

What's Happening To My Body

Physical Changes for Girls



Puberty Event	Age at which it happens
Growth of breasts	8-13
Growth of pubic hair	8-14
Body Growth	9 1/2-14 1/2
First Period	11-15
Underarm Hair	2 years after pubic hair shows up
Acne	Around the same time as underarm hair

Remember, puberty is not the same for everyone, so some girls will grow pubic hair before they develop breasts, and that is absolutely normal.

Breasts

Breast development begins between 8 years of age and 13 years of age and continues through puberty. Breast development starts with the flat area around the nipple (areola) becoming enlarged and some breast tissue forming under the nipple. When breast development is complete, each breast is distinct and the areola no longer appears swollen. Breast size varies from woman to woman, and there is no way to try to make your breasts larger or smaller other than going through plastic surgery, which is not always a very safe or healthy alternative.

Pubic Hair

Pubic hair starts along the vaginal lips, the outer opening of your private parts. The hair becomes darker and coarser and grows like an inverted triangle. Sometimes, the hair spreads to the insides of thighs, as well.

Growing!

Puberty also causes you to go through a growth spurt, which results in an average growth of about 3.5 inches a year. The weird thing is that all of you doesn't grow at the same time. Your head, hands, and feet are the first things to grow. Then you grow in your arms and legs, and finally your torso and shoulders catch up with the rest of your body. People always say that adolescence is an awkward time, and no wonder! But, if it's any consolation—everyone goes through that awkward phase, so you are not alone! Height growth is of course accompanied by an increase in weight. This weight gain is perfectly normal and a part of puberty. Without gaining this weight, you cannot grow taller, develop breasts, or get your first period.

Acne

Finally underarm hair begins to grow, and your sweat and oil producing glands also start developing, which eventually results in acne when these glands are clogged. In order to avoid breakouts, you should wash your face twice daily. If you still regularly break out, you may want to speak to a dermatologist.

Timing of Puberty

Puberty starts at different times and lasts for different periods of time for everyone. It can start as early as 8 years of age to as late as 13 years of age. The sequence of puberty from breast development to complete physical maturation may take a year and a half or last as long as 6 years.

This is sometimes very difficult for girls as some of their peers may have entered and completed puberty before they have even started. However, there is no way to slow or speed up the process, but puberty happens to everyone, so never fear, it will happen to you!

You may have heard that girls mature more quickly than guys, and that is somewhat true, since girls usually enter puberty about 2 years earlier than boys