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Your Teenager's Body

Help your teenager know that his body is strong and healthy. Remember: Your teen may often feel bad that parts of his body aren't like those of other people in your family, or other teens.

Your child's body starts to change during puberty.

Puberty (pyoo-ber-tee) is when children's bodies change so they can have children of their own.

How girls' bodies changes

Girls usually start puberty around age 10. But girls' bodies can start changing from age 8 to age 14.

Girls' bodies change in many ways:

- Their breasts will start to get bigger.
- They will start to get pubic hair and hair under their arms.
- Their period will start after a few years.

Read more about [how girls' bodies change](http://www.kidshealth.org/parent/growth/growing/understanding_puberty.html)

(http://www.kidshealth.org/parent/growth/growing/understanding_puberty.html)

How boys' bodies change

Boys usually start puberty around age 12. But boys' bodies can start changing from age 10 to age 15.

Boys bodies change in many ways:

- Their testicles will start to get bigger.
- They will start to get pubic hair, and hair on other places including their face.
- Their voices will start to get deeper and may 'crack' now and then.
- They will probably have a growth spurt.
- They will get broader shoulders and more muscles.



Read more about [how boys' bodies change](http://www.kidshealth.org/parent/growth/growing/understanding_puberty_p3.html) (http://www.kidshealth.org/parent/growth/growing/understanding_puberty_p3.html).

Talk to your teen about how his body is changing.

Your teenager will notice that his body is changing. He may become very self-conscious about how he looks. He might be embarrassed if he starts puberty earlier or later than his friends.

To your child, these fears are very real! Tell your child how you felt when you were his age. And answer his questions seriously. That way, your child will feel good about coming to you again with his worries.

Your teen may become sensitive about anything that makes him different from other children. That includes hearing loss.

Your teenager may struggle with accepting his hearing loss. He may have problems with:

- Being deaf, and being different from hearing teens
- His hearing aid
- His cochlear implant

Help your teen love and accept his body. Just the way it is.

Your teenager will pick up on what other people think of him. But let him know that **YOU** think he's special. Tell him that he can reach the same goals other teens do.

Help your teenager understand that all people are different. But that doesn't mean they're better or worse than other people because of it.

Learn more

- Read [Growth and Your 13- to 18-year-old](http://kidshealth.org/parent/growth/growth/growth_13_to_18.html) (http://kidshealth.org/parent/growth/growth/growth_13_to_18.html).
- Read [Understanding Adolescence: A Time of Change](http://pubs.cas.psu.edu/freepubs/pdfs/ui356.pdf) (<http://pubs.cas.psu.edu/freepubs/pdfs/ui356.pdf>).

Does your teen want to know more about what's happening to his body? Show him these sites:

- [TeenGrowth.com](http://www.teengrowth.com) (http://www.teengrowth.com/index.cfm?action=info_sub&SubCategory=body_Puberty&CatDesc=Body&SubDesc=Puberty&Category=body)
- ["Getting a Grip on Growth"](http://www.kidshealth.org/teen/your_body/health_basics/growth.html) (http://www.kidshealth.org/teen/your_body/health_basics/growth.html)

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You can find this page online at:

<http://www.raisingdeafkids.org/growingup/teen/body.jsp>