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
   - 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

May Be Copied for Educational Purposes