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## ...there's a reason behind this book...

Welcome to **Guy Talk!** This book has been written especially for you, to help guide you through some of the many changes and challenges associated with being a guy.

If you've picked up this book, or been given it, chances are you're already a teenager, and right in the thick of all the emotional turmoil and physical changes to your body. More than likely, you feel like your body has been taken over by an alien — your body is doing many new and amazing things (many of which you are totally unaware of!).

Let me assure you, firstly, of two very important things:

1. You are not alone! Many hundreds of thousands of young guys all around the world are, right at this very moment, going through similar changes, emotions and feelings that you are presently feeling. Guys similar to you have the same questions, thoughts and experiences. You will most likely find the questions throughout this book really helpful. They were written by teen guys (not made up by adults or me!).
2. All that you are experiencing right now, or are soon to experience is **PERFECTLY NORMAL!** Though, at times, going through puberty can be a bit scary and unfamiliar, rest assured that all that you feel is right on the scale of normal and you will come through the other side **OKAY!** 'Promise'!

Just remember, you are a great guy in an amazingly exciting and wonderful time of your life. Try and take each day as it comes and do not worry too much (often easier said than done, I know!).

My hope and prayer for you is that this book, written especially for you, will help guide you through this incredible time.

**Sharon Witt**



# self image



**treat your manhood**

**as a thing to be proud of,**

**and be proud of who you are!**



# being a **guy** is **great!**

**...being a boy is  
a wonderful  
and exciting adventure...**

It may not always seem that way to you, but it is a fantastic adventure. Just think of all the wonderful things you get to experience as a guy. You get to muck around and get muddy and everyone expects you to! You can do many physical things as you get older because of your increased muscle capacity. You get to be all fussy about cars because you're a bloke (you even get to change the flat tyres!) You get to shave when you're older and no one expects you to be all free of hair and perfect. You don't need to wear make up (unless you're dared to) and get to develop a big loud manly voice that can grab the attention of just about anyone.

Best of all, you have the opportunity to become a dad one day and experience the joys of helping to build and raise your own family. It's a great thing to be a guy – just think – you do not need to go through fussy things like periods and pregnancy. Treat your manhood as a thing to be proud of, and be proud of who you are!

Just imagine if you were born a girl... you'd have to wear bras once you hit puberty, you'd have to cope with inconvenient things like menstruation (more on that later!) and would have to wear pretty dresses to your aunt's wedding, even if you didn't feel like it.

It's so good you were born a boy.

What a wonderful creation you are!

**You get to  
muck around  
and get  
muddy and  
everyone  
expects  
you to!**

# SELF★esteem



## ...there's nothing wrong with a bit of self-esteem...

Self-esteem refers to our own feelings of self-worth or the esteem we give ourselves. It's a good thing. In fact, a healthy self-esteem — feeling good about yourself — will reflect on and translate to other people around you.

Quote

'Always be a first-rate  
version of yourself,  
instead of a second-rate  
version of somebody else.'

Judy Garland

People with a healthy self-esteem, or self-image, tend to be pretty comfortable with themselves. They know what their strengths are and they understand that they are unique and valued.

People with a low self-image are usually easy to spot. They will

usually be those people complaining that they are 'hopeless at this or that', 'aren't as beautiful as Sarah' or 'as cool as Jack'. They are, more often than not, the people who will gossip, put others down, talk negatively about others or will be a bully.

*"a healthy self-esteem  
— feeling good about  
yourself — will reflect  
on and translate to  
other people around  
you."*

'How could I have  
been anyone other  
than me?'

Dave Matthews

'And so I sit and wait for the day,  
When I can be seen in my own special way.  
Just myself, how should I be?  
Not at all perfect-  
Just perfectly me.'

Melissa Munro

Developing a healthy self image is one of the most important goals you can concentrate on right now. With a healthy self image, you can accomplish anything you set your mind to!

'Be yourself.  
Nobody is better qualified.'

Anonymous

'If I try to be like him,  
who will be like me?'

Jewish Proverb

If you can do all that you can to work on your self image as a teenager, you stand a much greater chance of becoming a happy and successful adult!

## Life, Love & Longing

By Riana Baensch

The breath of life touches my lips  
And I come alive to a world of wonders  
Love is everywhere but cannot be given  
Until you love yourself.  
I am no longer in need of acceptance  
For I am loved, can love and will love  
Until His hand rests upon my shoulder and says that  
It is time.



# you are **Unique...**

## **...that's a good thing**

You have been created as a unique and amazing guy, capable of anything! You are truly awesome, and you need to hold on to this truth for the rest of your life, no matter what others may say to you or any negative experiences you have. Created in the image of God, you are truly worthy and precious. Your uniqueness is what makes you so special. Imagine how boring it would be if everyone was exactly the same. Celebrate the things that are different about you. Be thankful you have crazy freckles or red curly hair. These qualities are the things that make you **you!**

*'If everyone lit  
their own candle,  
the whole world  
would be lit.'*

*Mary Maskovitz*

There were two versions of me at one stage when I was growing up, all because of a TV show I adored. The show — a soapie called 'A Country Practice' — was very popular. And leading the way was one of the stars, 'Molly'. She was a confident, gorgeous woman who stood up for what she believed in. She dressed in bright colours and

wore amazing, wacky, bright outfits. Molly, the character, eventually died. That episode was watched by millions of Australians, sitting glued to their TVs to watch a most-loved character fade from our screens for eternity.

In front of one TV screen was me, Sharon crying, tears rolling down, thinking how much I wanted to be 'Molly'.

The truth is, there is only one *you* on the whole face of the earth — how incredible is that!? Being created as a unique and amazing individual actually lets you off the hook straight away. You don't have to try and be anybody else but yourself. Actress Judy Garland — the girl who played

Dorothy in 'The Wizard of Oz'  
— once said:

***'Always be a first-rate  
version of yourself, instead  
of a second-rate version  
of someone else.'***

Quote  
*'All of us are stars  
and deserve the  
right to twinkle.'*

*Marilyn Monroe*

The media constantly bombards us with images, telling us what we should look like and how we should act as teenagers. We end up all becoming lookalikes of each other. How boring is that?

That girl I loved on TV — Molly — affected my dress sense, big time! I remember conning my Nanna into making me a copy of a bright jumpsuit that Molly wore. I even put 'Molly's' bright clips in my hair. (The mental images frighten me to this day!)

*'Our problem is that we make the mistake of comparing ourselves with other people. You are not inferior or superior to any human being... You do not determine your success by comparing yourself to others. Rather, you determine your success by comparing your accomplishments to your capabilities. You are "number one" when you do the best you can with what you have, every day.'*

*Zig Ziglar, American motivational writer*

Sure, I went around dressed as 'Molly' for a while, but it wasn't the real me. I was just trying to copy somebody else I admired.

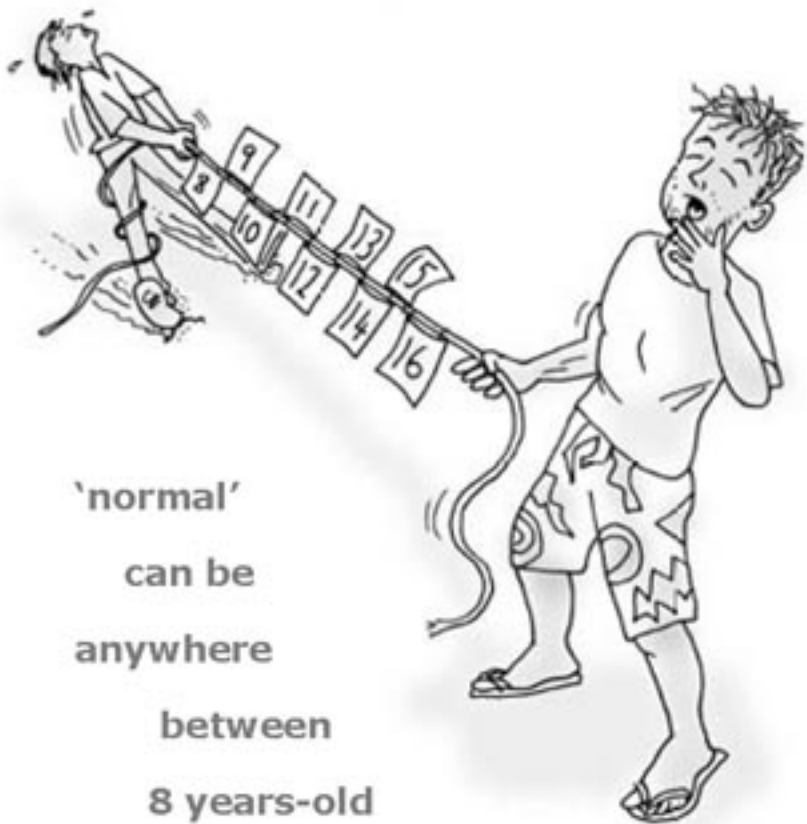
Trends and fashions may come and go, but don't just buy something or wear an outfit because you are trying to be something you are not. You just end up being very uncomfortable because you're not being real to yourself.





**changes.**

two //



'normal'  
can be  
anywhere  
between  
8 years-old  
to 15...



# changes, changes and more **changes...**

## **I guess one of the first things you associate with being an adolescent guy is change!**

Not so long ago, you were playing with toy guns and lego with your mates. About the only thing you had to stress about was what game you were going to play next!

But all this 'kids' stuff changes at some point.

There is no exact rule that points out when that is. It is impossible to know exactly when a boy will begin going through puberty. If you wanted to take a random guess, probably your best guidepost would be to ask your dad when he began going through changes. But still, this is no guarantee that your body will follow the same timetable.

If you think of a long piece of elastic, with ages written all the way along it at certain points, this will give you an idea of the age range we are talking about here.

As you can see, 'normal' can be anywhere between 8 years-old to 15 (even higher in some cases). Although 8 and 9 years-old is very much at the extreme end of puberty beginning, some boys do in fact begin going through pre-pubescent changes as early as this. If you want to talk 'averages', then you'd probably say 11 to 14 years as an average age for when boys go through puberty.

**If you wanted to take a random guess, probably your best guidepost would be to ask your dad when he began going through changes.**