

Puberty

What is puberty?

Puberty is a natural change that happens to our bodies as we grow up. Going through puberty means that your body is starting to become more like an adult's body.



Puberty is caused by changes in your hormones. Hormones are chemicals inside your body. Hormones cause changes in your body like growing and puberty, keeping your body at a healthy temperature, or even feelings like hunger.



Everyone goes through puberty at a different time in their life. You could start puberty around 8 years old or even when you are a teenager.



It is normal to have questions about puberty. It can be helpful to ask an adult that you trust about puberty. You do not have to go through these changes alone.



Watch these videos to learn about puberty and how it can affect a person's body:

- [Puberty: Am I Normal?](#)
- [Puberty and Transgender Youth](#)
- [Puberty and Finding Out Who You Are](#)
- [Top Signs Girls Are in Puberty](#)
- [Top Signs Boys Are in Puberty](#)



These videos were found on the AMAZE YouTube page. Scan this QR code to access the AMAZE YouTube video library.

Changes: The changes happening in your body during puberty can make you look or feel different. Everyone's body goes through puberty differently. You will not have the same exact changes as your friends, family, or other people your age. Here are some changes that might happen during puberty:

Hair: Your hair may become thicker or darker during puberty. You may see more hair on your body including pubic hair and armpit hair. Pubic hair is the hair that grows between your legs on and near your genitals.

Growth Spurt: You may grow taller, gain weight, and/or grow larger muscles.

Breasts: Breasts are sometimes called boobs. They are round collections of fat that form behind your nipples on your chest. Some people choose to wear a bra or binder during this time.

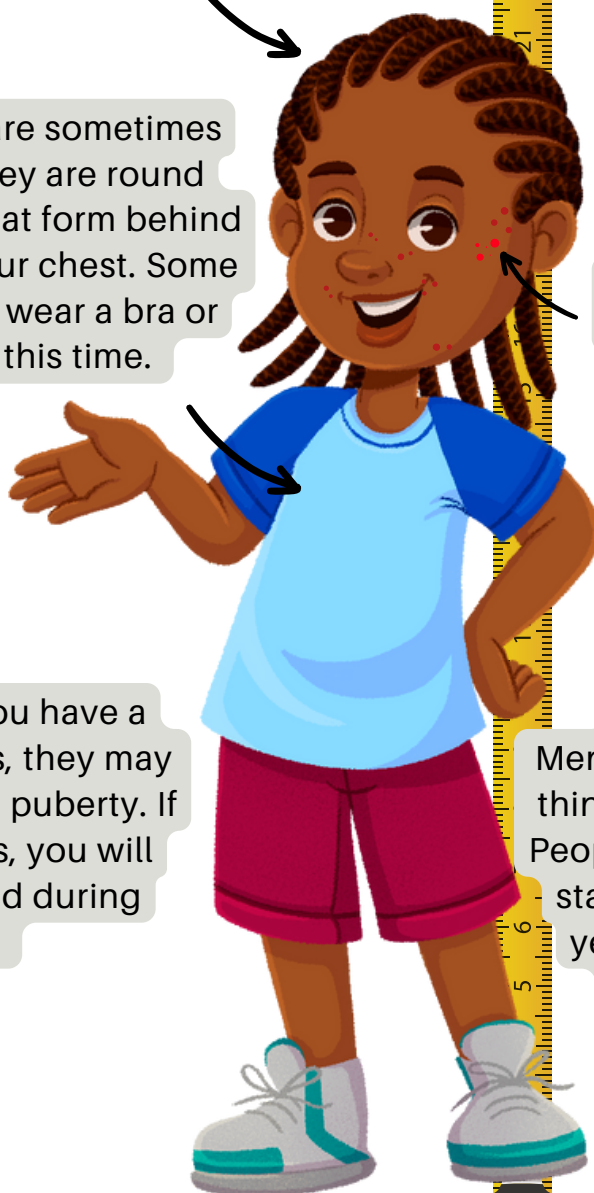
Acne: Acne or pimples may show up on your skin on your face or parts of your body like your back or chest.

Sex Organs: If you have a penis and testicles, they may grow larger during puberty. If you have a uterus, you will begin your period during puberty.

Menstruation: Menstruation is the same thing as having a period. People who have a uterus start their period a few years after they have started puberty.

Feelings: Your feelings, thoughts, mood, or emotions can change during puberty for many reasons. This is normal. It can help to talk about your emotions with people that you trust.

Voices: Your voice may get deeper during or after puberty.



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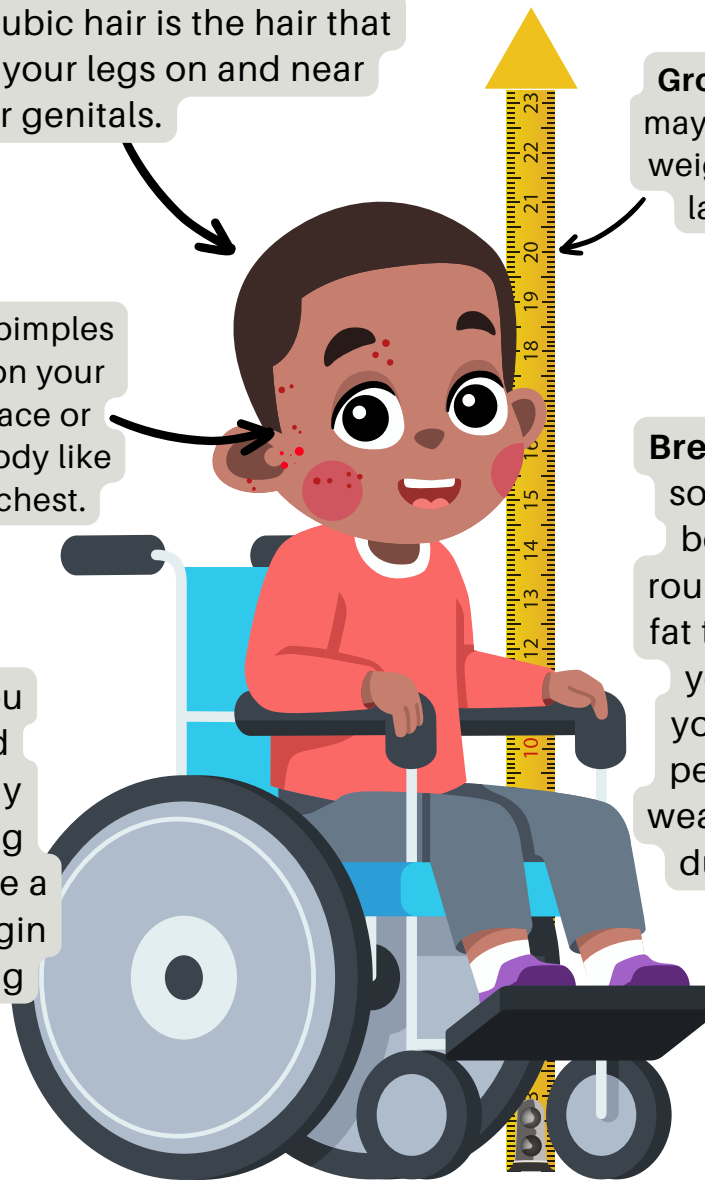
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External Reproductive Anatomy for People with a Vulva

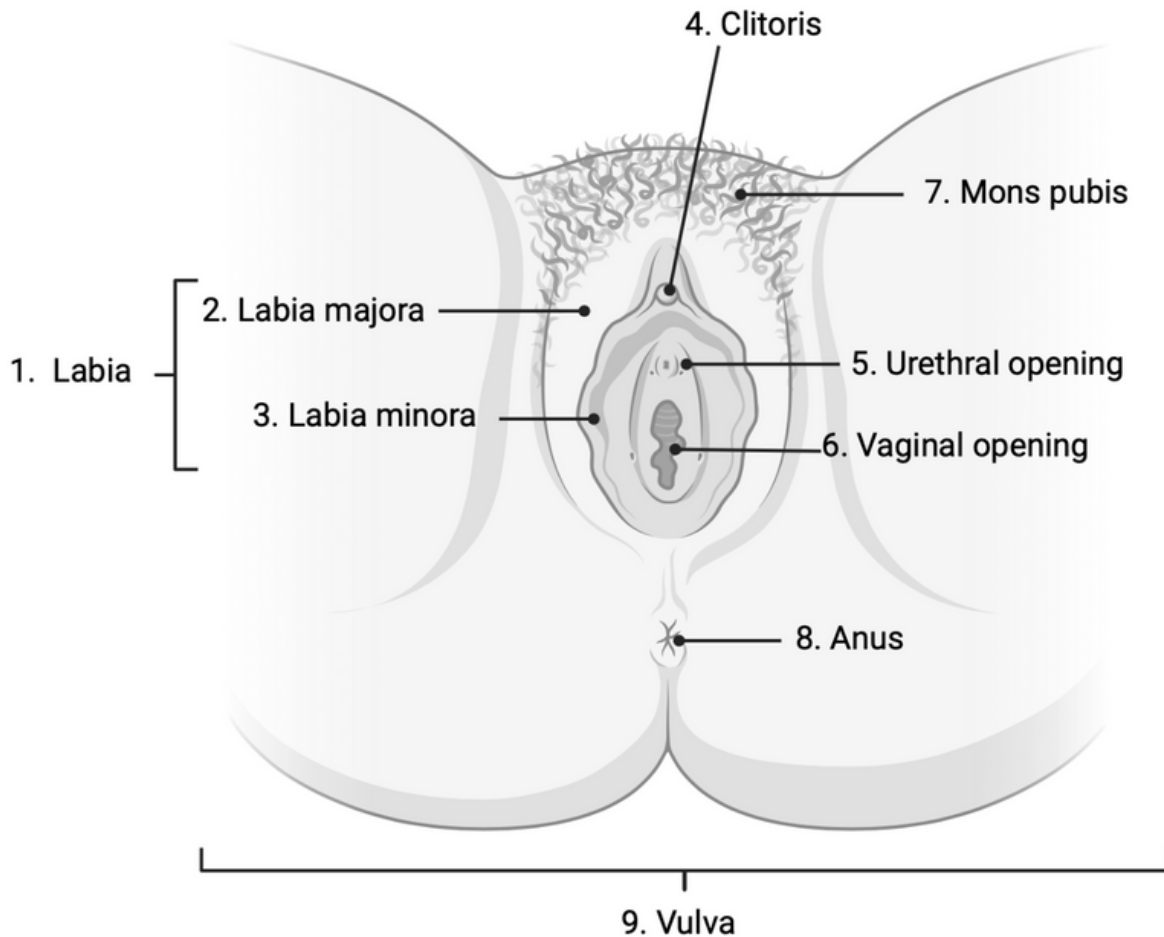
1. Labia	Folds of skin that protect the vaginal and urethral openings. There are two parts of the labia: the labia majora (2) and the labia minora (3).
2. Labia Majora	The outside labia.
3. Labia Minora	The inner labia.
4. Clitoris	The most sensitive part of your vulva. The clitoris serves to provide sexual pleasure.
5. Urethra *see urethral opening	Urine, or pee, travels through the urethra and out of the urethral opening.
6. Vagina *see vaginal opening	The vagina connects the cervix to the vulva. The vaginal opening is a passageway for childbirth, menstrual blood, and penetration during sexual intercourse.
7. Mons Pubis	A collection of fatty tissue that covers the pubic bone. Pubic hair grows on top of it.
8. Anus	The opening at the end of the digestive tract. Feces, or poop, travels out of the anus.
9. Vulva	The entire outside part. The vulva includes the labia, clitoris, urethral and vaginal openings, anus, and mons pubis.

Watch this video to learn about reproductive anatomy for people with a vulva:

- [Anatomy: Assigned Sex at Birth \(Female\)](#)



External Reproductive Anatomy for People with a Vulva



Adapted from "Vulva: Inferior View", by BioRender.com (2023). Retrieved from <https://app.biorender.com/biorender-templates>

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Internal Reproductive Anatomy for People with a Vulva

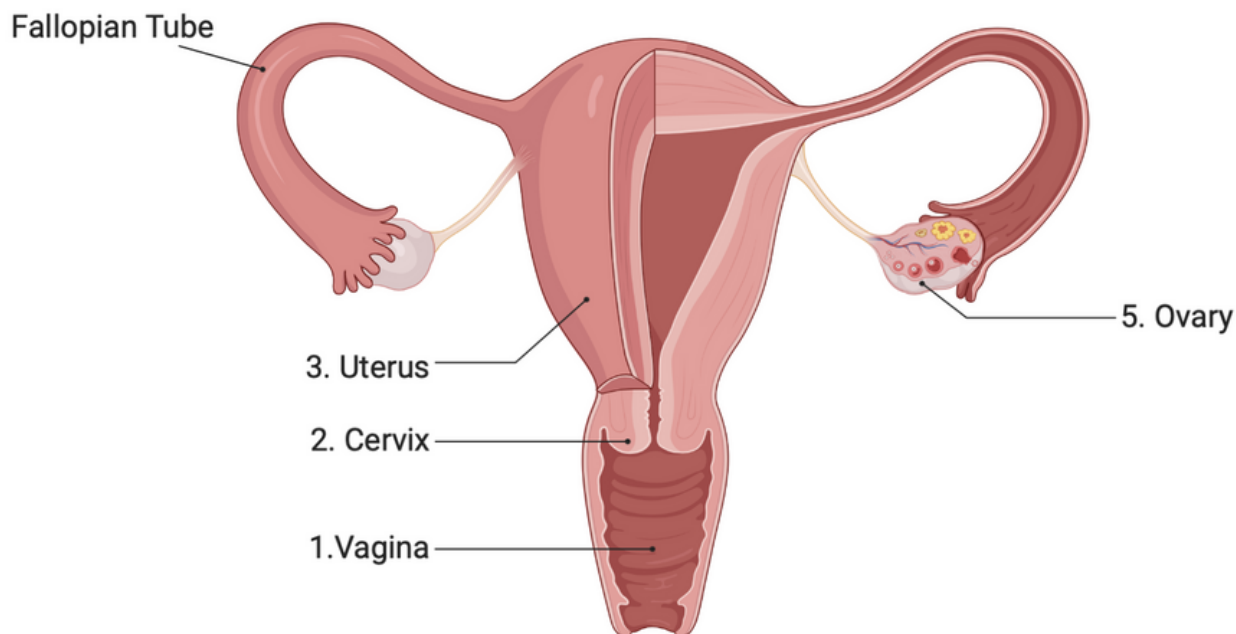
1. Vagina	The vagina connects the cervix to the vulva.
2. Cervix	The cervix is the lower end of the uterus that connects the uterus to the vagina.
3. Uterus	The uterus is a hollow and pear-shaped organ that is connected to the vaginal canal by the cervix and the fallopian tubes.
4. Fallopian Tubes	There are two fallopian tubes. They connect the ovaries to the uterus. An egg travels from the ovaries through the fallopian tubes to the uterus.
5. Ovaries	There are two ovaries. They produce eggs and reproductive hormones.

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Internal Reproductive Anatomy for People with a Vulva



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