

A group of approximately ten young Indian girls are performing a synchronized dance or exercise routine outdoors. They are all wearing traditional Indian attire, such as sarees and lehengas, in various colors like red, green, blue, and orange. The girls are standing in a line, facing the camera, and have their arms raised above their heads in a 'Namaste' or prayer-like gesture. Their legs are slightly bent, and they appear to be in motion. The background shows a simple outdoor setting with some trees and a clear sky.

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



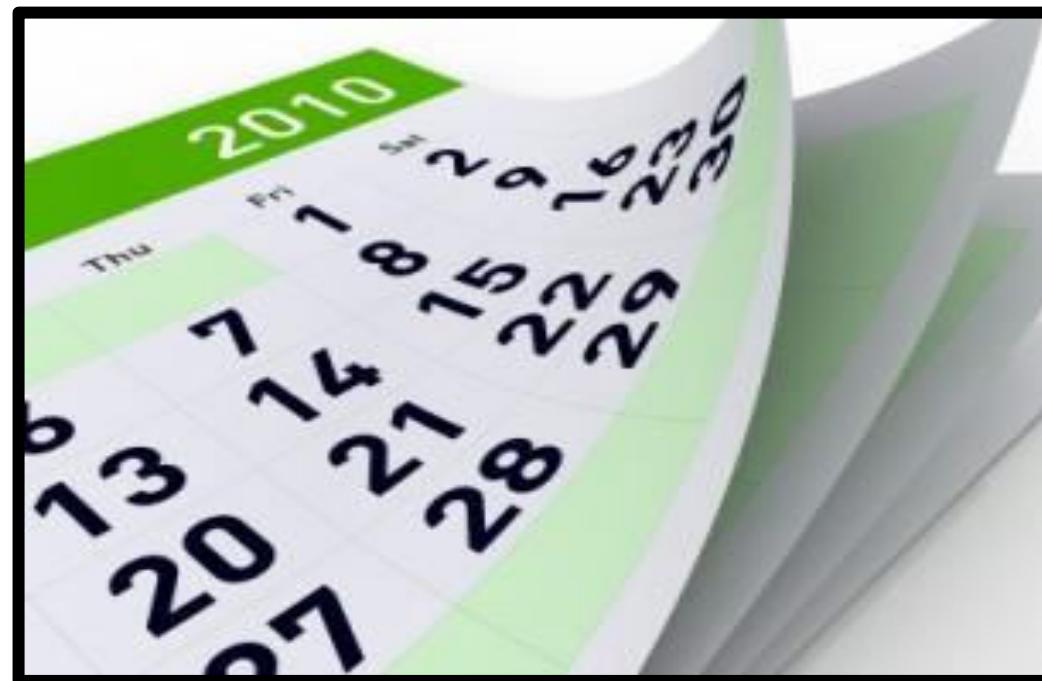
9 – 15 Years Old



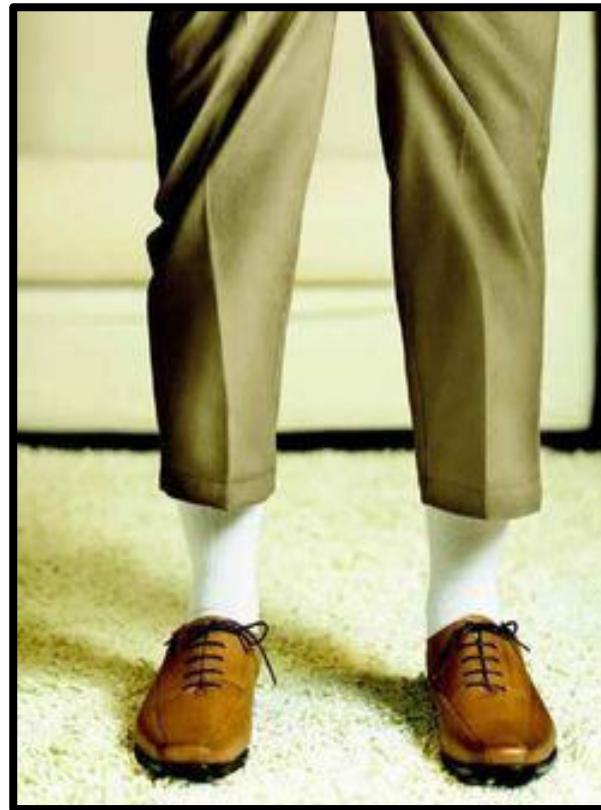
It's Not a Race



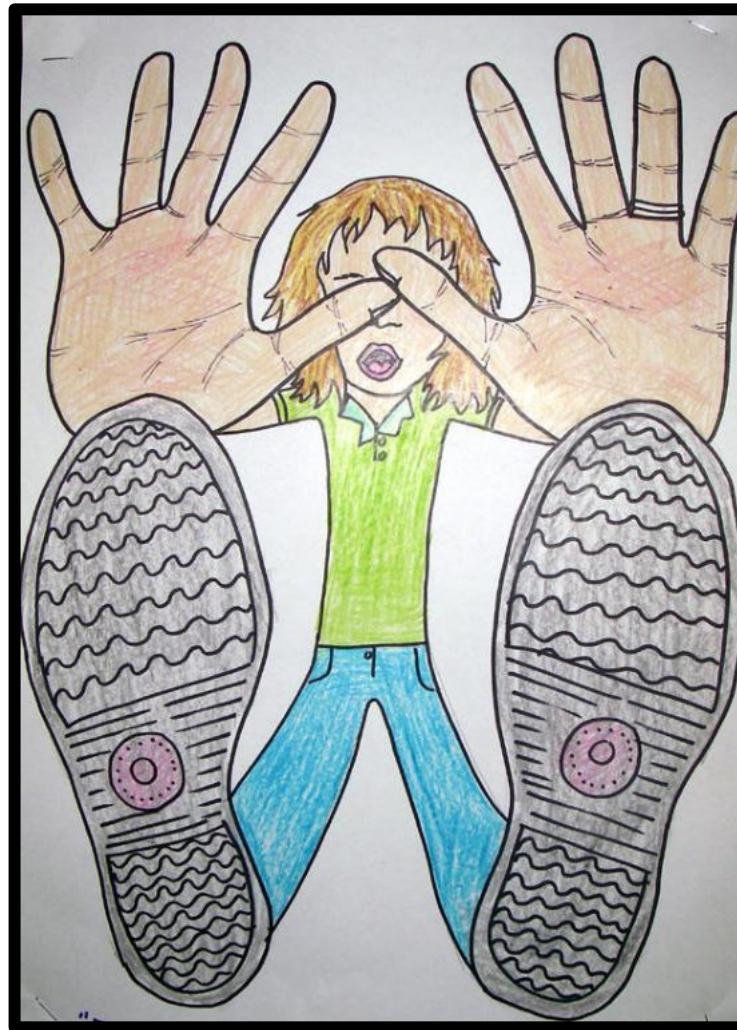
How long does it last?



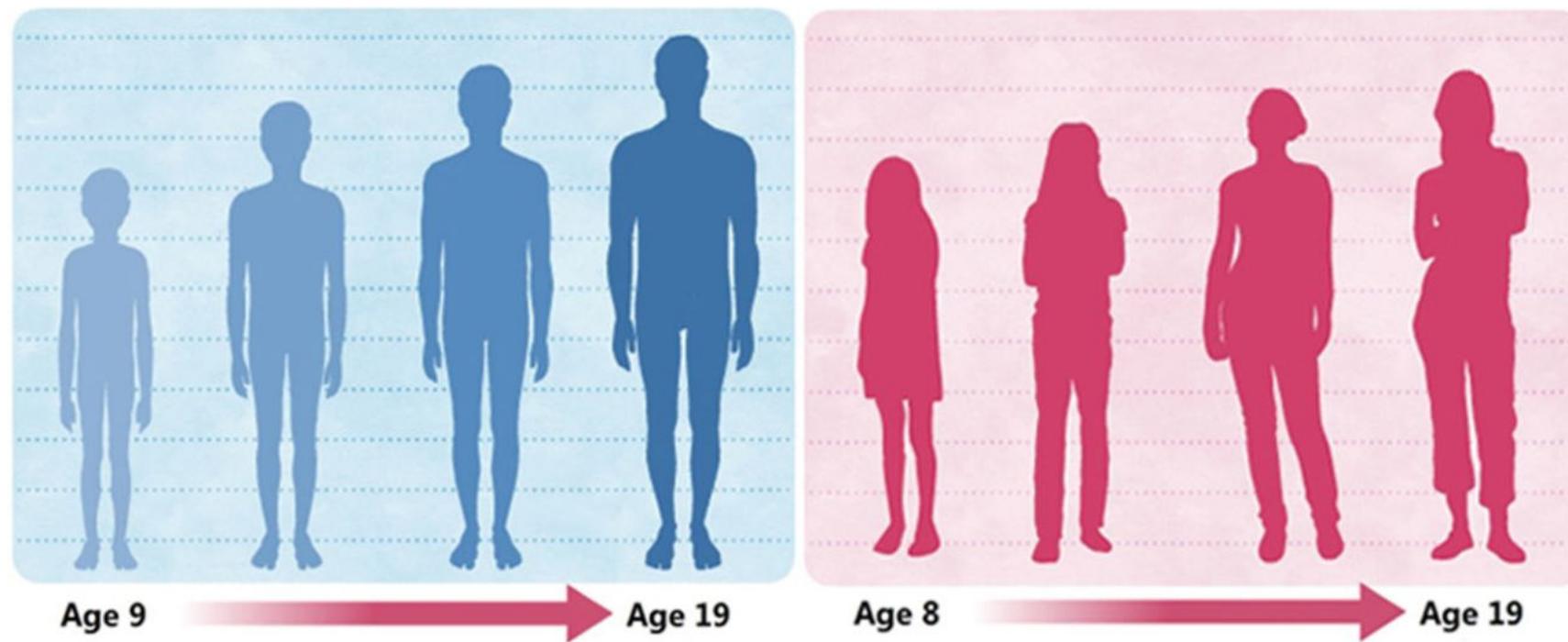
Physical Changes



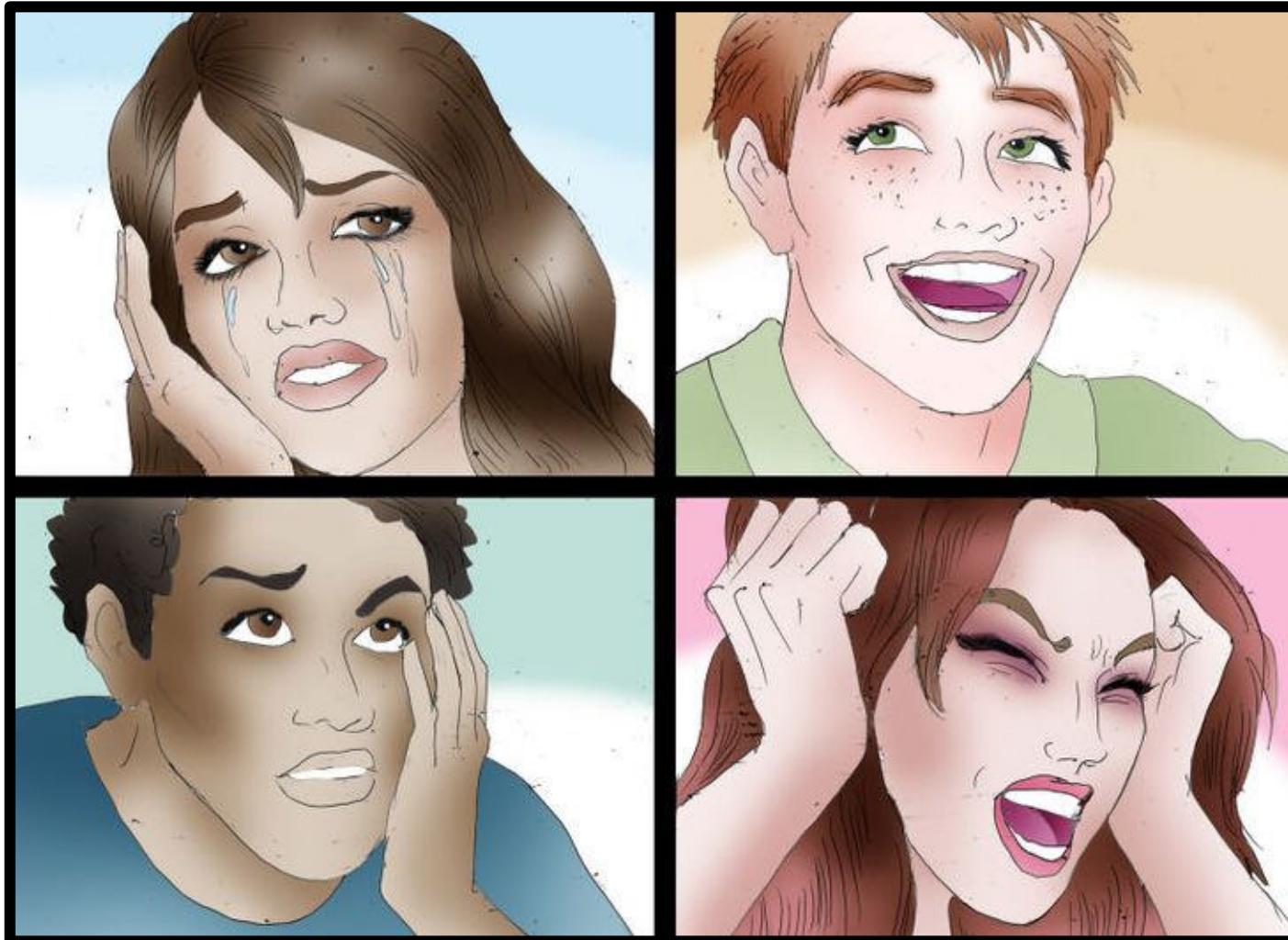
Physical Changes



Physical Changes



Emotional Changes



It's OK





Thank you!



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