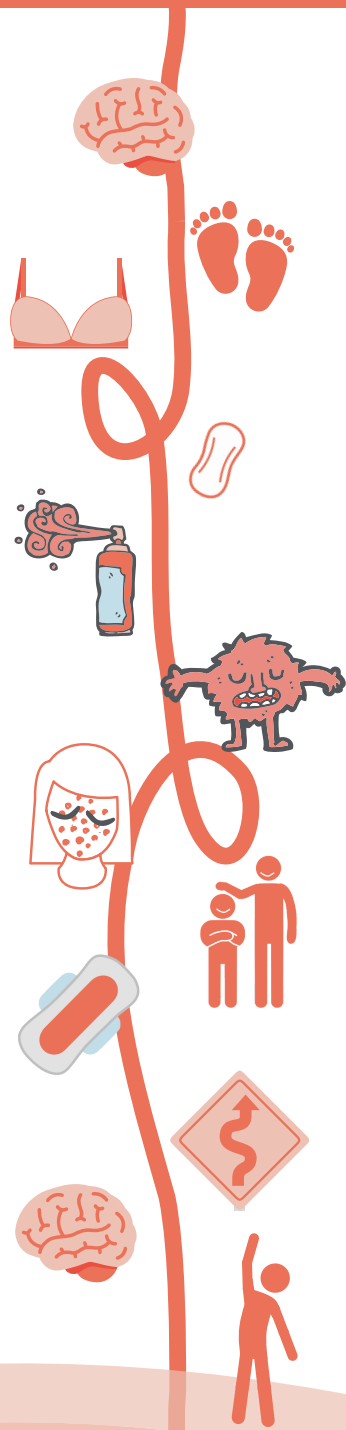


Puberty Timeline



brain says "go!"

hands & feet grow fast

breast buds

vaginal discharge

estrogen changes

body odor

pubic hair

androgen changes

oily skin, acne

rapid growth spurt

menstrual period

curves

more brain changes

ta da!!

Most girls have similar body changes in puberty, but each one will develop on her own unique schedule and end up with her own unique body. Most will begin puberty sometime between ages 8 and 12.

This timeline shows what changes you can expect and in what order. Some girls start with the "androgen" changes instead of the "estrogen" changes, but other than that, the order is similar for everyone.

For more details on each of these changes, visit Girlology.com or download the App.



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