



Surviving Puberty

Louise Spilsbury



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Chapter 1

What is puberty?

Puberty is the time in life when your body begins to develop and change as you turn from a child into an adult. Your body fills out and changes shape as you begin to look more like your adult self.

The pituitary gland is a peanut-shaped gland at the base of the brain that releases a wide variety of hormones, some of which control growth and are important during puberty.

GLANDS ON THE GO

You do not get a say in when your body starts changing, it just happens. It starts when your pituitary gland, a pea-sized gland located at the base of your brain, releases special hormones. Hormones are chemical substances that make changes happen in the body. They travel through the blood, carrying instructions to the **cells** that make up your body. During puberty, the pituitary gland releases growth hormones that make your body and bones grow. It also triggers other glands to release different hormones, which make your body fill out and change shape. These hormones work on different parts of the body, depending on your anatomy. For example, boys' shoulders typically get broader and girls' bodies often get more curves.

