

# 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](https://kidshealth.org/en/teens/puberty.html)
- “Puberty Survival Guide:” [rush.edu/news/puberty-survival-guide](https://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](https://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](https://dsc.c.uic.edu)

