



# Growing Up - Puberty

Ages 9-12



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# What is Puberty?



# What Happens to My Body?





# Who goes through Puberty?



# When does it Start?

8 - 13 Years Old



9 - 15 Years Old





# It's Not a Race



# How long does it last?

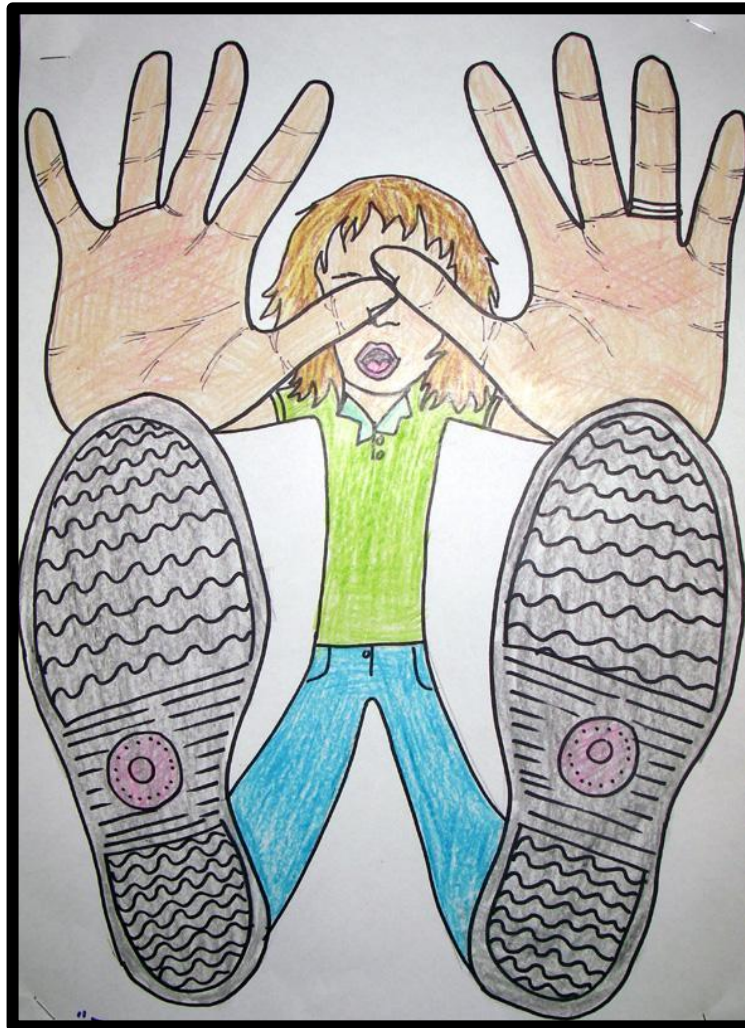


# Physical Changes

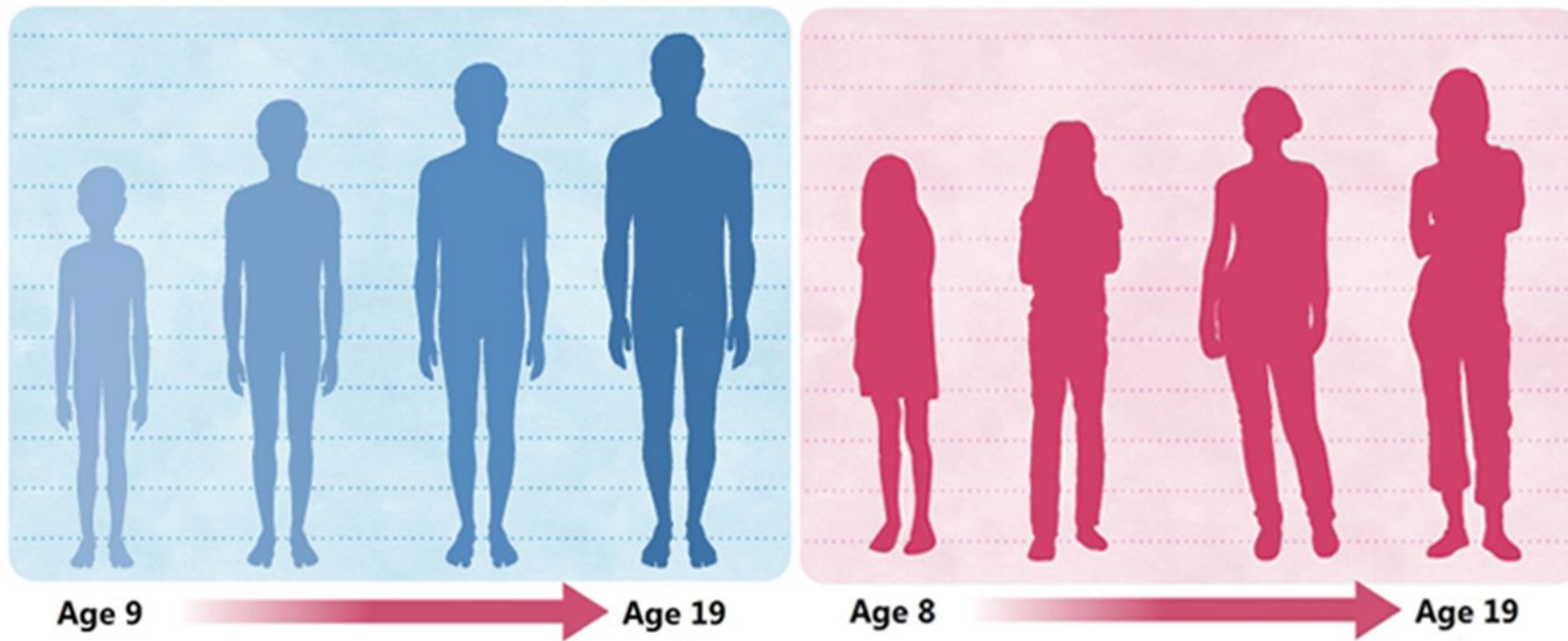




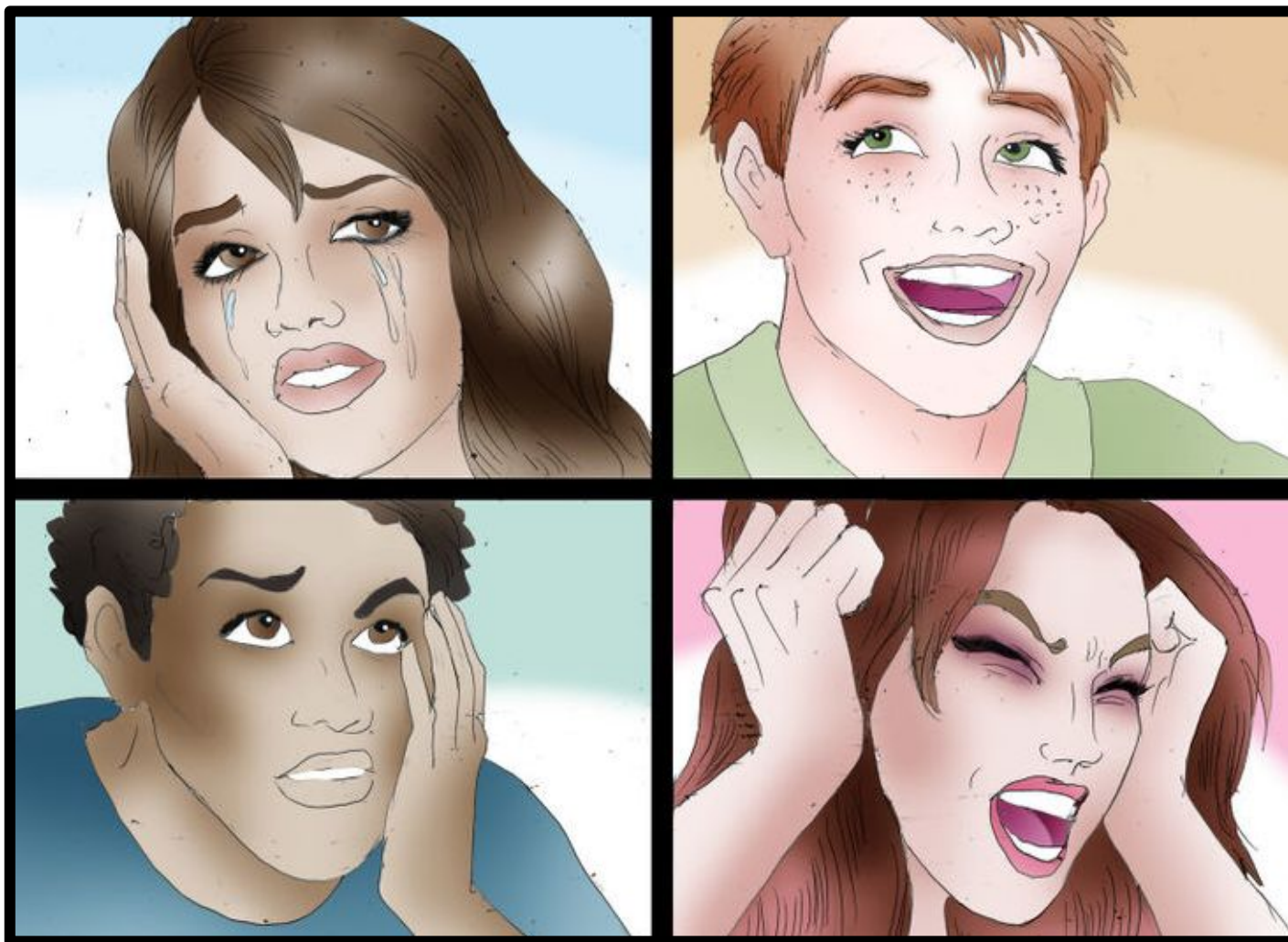
# Physical Changes



# Physical Changes



# Emotional Changes





It's OK



*Thank you!*



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