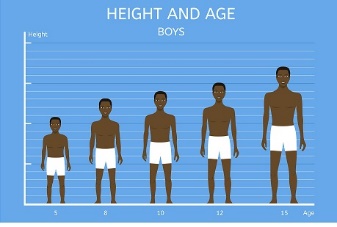
During puberty, I may grow taller. I will wear new clothes that fit.



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

 A close-up of a man's legs with hair. 

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



I may get acne.

A picture containing person, wearing

Description automatically generated

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

A teen with his hands on his face washing it while in the shower.



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.