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Kelli Dunham, RN,
BSN, is a nurse,
stand-up comic, and

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author of How to Survive and Maybe Even Love Nursing School, How to Survive and Maybe Even Love Your Life as a Nurse, and The Boy's Body Book: Everything You Need to Know for Growing Up You, also published by Applesauce Press. She has worked as a

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GUY STUFF: THE

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during puberty, lower body, fitness, sleep habits, and emotions.

Guy Stuff: The Body Book for Boys Book Review

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Puberty is when a child's body begins to develop and change as they become an adult. Girls develop breasts and start their periods. Boys develop a deeper voice and facial hair will start to appear. The average age for girls to begin

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puberty is 11, while
for boys the average
age is 12.

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