

2. Puberty:

Q. What is Puberty?

Puberty is the time in life when our body is to develop and changes from the body of a child to the body of a teenager.

Q. When puberty starts?

Puberty starts between age 8 and 13 in girls and age 9 and 15 in boys.

Q. During puberty what types of changes occur for boys and girls?

In the time of puberty physicals, emotional and behavioral changes occur for boys and girls.

Changes in the body during puberty:

Some common changes occur in puberty. These are

1. Growing taller
2. Changing the shape of the body
3. Sweating more
4. Getting oiler skin and often pimples on the face.
5. The body weight increases during puberty.

In the case of male children changing of voice, well shaping of muscle and getting bearded and mustaches are common changes.

And for a female child, their muscles also start shaping but not as much as boys.

Taking care of the body during puberty:

Puberty is a natural change so everyone should go through this. In the time we should take care of our bodies in the following ways. Such as:

1. We have to maintain personal hygiene
2. We should take nutritious food
3. During puberty, our body needs a sound sleep
4. We have to take bath regularly
5. If we worried about something then we should talk to our parents, teachers or our elder brothers or sisters

The End