

## Voice Breaking



When a boy starts puberty, chemicals in the body called hormones will make his voice box grow.

The voice box is what helps us make noise when we speak.

When the voice box grows, it can make your child's voice squeaky one minute and low the next.

This is something they cannot control. It is sometimes called 'voice breaking'.

It does not hurt but it can be embarrassing.

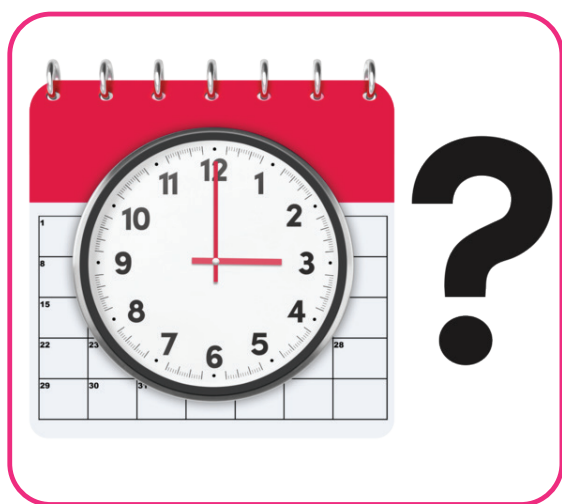
As your child's voice box grows it will stick out from their neck.

This is sometimes called the Adam's apple.



When the voice box stops growing your child's voice will be lower than before.

This is normal.



When does a boy's voice start to 'break'?

Everyone is different.

Some voices may start to change at the beginning of puberty while others may happen a little later.

Some voices change slowly over time, whereas others might change quickly.

This is OK.

If you have any concerns about your child's voice breaking, you should speak to your doctor.



## Talking about voice changes

It is good to talk to your child about the changes to their voice before it starts.

This will give them more time to understand the changes happening to their body.

It can help them feel ready for the changes when they start.

If you can, make time for your child to talk to a trusted adult about their experience.

You can use books and websites to help find pictures and the right words to say to your child about the changes to their voice.

There are some helpful resources listed below.

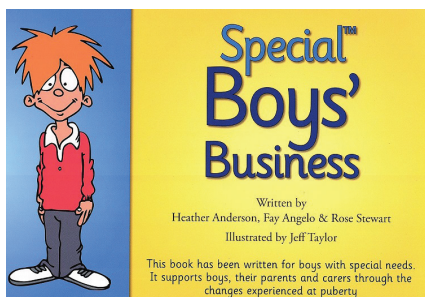
## Resources for you to use

### Body Talk website

[bodytalk.org.au](http://bodytalk.org.au)

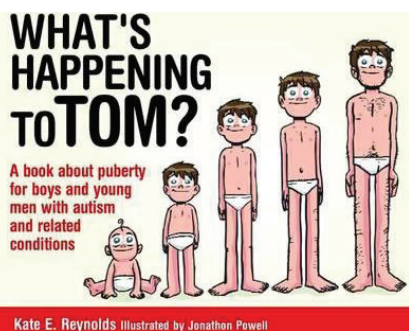
The logo for 'Body Talk' is a white speech bubble with a tail pointing towards the bottom right, set against a solid orange background. The words 'BODY TALK' are written in white, bold, uppercase letters inside the bubble.

**BODY  
TALK**



### Special Boys' Business

By Heather Anderson, Fay Angelo and Rose Stewart



### What's Happening to Tom

By Kate E. Reynolds



## What to read next?

- [Erections](#)
- [Wet dreams and ejaculation](#)
- [Hair growth and removal](#)

For more information go to the Planet Puberty website

[www.planetpuberty.org.au](http://www.planetpuberty.org.au)