



Puberty

The time between childhood and adulthood (usually between ages 9-14) when people mature physically and sexually.

Physical Changes

Physical changes during puberty may include sweat, smelling more intense, hair growth in new areas (under arms, above lip, around the private parts, and skin changes (more dry, oily, etc.).

Genitals

The biological sex organs on the outside (external) of the body. External genitals include the penis, vulva, and anus. (Sometimes called "private parts" or "pubic area.")

Emotional Changes

During puberty your emotions (thoughts, feelings, reactions, physical responses) may become stronger and more intense. It's common to go through mood swings—when your feelings change quickly and randomly. A person can also start having more sexual thoughts and urges (also known as being sexually turned on).

Reproductive and Sexual Anatomy

This includes the biological sex organs on the outside of the body (a.k.a. genitals) and inside of the body (such as sperm or eggs—more on that later!).

Pronouns

Pronouns are words someone can use for you in place of your name, which reflects your stated gender identity. Examples of pronouns include he/him, she/her, and they/them. Using someone's pronouns correctly is a sign of respect.

Calling someone by the wrong pronouns can happen accidentally (dubbed misgendering), but some people do this on purpose, which is not respectful of others.