uterus lining to thicken in preparation for the implantation of a fertilised egg. It plays a part in regulating a girl's menstrual cycle.

During puberty, different chemicals (hormones) are released from the brain signalling to the body that it is time to mature and grow. This is why teenagers will experience many physical and emotional changes as they develop and grow. (See oestrogen, progesterone and testosterone below.)

