Understanding Changes During Puberty

What is Puberty?

- Puberty is a natural process of growing up
- It's when our bodies change from children to young adults
- Usually starts between ages 8-13 for girls and 9-14 for boys
- Everyone experiences puberty differently and at their own pace

Physical Changes: Height and Body Shape

- Growth spurt: You may grow taller quickly
- Body shape changes: Girls develop curves, boys become more muscular
- Feet and hands might grow faster than the rest of your body
- You might feel clumsy as you adjust to your new body size

Changes in Skin and Hair

- Skin may become oilier, leading to spots or pimples
- Body hair grows in new places (underarms, legs, pubic area)
- Boys may start to grow facial hair
- You might need to start using deodorant

Voice Changes

- Boys' voices become deeper (voice breaks)
- Girls' voices may change slightly too
- Voice changes happen gradually
- It's normal if your voice sounds funny sometimes during this process

Sweat and Body Odour

- Sweat glands become more active
- You might notice new body smells
- It's important to wash regularly and use deodorant
- Clean clothes help manage body odour too

Changes for Girls

- Breasts start to develop
- Hips become wider
- Menstruation (periods) begins
- It's normal for periods to be irregular at first

Changes for Boys

- Shoulders become broader
- Muscles develop more easily
- Testicles and penis grow larger
- Voice becomes deeper

Emotional Changes

- You might have mood swings
- New feelings and emotions may arise
- It's normal to feel self-conscious about your changing body
- Talk to a trusted adult if you feel overwhelmed

Remember…

- Puberty is a normal part of growing up
- Everyone goes through it at their own pace
- It's okay to ask questions about the changes you're experiencing
- Be kind to yourself and others during this time of change