Growing Up:

Puberty – What's Happening in Our Bodies?

What Causes Puberty?

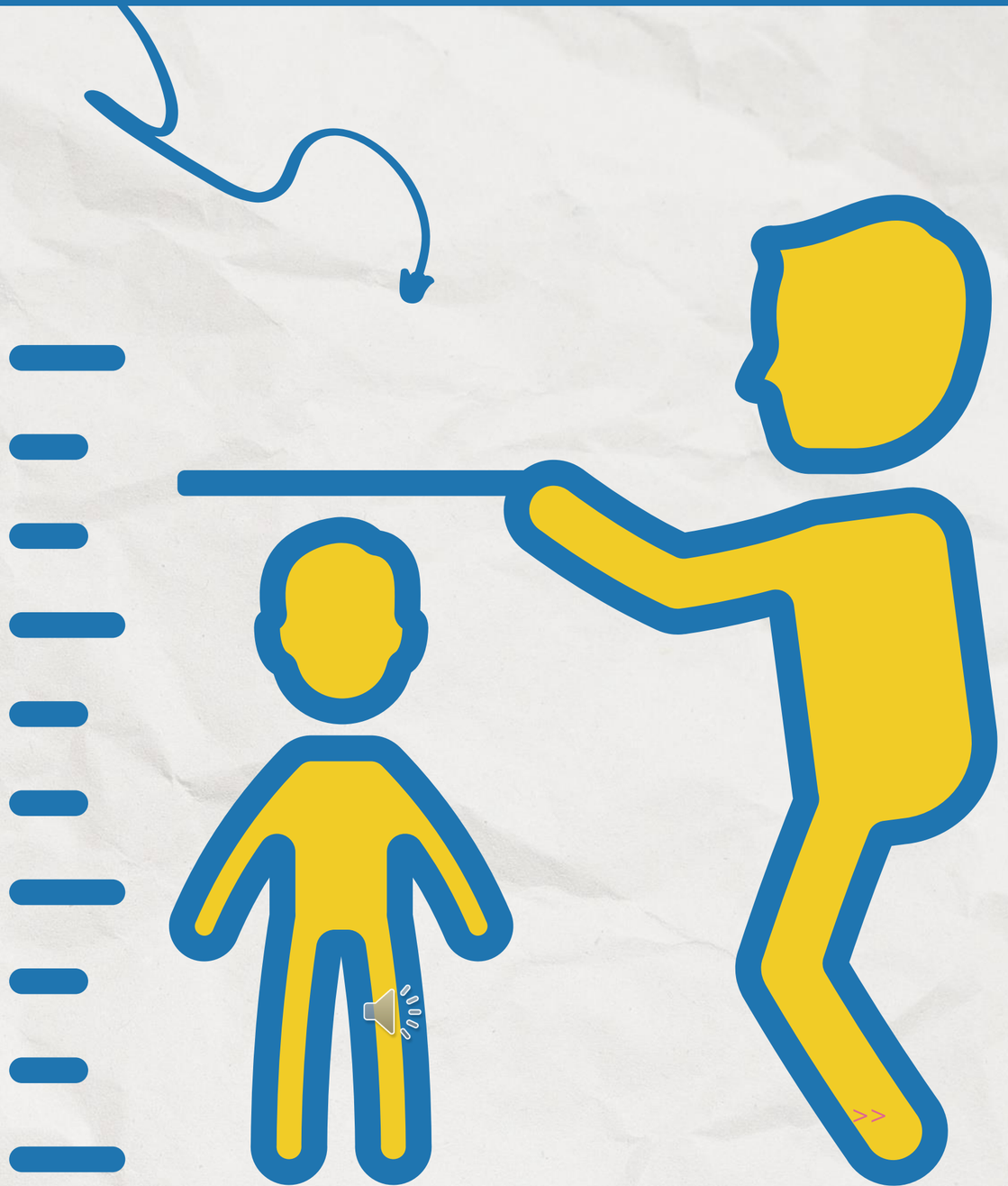
HORMONES CHANGE - TESTOSTERONE INCREASES

TIMING IS DIFFERENT FOR EVERYONE.

DON’T WORRY.

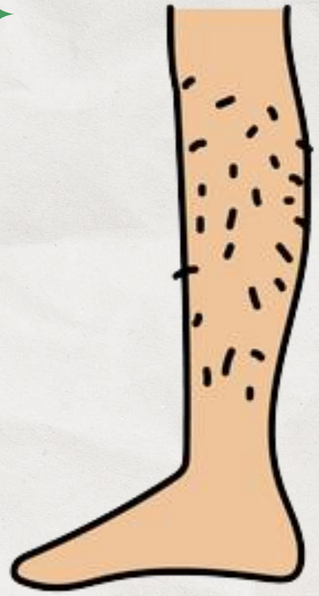
Changes During Puberty

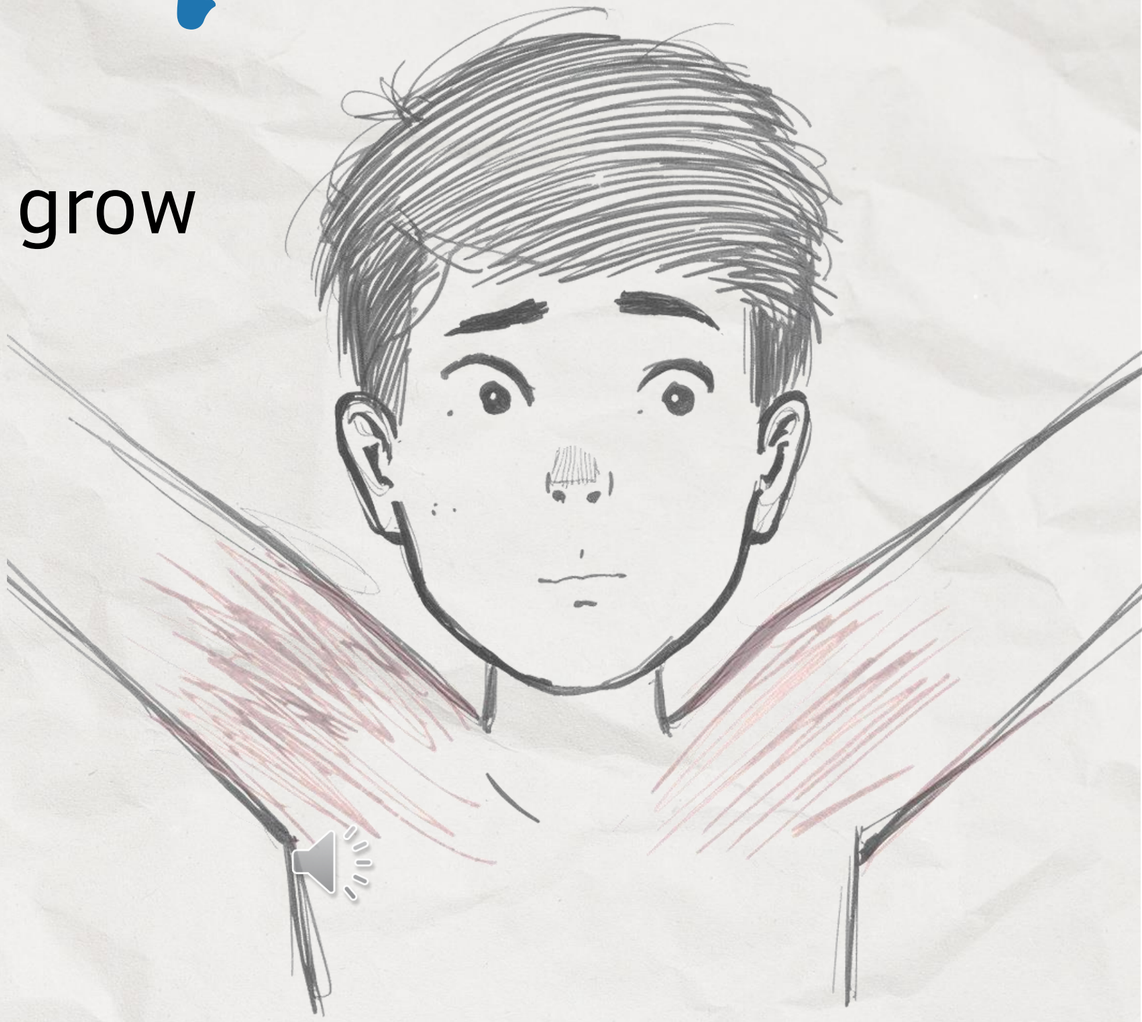
You may experience a growth spurt.



Changes During Puberty

Armpit, leg, and pubic hair starts to grow





Changes During Puberty

Body odor develops - shower regularly.
Cologne is not a substitute for deodorant

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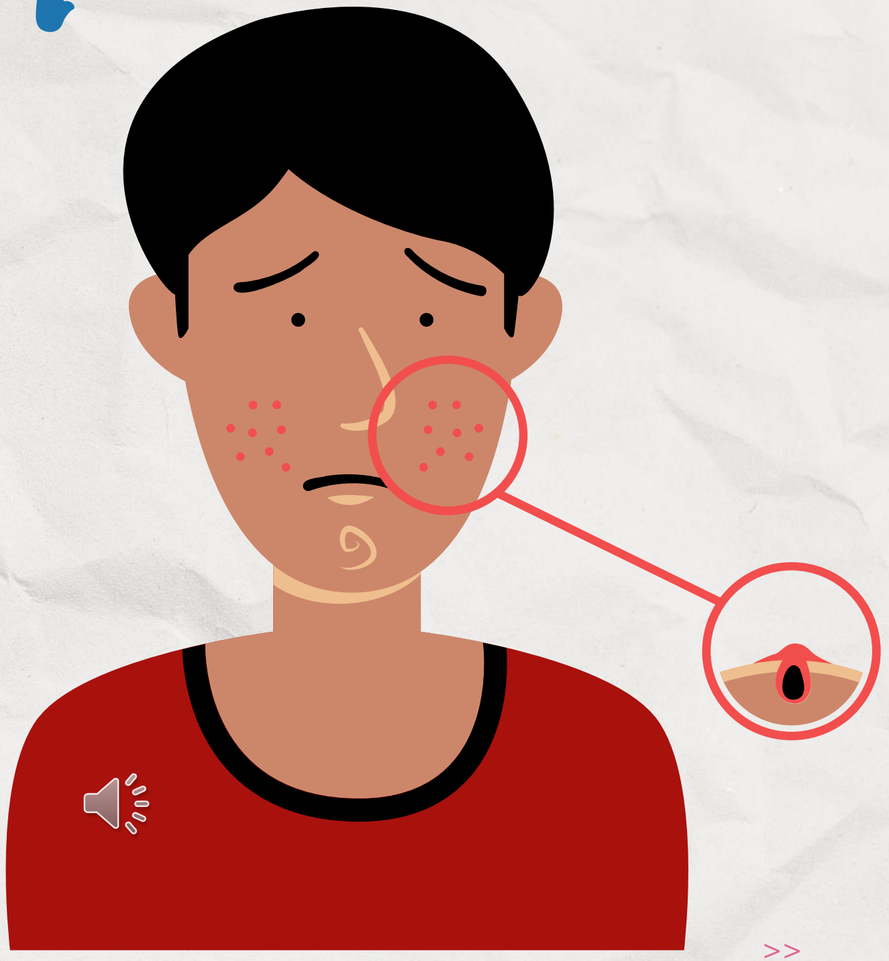
Changes During Puberty

Acne may first appear.



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Changes During Puberty

Voice gets deeper.

Managing Your Feelings

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Trusted Adults

If you have questions or feel unsure,
talk to someone you trust:

- Parents
- School Nurse
- Teachers
- Uncles

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Growing Up:

It happens to everyone

Questions?