



# MY BODY, MY SELF

FOR BOYS

**LYNDA MADARAS  
AND AREA MADARAS**

NEWMARKET PRESS



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## OTHER BOOKS BY LYNDA MADARAS

*On Your Mark, Get Set, Grow!*  
A "WHAT'S HAPPENING TO MY BODY?" BOOK FOR YOUNGER BOYS

*Ready, Set, Grow!*  
A "WHAT'S HAPPENING TO MY BODY?" BOOK FOR YOUNGER GIRLS

*My Feelings, My Self for Girls*  
AND AREA MADARAS

*The "What's Happening to My Body?" Book for Girls*  
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*The "What's Happening to My Body?" Book for Boys*  
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*My Body, My Self for Girls*  
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*Lynda Madaras Talks to Teens About AIDS: An Essential Guide for Parents, Teachers, and Young People*

*Womancare: A Gynecological Guide to Your Body*  
WITH JANE PATTERSON, M.D.

*Woman Doctor: The Education of Jane Patterson, M.D.*  
WITH JANE PATTERSON, M.D.

*Great Expectations*  
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## **ACKNOWLEDGMENTS**

We'd like to thank all the men and boys who made this book possible by sharing their feelings and experiences with us. Thanks to Andrew F., Chico F., Michael F., Moshe F., Victor F., Jonathan K., Michael L., Andy M., George M., John O., Warren O., Tracy R., Larry S., Everett T., Big Al V., Bill V., the boys in our classes and workshops, and the many boys and men who have written to us over the years.

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## PREFACE

**Hi, we're Lynda and Area Madaras.**

We're the mother-and-daughter team who put this book together (with a lot of help from our friends). We've been writing books and teaching classes on puberty and sexuality for years. We have also written another book called *The "What's Happening to My Body?" Book for Boys* that explains the physical and emotional changes a boy goes through during his preteen and teen years, as his body changes from a child's into a man's body. This time of change is known as puberty, and the book explains how and why puberty happens and answers the many questions that have come up in our sexuality education classes over the years. We received thousands of letters from boys all over the world with new questions and experiences to share, and that's how this book came about.

This book is a companion to *The "What's Happening to My Body?" Book*, and covers many of the same topics, though not in as much detail. You don't need that book to use this one. The big difference between the two books is that this is an interactive book, with exercises, quizzes, and other activities that will help you learn about the changes that take place in your body during puberty.

This book owes a great deal to the many boys and girls who have been students in our classes over the years and to the families who have attended our puberty and sexuality workshops. Much of the material in this book was developed and refined with their help. Indeed, without their kind patience when exercises and activities didn't work out as planned and their enthusiasm when they did, this book would not have been written. We also owe a big thanks to the many men and boys who have written to us over the years, and to those who spoke with us personally while we wrote the book.

We hope you (and the friends and family members you'll recruit for some of the activities) enjoy the activities and exercises in the book and that it will answer some of the questions you'll have as you enter this new stage of your life.

LYNDA MADARAS

AND AREA MADARAS

## WHAT'S HAPPENING TO YOU?

Imagine that it's late on a dark, stormy night. All is quiet as you stare out your bedroom window into the darkness.

Suddenly, the storm clouds part. Moonlight floods your bedroom, striking your mirror. You turn to look at yourself and come face to face with the truth. There's no longer any doubt about it. Your body is definitely changing!

Perhaps the first change you noticed was the coarser, darker hair growing on your arms and legs and in places where it never grew before. By now, hair may even be growing on your face.

You may have noticed the whole shape of your body changing—broader, wider shoulders; thicker, more powerful muscles. You may be growing at an amazing rate. Your feet may seem too big and your arms too long.

Your forehead is becoming higher and your jaw longer and lower, so that it juts out more. Your body may have a new, unfamiliar odor. And you may be experiencing new and intense feelings and urges.

### **What's happening to you?**

- A. You're turning into a werewolf.
- B. You're going through puberty.

### **B. Puberty Is the Answer**

You're not turning into a werewolf; you're turning into a man! Puberty is the time in a boy's life when his body develops from a child's body into a man's body.

Luckily, puberty doesn't happen overnight, and it's nowhere near as scary as turning into a werewolf. Still, puberty does mean lots of change, and it helps to know ahead of time what to expect. That's where this book comes in. It explains how, when, and why your body changes.

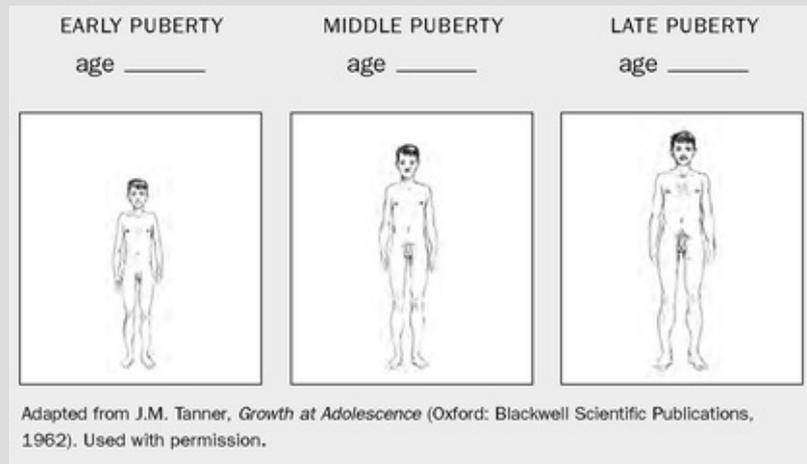
But this is not just a book about puberty; it's also a book about you. It is filled with exercises, activities, and places to record what's happening to you. In fact, by the time you're through, this book will be not only *about* you, it will be *by* you as well!

## **HOW OLD?**

The drawing below is adapted from a medical textbook and shows three boys in different stages of development. Can you guess each one's age? Write your guesses in the blank

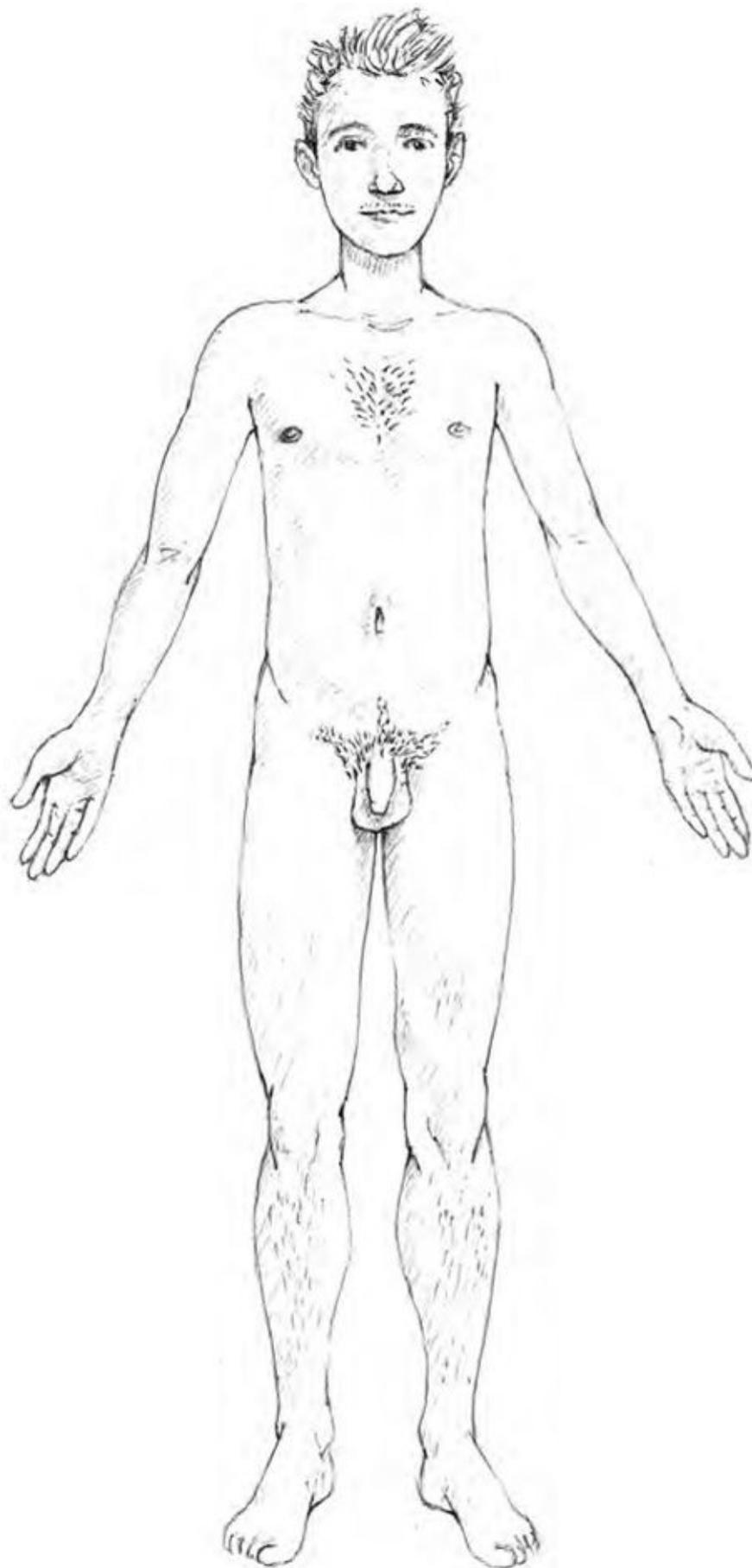
spaces below. The answer is in the box on page 4.

## STAGES OF DEVELOPMENT



## PUBERTY CHANGES

- Hair is more oily; you may need to wash it more often.
- Skin is more oily; you may have problems with pimples.
- Nipples enlarge, darken in color, and may be tender or sore.
- Breasts may swell and may remain enlarged for a year or two.
- Sex organs grow and develop.
- Curly pubic hair grows on and around sex organs.



- Muscles are thicker and more developed, and body strength increases.
- Hair on legs increases and may darken in color.
- Feet enlarge and perspire more; foot odor may be a problem.

- You go through a growth spurt and your weight and height increase rapidly. You grow taller faster than ever before. Your feet grow first. Your arms and legs grow before the trunk of your body grows.
- Hair grows on upper lip and on cheeks.
- Shoulders are wider and broader.
- Underarm hair grows; you may notice more perspiration (sweat) and body odor.
- Hair may grow on chest, back, shoulders, or elsewhere.
- Hair on arms may increase and darken in color.
- Erections (when the penis gets stiff and hard for a while) happen more often.
- And during puberty, for the first time, a boy ejaculates—releases a teaspoon or so of a white, creamy fluid called semen from the opening in the tip of the penis. You'll learn all about ejaculation and these other changes as you do the exercises in this book.

## **ANSWER:**

**ALL THREE BOYS ON PAGE 2 ARE 134 YEARS OLD.**

Even though they are in different stages of development, all three of the boys pictured on page 2 are the same age—13 years and 3 months old, to be exact.

Everyone has his own timetable for when puberty starts. Some boys notice the first signs when they're only 9; others don't start puberty until they're 14 or older. But boys who start earlier or later than other boys won't be ahead or behind forever. Within a few years, it will all even out. We all end up in the same place—grown up!

### **Starting Lineup**

Puberty changes don't happen all at once. First you notice one change, then another, then another. Often these changes happen in the order shown in the chart below; that is, first, the testicles and scrotum enlarge; second, pubic hairs appear; and so on down the list.

But things don't always happen in this exact order. You may find that the changes happen to you in a somewhat different order.

Use the chart below to keep a record of the order in which these changes happen to you. When you first notice one of the changes on the chart, put a 1 next to it. When you notice the second, put a 2 in the blank space next to that change, and so on, until you've filled in all the blank spaces in the Your column of the chart.

If you've already noticed some of these changes, you can start filling out the chart now. (If you can't remember the exact order, just make your best guess.)

## YOU TYPICAL ORDER OF PUBERTY CHANGES

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- \_\_\_ 1. Testicles and scrotum grow larger
- \_\_\_ 2. First pubic hair
- \_\_\_ 3. Penis enlarges
- \_\_\_ 4. Ejaculation (release of semen)
- \_\_\_ 5. Height growth spurt
- \_\_\_ 6. Shoulders broaden
- \_\_\_ 7. Voice changes
- \_\_\_ 8. Hair on upper lip or underarms

### **Your Life: Past, Present, Future**

Since this book is about you, let's look at your life. What's it like now? How is it different from the way it was in the past or will be in the future? Filling in the chart below will help you think about these questions.

	PAST	PRESENT	FUTURE
The way I spend most of my time			
The people I'm closest to			
My favorite thing to do			
The most important thing in my life			

**THOUGHTS & FEELINGS ON**

**GROWING UP**

**“ It was great. I remember thinking, ‘I’m not a kid anymore!’ I loved it!  
”**

*—JOHN, AGE 26*

**“ It took too long. I was a late bloomer. It was a relief when it finally happened. ”**

*—MILES, AGE 21*

**“ I was angry and embarrassed and scared. Nobody told me what was going on. ”**

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—TERRY, AGE 18

**“ I was sort of confused because I didn’t understand what was happening. It was kind of scary. ”**

—PAUL, AGE 34

**“It was neat; it was cool. Sort of like ‘the arrival.’ ”**

—JOSEPH, AGE 20

**“ People make it sound like it’s this big dramatic thing that all of a sudden happens one day. It’s not like that. It’s not like some guy pops up and says, ‘Hey, kid, this is it. Now it’s going to happen to you.’ ”**

—JACKSON, AGE 33

**“I don’t really think about it. I just sorta go with the flow.”**

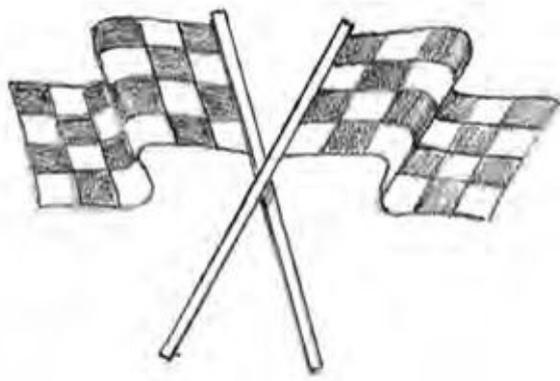
—CHRISTIAN, AGE 9

**“ It’s like one minute it was really cool and the next minute I was totally freaked out about it. ”**

—ZACK, AGE 17

## **What About YOU?**

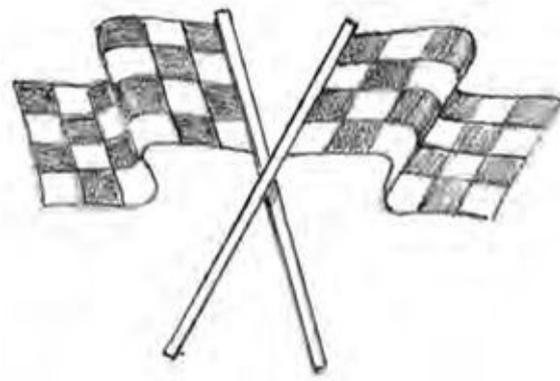
You’ve heard what these boys and men had to say; now it’s your turn. On the next page, you’ll find a racewriting exercise with space for you to write what you think. To find out how to racewrite, check out the instructions below.



## RACEWRITING

Just write whatever comes into your head! It doesn't necessarily have to make sense, and you don't have to worry about spelling and punctuation. (Don't you wish your English class was this easy?) The key to racewriting is that you time yourself, and the only rule is that once you start writing, you can't stop until you reach the end of the page. Then check out how long it took you, and write the time in the watch at the bottom of the page.

If you get stuck, don't know how you feel, can't think of anything to say, write just that—"I'm stuck," or "I can't think of anything to say." Write it over and over again as long as you have to, just so long as you keep writing without stopping until you've filled all the blank space. Now no cheating by writing too big! The idea here is to get as many thoughts down as fast as you can. Good luck.



## RACEWRITING

What are your feelings about growing up and the way your body is—or soon will be—changing? Are you excited, scared, or both? How far along are you? Do you wish you were further along? How do you feel about the changes you've noticed so far? Are you looking forward to the changes to come, or would you rather just forget the whole thing?

If you're already well into puberty, do you remember what you felt like before? Do you feel different now? What questions do you still have? What are you feeling right now?

Remember to write as fast as you can, and don't stop for anything! Get your watch ready so you can fill in your time at the end. Ready, set, GO!





We won't pretend that this book will answer all your questions. For one thing, it's more an exercise book than a facts book. We have written a facts books about puberty; it and similar books are listed on pages 115–16.



No book, no matter how good, can answer all your questions. Fortunately, there is a solution close at hand. To find out what it is, solve the riddle in the box below.

## **RIDDLE**

**What's bigger than a breadbox, conveniently located right in your own home, and**

**contains amazing amounts of information about the physical and emotional changes of puberty?**

The answer to this riddle is at the top of the next page.

## **THE ANSWER:**

**Your Mom, Your Dad, or Whatever Adult(s) You Live With**



These folks are the answer. They're the most logical ones to turn to when you have questions, need advice, or just want to talk about what's happening to you. They can understand what you're going through—after all, they've been through it too!

What if you're ready and willing, but your parents are too chicken to talk?

Or maybe you're the one who's all red in the face—too shy and embarrassed to talk.

If you've had these sorts of problems, you're not alone. Take a look at the next page.

## **ALL KINDS OF FAMILIES**

You may live with one or both of your birth parents or with adoptive, foster, or stepparents. Or you may live with one or more grandparents, other relatives, family friends . . . you name it! There are all kinds of families. If the words we've used in the next few exercises (or elsewhere in this book) don't apply to your family living situation, just substitute ones that do.

**“ It’d be easier to talk to them if they were close to my age.**

—TOM, AGE 17 ”

**“ I get a little embarrassed. ”**

—CHAD, AGE 17

**“ Parents don’t want to talk about it. ”**

—PETER, AGE 13

**“ I wish they’d just bring it up first. ”**

—ADAM , AGE 14

**“ I’m afraid of asking stupid questions. People think I should know. ”**

—ANDY, AGE 12

**“ I feel like I need an interpreter! ”**

—GENE , AGE 14

**“ I wish they’d talk about when they grew up.”**

—MICHAEL, AGE 11

**“ They’ve never brought it up, but I s’pose it’d be all right if we did talk.  
”**

—JAMIE, AGE 10

## **Easier Said Than Done?**

As the boys quoted above point out, talking to your parents isn’t always the easiest thing in the world. If you have problems talking to your parents (or even if you don’t), try the exercises on the next few pages. They’ll help you bring up the subject and help your parents remember what it was like to go through puberty. They’ll also help you get past the embarrassment that so often keeps parents and kids from talking about these things.

## **Remember When . . .**

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Explain to your parent(s) that you need their help with one of your workbook exercises. Then have them answer the questions below.

### **INTERVIEW I: When you were my age . . .**

**What was your favorite radio or TV show?** \_\_\_\_\_

**What kind of music did you listen to?** \_\_\_\_\_

**Who was your best friend?** \_\_\_\_\_

**What did you most enjoy doing?** \_\_\_\_\_

**What did you want to be when you grew up?** \_\_\_\_\_

**Where did you go to school?** \_\_\_\_\_

**Did they teach puberty or sex education in your school?** \_\_\_\_\_

**Did your parents talk to you about puberty and how babies are made?** \_\_\_\_\_

**Do you wish they'd talked to you more?** \_\_\_\_\_

### **INTERVIEW II: When you were going through puberty...**

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