

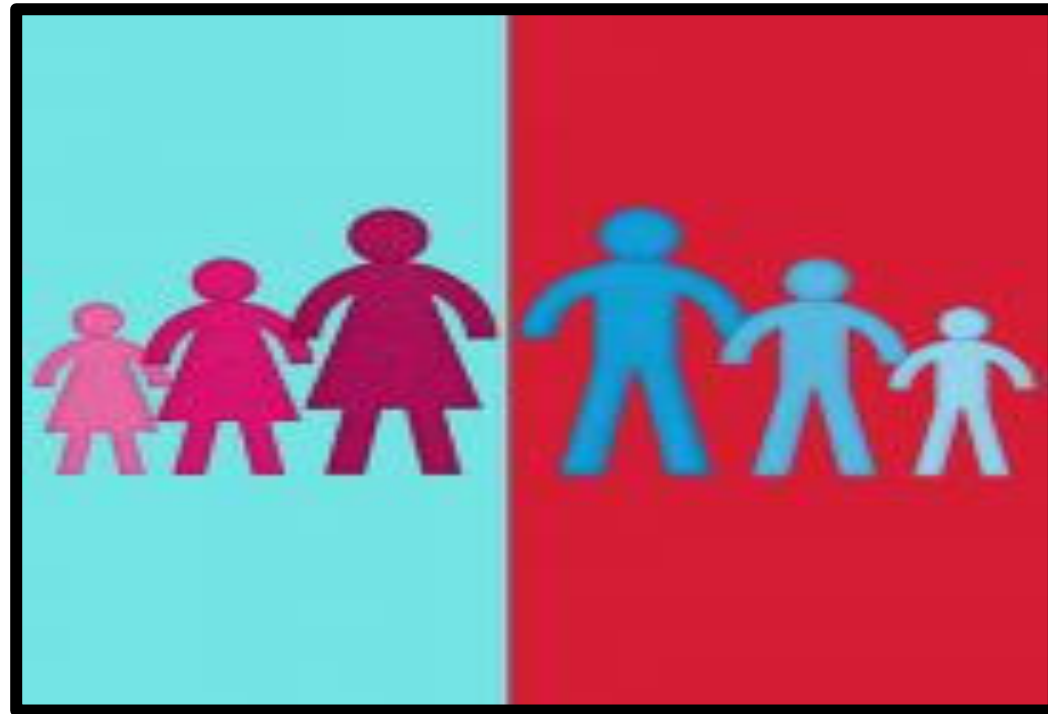
Growing Up - Puberty

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



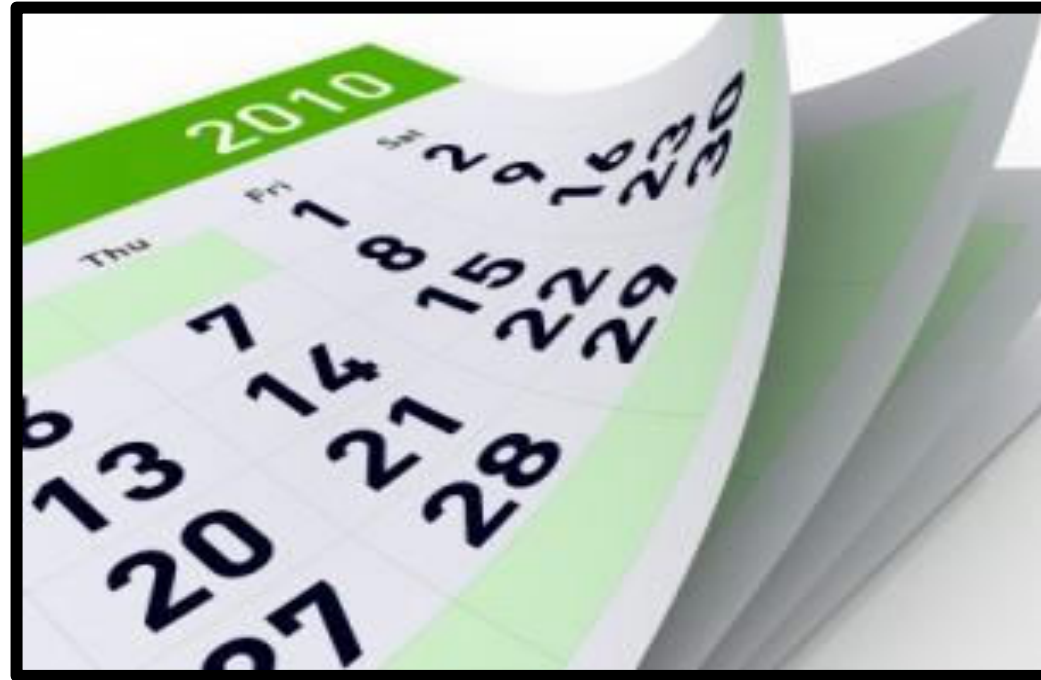
9 - 15 Years Old



It's Not a Race



How long does it last?



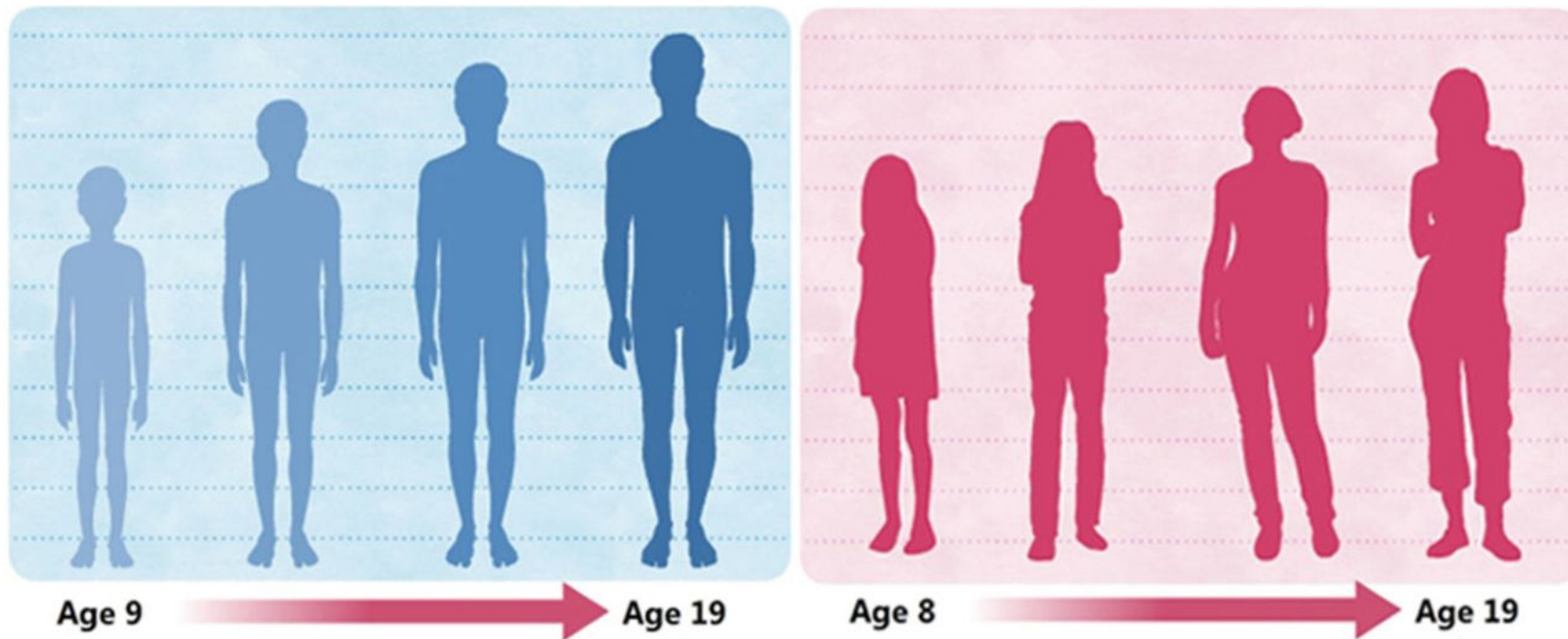
Physical Changes



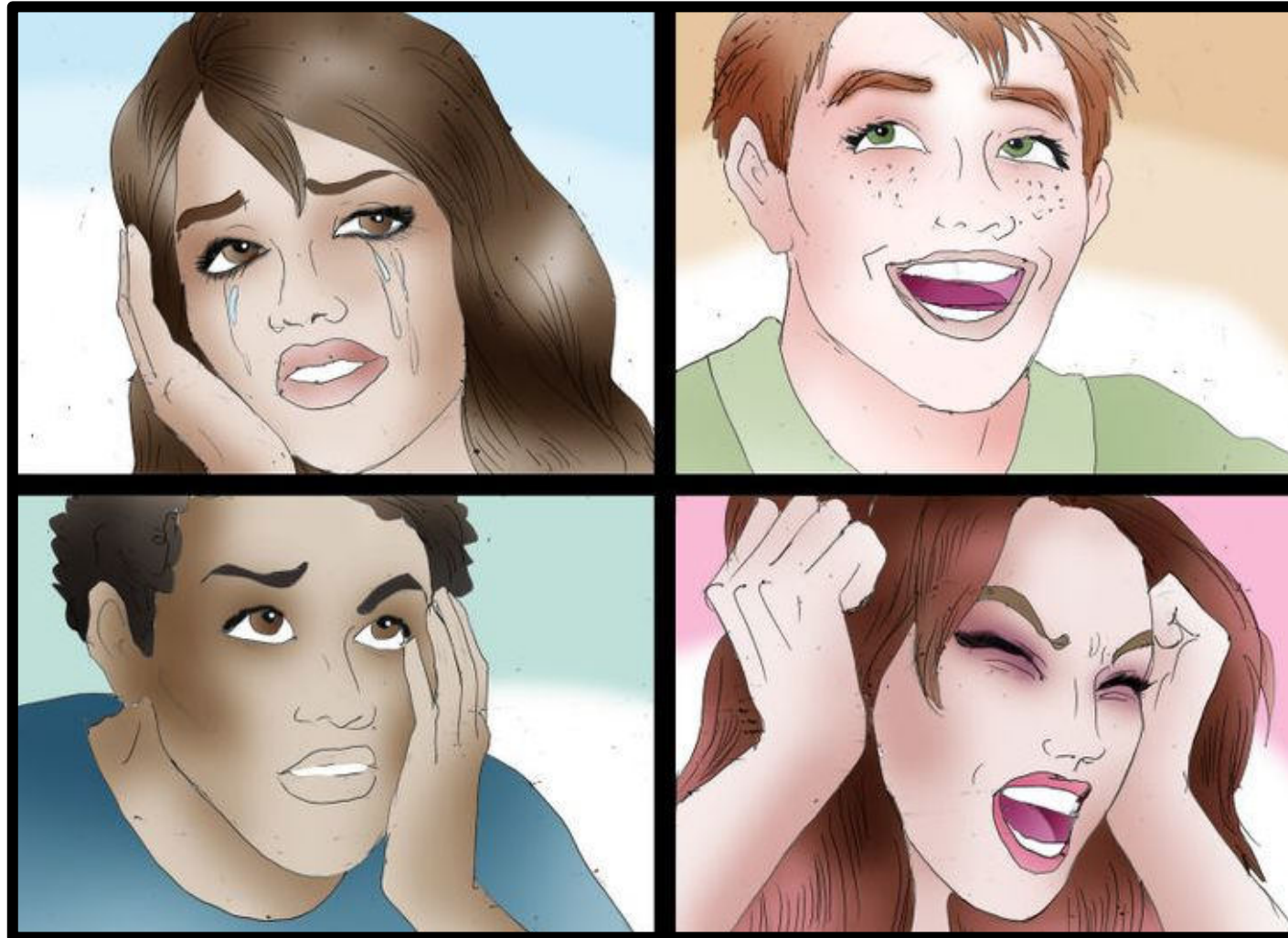
Physical Changes



Physical Changes



Emotional Changes



It's OK



Thank you!



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