

Changing Bodies

What's Happening to Me?



1. Puberty is the time in your life when your body starts to change and you become more grown-up:

Girls Become Women

- ✓ Breasts develop
- ✓ Hair grows in pubic area, on legs, & under arms
- ✓ Hips get wider & waist gets smaller
- ✓ Skin gets oily & sweat increases
- ✓ Periods start

Boys Become Men

- ✓ Arms, legs, & hands grow fastest
- ✓ Become taller & shoulders broaden
- ✓ Voice gets deeper
- ✓ Hair grows on legs, face, under arms, & in pubic area
- ✓ Skin gets oily & sweat increases
- ✓ Penis & testes grow larger

2. The changes that you experience are happening because your hormone levels are changing
3. Your emotions will change too- you may start to think and act differently as you take on more responsibilities and start to make your own decisions
4. Remember- everyone goes through puberty differently and eventually we all catch up with our friends who may have developed sooner



Kentucky Commission for Children
with Special Health Care Needs