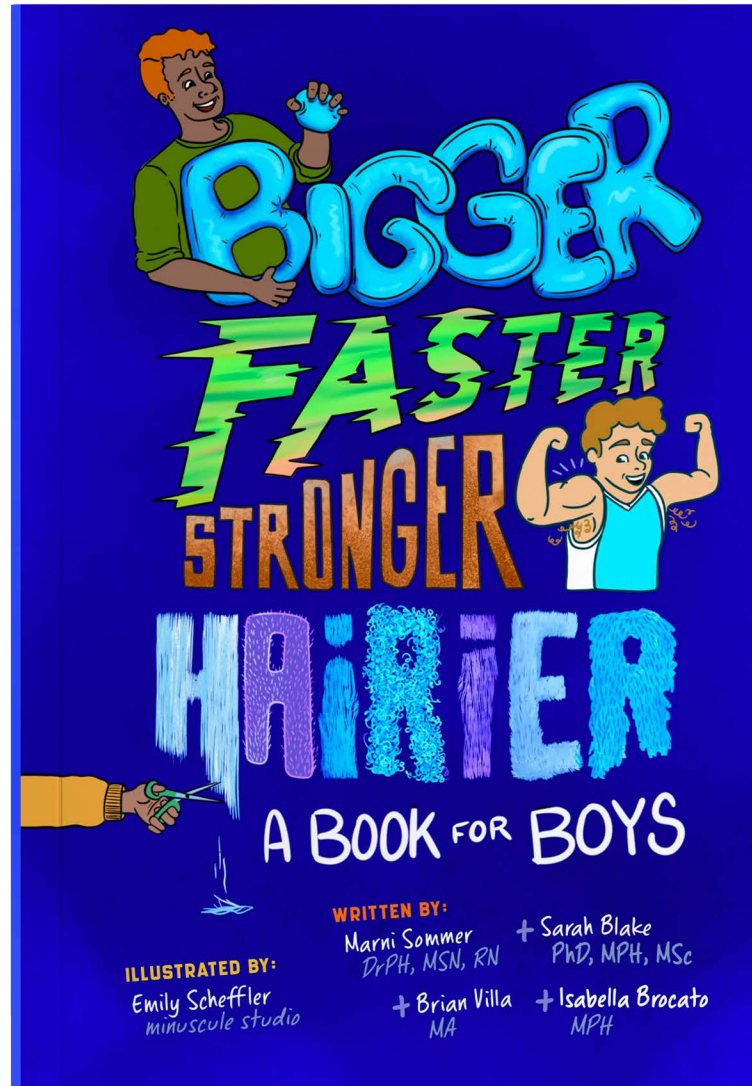




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HORMONES

Hormones are chemicals that change a boy's body into a young man's body. They also change a girl's body into a young woman's body. But we'll talk about that later!

You can think of all these hormones as workers in a busy factory, each with a different job that helps your body grow and change.



Different hormones have different jobs in your body:

GnRH (gonadotropin-releasing hormone)* is like the big boss in charge of the puberty factory. When it gives the signal, the factory workers (other hormones) get to work and start the changes that help your body grow and develop.

LH (luteinizing hormone)* is like the factory manager who takes orders from the big boss, GnRH. When LH gets the signal, it tells the testicles to start producing testosterone—one of the main hormones that drives the changes of puberty.

FSH (follicle stimulating hormone)* is like the careful scientist in the puberty factory. Once the big boss gives the signal, FSH focuses on helping the testicles produce sperm and makes sure everything is developing the way it should behind the scenes.

Testosterone* helps trigger most of the physical changes in your body that you can see:



Tells pubic hair to start growing

Makes muscles get bigger

Makes your voice get deeper

EMOTION POTIONS

As you grow, your feelings can sometimes feel like ingredients tossed into a blender and switched on high speed. Excitement, nerves, pride, embarrassment—all whirring around at once.

When emotions spin together like that, it can feel intense or confusing, but it's a normal part of growing up. A growing brain and new experiences can create bigger, more complicated feelings—and that's a sign you're learning and changing.

See page 30
for ways to keep
your cool!

Here are a few examples of "emotion potions" — when two or more feelings swirl together at the same time. Maybe you feel excited and nervous before a big game or proud and embarrassed when someone compliments you in front of others. Can you think of any mixes you've felt lately?



CONFIDENCE

BELIEF IN YOURSELF
+ STRENGTH + A
SPARK OF COURAGE

When you try something new and think, "I can figure this out."



AGGRAVATION

FRUSTRATION
+ ANGER

When something feels unfair or keeps going wrong.



ANXIETY

WORRY + JITTERY ENERGY
+ A SPLASH OF FEAR

When your stomach feels fizzy and your thoughts start popping before something big. It's like you might overflow at any second!



JEALOUSY

WISHING + DOUBT +
A PINCH OF SADNESS

When your friend gets picked first or wins something, and part of you is happy for them... but another part feels tight and twisty inside.

DETERMINATION



FOCUS + NOT-GIVING-UP
+ A LITTLE STUBBORN

When something is hard but you decide, "I'm not quitting," and you keep working at it step by step.



INSECURITY

UNCERTAINTY
+ WORRY
+ OVERTHINKING

When you compare yourself to someone else and start feeling smaller.

DEALING WITH ANGER

Feeling mad sometimes is totally normal—but it's important to recognize and deal with anger before it builds up and explodes, like a shaken soda can!

LET OFF SOME PRESSURE BY SHARING YOUR FEELINGS!

When you feel sad or frustrated or embarrassed, you may not know who to talk to or what to do. Maybe you feel angry sometimes, but you don't really know why.

Keeping all of your feelings inside isn't always healthy—and it usually doesn't make you feel better.

It's good to find someone you trust—someone who will keep what you share private (if you ask) and give helpful advice. Think about who that could be, and don't feel shy about asking them to listen.

Talking helps, but it's not the only way. Moving your body, listening to music, drawing, writing, or taking slow deep breaths can also help you work through big feelings.



FINDING YOUR CALM

Big feelings are a normal part of growing up — but that doesn't mean they always feel easy.

The good news is that there are simple tools you can use to help your brain and body settle down. With a little practice, you can learn how to calm yourself down and move through big feelings instead of getting swept away by them. Try some of these ideas:



**CONNECT WITH A FRIEND
OR ASK AN ADULT YOU
TRUST FOR ADVICE**

**PLAY WITH A PET, TAKE
A WALK OUTSIDE, OR
GO FOR A RUN**



**LISTEN TO MUSIC
OR WATCH YOUR
FAVORITE SHOW**

**WRITE OR DRAW
OUT HOW YOU'RE
FEELING INSIDE**



FIVE SENSES SCAN



When your feelings are overwhelming, try a 5-4-3-2-1 senses scan to help your brain slow down. Look around and name 5 things you can see, then notice 4 things you can hear. Notice 3 things you can feel or touch, 2 things you can smell, and finally 1 thing you can taste (or one favorite flavor you remember). Focusing on your senses helps bring your mind back to the present moment.



BOX BREATHING

"Box breathing" is another way to help your body calm down. Slowly breathe in for 4 counts, hold your breath for 4 counts, breathe out for 4 counts, and hold again for 4 counts, just like tracing the 4 sides of a square.

Repeat this pattern a few times.

Steady breathing sends a message to your brain that you're safe, helping your body to relax.



GROWTH SPURTS

AND WEIGHT GAIN



These are the years when you will get taller and taller. All this growth can make you feel hungrier!

Be sure to eat enough healthy foods. You might feel hungry a LOT, so it's important to have good snacks nearby and to drink enough water.

Eating to fill your body's needs is important, but it's also important to eat foods that are good for your body. You need healthy food that will help your body and brain grow.



Some boys experience growth spurts much earlier than other boys their age. You might gain a little extra weight before you shoot up taller, while someone else might grow taller right away. Everyone's body has its own timeline, and that's completely normal.



It's important to eat the right amount for your body. Not too much or too little! Your body works best when it gets lots of different nutrients.

If you can, eating fruits, vegetables, protein, whole grain breads, and cereals will help your body to grow strong. It will also help your growing brain!



It's ok to sometimes have less healthy foods, like candy or sugary soda or fried foods. Just try to eat them in small amounts.

PIMPLES!?

Your body will also start to produce more oil. On your face, this oil can mix with bacteria and dead skin cells in your pores and clog them up, causing acne (or "pimples" or "zits"). It can also appear on your chest, back, and butt! Zits are annoying, but almost EVERYONE gets them and they don't necessarily mean your skin is dirty. How much acne you get and where it appears depends mostly on your genetics.

FIGHT BACK!



Try not to pick at them! This usually only makes it worse and can cause more to form!



Gently wash your face with mild soap or cleanser.



Pimple patches or creams can help reduce oil and target breakouts.

REMEMBER:

Acne happens to everyone and you can't always control it and it doesn't mean you're unclean. If your acne is out of control, you can talk to a doctor for more help!



PIMPLE



What's that SMELL??

When bacteria mixes with your sweat, it can cause body odor. It's totally normal, but it can feel embarrassing. It's not just your armpits- you might notice that your clothes and athletic equipment will get extra stinky too!

Hiding the smell with cologne or scented body products is just a temporary fix- it will just make the smell funkier! To beat those smelly bacteria, you gotta.....

WASH UP!



You gotta beat the bacteria at the source! Take regular showers and wash all over with soap. Don't forget to wash your hair, too!



Washing your clothing regularly and spraying or wiping down sports equipment that can't be washed will help keep you and your gym bag smelling fresh. Using deodorant on your armpits will also help keep the odor-causing bacteria running for cover!