



Sexual Health

Doesn't have to be awkward!

Age 10-14 is usually when puberty begins. During puberty your body goes through different changes.



Puberty causes physical changes affecting boys and girls differently. For example girls develop breasts and boys gain a deeper voice. Both experience pubic hair growth.

You may develop feelings for someone and start to feel attracted to them. Sexual thoughts and urges are normal.



At times you may feel pressured to engage in unwanted activities, even when you really don't want to. If you are in this situation be sure to tell a trusted adult.