During puberty, I may grow taller.

**Graph with silhouettes of 5 black girls growing taller. 
**

I will try to wear an undershirt or a sports bra so my breasts are comfortable.

A photo of a teen girl wearing a purple camisole under her blue shirt. 
 

I may grow hair under my arms in my armpit. I will try to remember to put deodorant on my arm pit so I can smell clean and pretty.

Close up of girls armpit showing hair growing. 
 A white girl smiling with her left arm in the hair as her right hand in rolling on deodorant onto her armpit. 


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

A close-up of a white girls face showing acne spots on her left cheek. 


 A photo of a black girl smiling with her hair held up above her head and she is rubbing soap on her face. 


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.