



BECOMING AN ADULT

Changes during puberty that affect body image

Girls

- Puberty can start as early as 9 or as late as 16
- There is an average increase in height of 10 inches and a corresponding weight gain averaging 40-50 pounds.
- Weight gain consists of fat, muscle, bone and organs.
- Shape changes:
 - development of breasts and hips
 - menstruation begins

Boys

- Puberty can start as early as 10 or as late as 18.
- There is an average increase in height of 12 inches and a corresponding weight gain of 50-60 pounds.
- Weight gain consists of fat, muscle, bone and organs.
- Shape changes:
 - development of broader shoulders
 - increase in muscle mass