

My Body is Changing

Transition Skills, Tips & Tools
“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

- Breasts develop
- Hair grows on legs, under arms and in pubic area
- Hips get wider and waist gets smaller
- Skin gets oily and sweat increases
- Periods start
- May grow taller very fast

Boys

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

Resources:

- Everything You Wanted to Know about Puberty:” kidshealth.org/en/teens/puberty.html
- “Puberty Survival Guide:” rush.edu/news/puberty-survival-guide
- “How to Talk with Your Kids About Puberty:” www.nationwidechildrens.org/family-resources-education/700childrens/2015/06/how-to-talk-with-your-kids-about-puberty

We’re here to help.

To learn more about the Division of Specialized Care for Children’s programs and services, check out our website at: dsc.c.uic.edu

