During puberty, I may grow taller. I will wear new clothes that fit.

 

Hair will grow on my face, legs, arm pits, chest, and around my private parts.

  

I will put deodorant on my arm pit so I can smell clean.



I may get acne.

 

I will try to wash my face with soap and water one time a day.

 

I will try to wash my body and wear clean clothes every day. I will do my best to take care of my body during puberty to be healthy.