

They Tell Me I'm going through Puberty

Hi, I'm Chris 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 this new hair that's growing in places it's never been 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 wash and use deodorant.

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

By the way, I don't know if you've noticed this yet or not but 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. It's even hard for me to say this. When I was at my friend's party the other night, I was with someone I like (and I'm not mentioning any names). I got this new feeling. It was strange but kind of nice. They tell me it's normal to start having romantic 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 zits and my changing body, but I'm also going to have more changes like getting taller and smarter. I think I'll survive.