

They Tell Me I'm going through Puberty

Hi, I'm Alex and I'd like to tell you about what's happening to me. It seems that every day brings a new change. It's almost like I'm getting a new body! They tell me I'm going through puberty.

One thing that's happening is that there is new hair growing in places it never has before. Like under my arms. I know this is common and all, but I'm still getting used to it.

I don't mind some of the changes I'm seeing. In fact, some things I even like. I'm taller than I was last year. I know I'm smarter just because I'm able to think and write about what I'm going through now.

But then there are some changes that aren't so good. Like B.O., body odour. The first time I noticed it, I thought something was wrong with me. Now I realize it's not too bad if I shower and use deodorant.

Another issue I'm having is acne. I remember I was getting ready to go over to a friend's birthday party, when I looked in the mirror and saw this big red zit staring back at me. I went to my birthday friend's party anyway. I noticed that other kids had some zits too. I wonder how common is this?

By the way, I seem to be very clumsy at times and sometimes when I'm walking down the hall my feet seem to trip over each other.

Another thing I can't seem to get a handle on is my emotions; they're all over the place! One minute I'm happy, the next I'm sad or mad, and other times I just feel so confused about life and all this growing up stuff. I know that I've had these emotions before but now they sometimes seem larger than life.

There's one thing I get a little embarrassed about. When I was at my friend's party the other night, I was with someone I like. I got this new feeling and it was strange but kind of nice. They tell me it's normal to start having feelings for another person. But is it?

They tell me I'm going through puberty. That means I have to go to school with my body changing, but I'm also going to have more changes like getting taller and smarter. I think I'll survive.