

What's Happening to Me?



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 on legs, under arms & in pubic area

Hips get wider & waist gets smaller

Skin gets oily & sweat increases

Periods start

Boys Become Men

Arms, legs, & hands grow fastest

Hair grows on legs, face, under arms, & in pubic area

Voice gets deeper

Becomes taller & shoulders broaden

Skin gets oily & sweat increases

Penis & testes grow larger

- ◆ **The changes that you experience are happening because your hormone levels are changing.**
- ◆ **Remember - everyone goes through puberty differently.** Eventually we all catch up with our friends who may have developed sooner.

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.

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

dscc.uic.edu or like us on  facebook.com/dscc.uic.edu