



5 WAYS

to tell if your child is

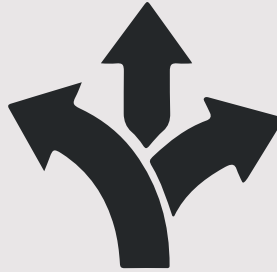
ENTERING PUBERTY

1 Needs significantly more sleep than previously.



2 May become more self-conscious about body image and appearances.

3 Greater desire to make own choices in activities.



5 Peers take on a greater influence in self-concept and choice of activities.



4 May experience a temporary decrease in coordination, speed or sport performance.



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The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.

