

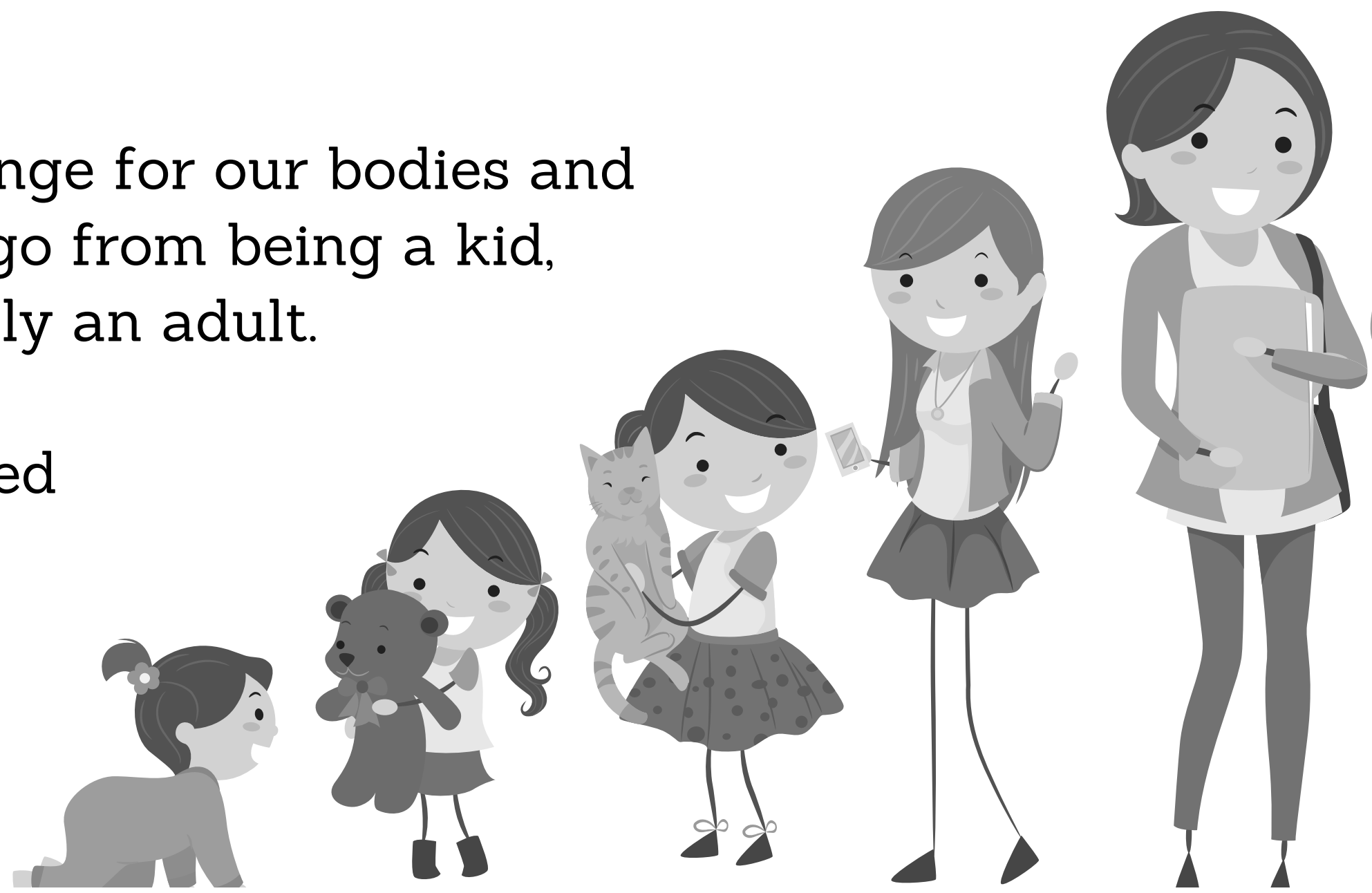
# PUBERTY

## What is Puberty?

Puberty is a time of change for our bodies and our mind. It's where we go from being a kid, into a teen and eventually an adult.

These changes are caused by hormones.

Everyone goes through puberty, it's a part of growing up.



Some people use special medication to pause, delay or change their puberty, but eventually, it happens for everyone.

Puberty is a time of new thoughts and feelings too. You may have a mix of emotions like happiness, excitement, nervousness, stress, and more! If you ever don't feel well talk to a trusted adult.

## Phone Support

- Kids Help Phone.....1-800-668-6868  
Support for all youth      [kidshelpphone.ca](http://kidshelpphone.ca)  
Text 68 68 68



- Hope for Wellness  
Line.....1-855-242-3310  
[hopeforwellness.ca](http://hopeforwellness.ca)  
Phone and online  
support for Indigenous  
people

## In-Person Support

- Teen Clinic - Find one at  
[teenclinic.ca](http://teenclinic.ca)

## Online Support

- [teentalk.ca](http://teentalk.ca)
- [stresshacks.ca](http://stresshacks.ca)
- [rainbowresourcecentre.org](http://rainbowresourcecentre.org)
- [kidshelpphone.ca](http://kidshelpphone.ca)



167 Sherbrook Street, Winnipeg, MB R3C 2B7 | 204-982-7800  
[www.teentalk.ca](http://www.teentalk.ca) | [serc.mb.ca](http://serc.mb.ca) | [info@serc.mb.ca](mailto:info@serc.mb.ca)

We are not a crisis service. If you need support call the Kids Help Phone at 1-800-668-6868

# COMMON CHANGES

## Puberty is a time of many changes

Some changes only happen to a body with a vagina, some only happen to a body with a penis, but many happen to both bodies,

## Can you guess which change happens to which body?

Is it to a body with a vagina?  
A body with a penis?  
Or both bodies?

- |                           |                      |
|---------------------------|----------------------|
| 7. New Body Hair          | 1. Grow Taller       |
| 8. Chest Changes          | 2. Deeper Voice      |
| 9. Erections              | 3. Hips Widen        |
| 10. Ejaculation/Discharge | 4. Shoulders Broaden |
| 11. Menstruation/Moon     | 5. New Emotions      |
| Time Starts               | 6. New Thoughts      |



- Both: Some folks grow a lot, some folks only a little.
- Both: Often more noticeable on bodies with a penis
- Body with a vagina: Both bodies go through muscle and bone changes, but bodies with a vagina usually get wider hips
- Body with a penis: Both bodies go through muscle and bone changes, but bodies with a penis usually have their shoulders broaden.
- Both: Puberty is a time of lots of changes including having new and more complex emotions.
- Both: Puberty is a time of lots of changes including having new and more complex thoughts.
- Both: Both bodies grow new and more hair including in the armpits, on the arm, legs, chest, face, back, and genitals. Some folks end up with a lot of hair, and some folks barely any at all. Often bodies with a penis get more hair than bodies with a vagina, especially on the face but not always. Some bodies with a penis barely get any hair, and some bodies with a vagina get a bunch.
- Both: Both bodies change and grow in the chest, although it is often a bit more noticeable in a body with a vagina. Bodies with a vagina grow breasts, while bodies with a penis have changes in chest muscles.
- Body with a penis: Erections can happen from sexy touching, sexy thoughts but also in the middle of math homework! These random erections are a natural part of puberty and will go away on their own.
- Both: Around this time bodies may start having ejaculation and/or wet dreams. This is fluid or discharge that happens during arousal including masturbation or sexy dreams.
- Body with a vagina: Also known as a period, puberty is usually the beginning of someone's menstruation cycle.

