## Puberty is good

Your body changing is a sign of health.

Physical, emotional, and social development will benefit your athletic ability.

These changes build a strong, durable, capable athlete.

Puberty takes time, so be patient with yourself

## Puberty is normal

Here are some typical changes that happen:



Increased strength



Increased bone density



Increased height



Development of body hair



Development of breast tissue



Start menstruating