



Puberty

Changes in a child's body and in a child's feelings as he or she grows up



Physical Changes for Girls

Early changes:

- Development of breast buds
- Growth of pubic hair
- Increase in height and weight

Later changes:

- Hips widen
- Ovulation and menstruation occur



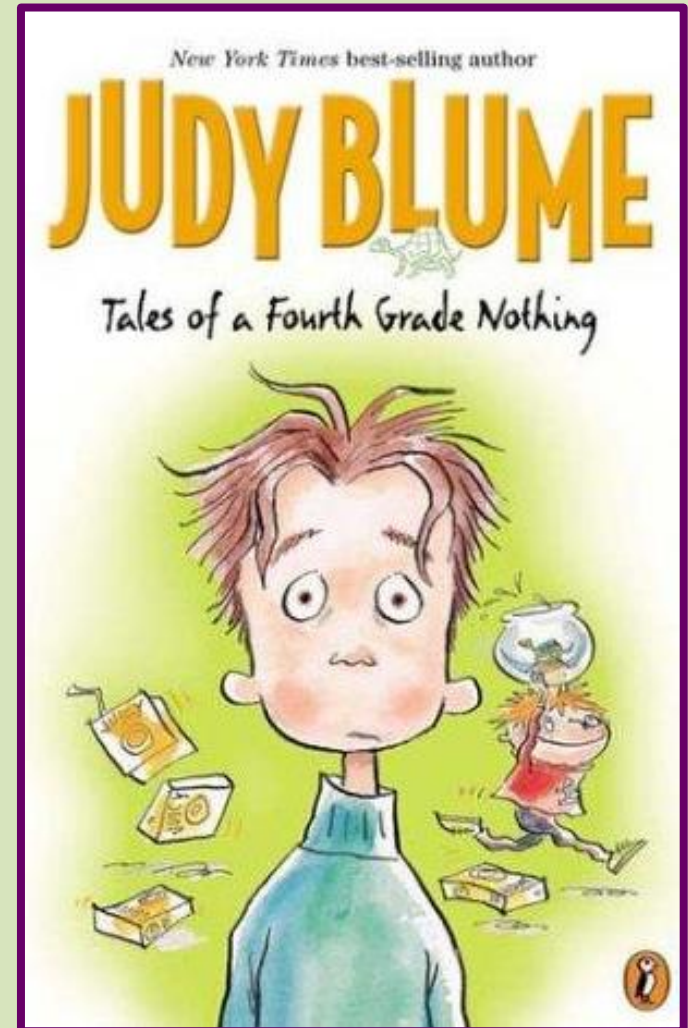
Physical Changes for Boys

- Voice deepens
- Shoulders broaden
- Body and pubic hair grow
- Facial hair grows
- Penis and testicles grow larger
- Nocturnal emissions



Changes in Feelings, Friendships

- Easily embarrassed
- Fragile self-esteem
- Friends become more important
- More competitive
- More aware of gender roles
- Uncertain about growing up
- Need reassurance



Puberty is Survivable



- Everyone goes through it
- It's normal
- Reading and writing can help with reflection
- Adults and peers can give support