

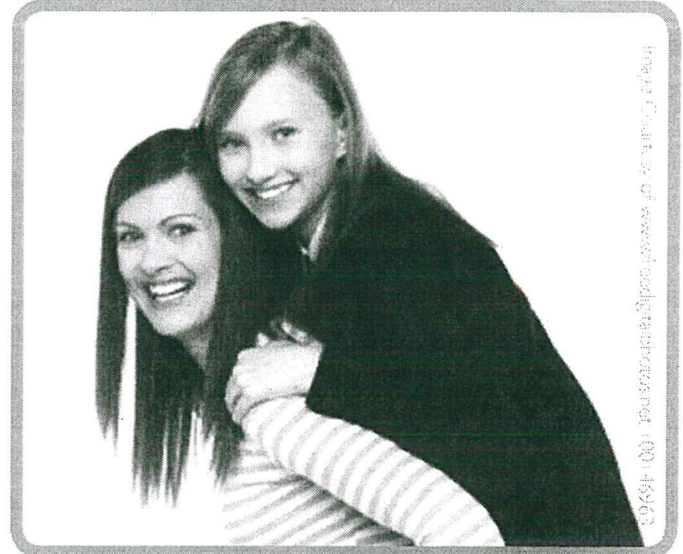
# Puberty

Usually occurs between

10 - 13 years of age



9 - 12 years of age



## BOYS

- Grow taller
- Skin gets more oily
- Hair grows on face
- Shoulders get broader
- Muscles develop
- Breast may feel sore or tender
- Penis and testicles grow
- Body hair including pubic hair
- Sweat glands develop—body odor
- Hair under arms
- Voice changes
- Glands in scalp produce more oil

## GIRLS

- Grow taller
- Skin gets more oily
- Breast develop
- Breasts feel tender and sore
- Hips broaden
- Skin around the nipples gets darker
- Feet grow rapidly—may feel clumsy
- Pubic Hair grow around genitals
- Sweat glands develop—body odor

During this time, it is important to talk about your feelings in regards to the changes going on with your body. Everyone will be experiencing the changes of puberty at different times and that is completely normal.

Getting plenty of rest and exercise is important to maintain a healthy body. Equally important is showering, bathing and taking special attention to your body. Applying deodorant and change your clothes on a regular basis. Girls who are menstruating, should be sure they change their pads and tampons every 3-4 hours.