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Puberty is a time of physical development that every human goes through. It is a period of time where our bodies and our emotions are changing, exploring and figuring out how to settle for the rest of our lives. Not all children see puberty as an extraordinary change to themselves and their peers; many young girls who start puberty before others have different experiences. In girls, puberty means the development of secondary sexual characteristics as well as the beginning of menstruation. There are many different complications with beginning puberty earlier than others and the first and most prominent is interaction with peers (personal communication, 2018). Menstruation involves blood and often absorption products which isn't considered to be normal to most girls quite yet. However, while girls in the same age range tend to be a problem when making friends, these girls bleeders will tend to have more friends that are older than them and have more experience.

Girls who begin puberty early also tend to have more issues in other areas than social groups and school peers. It's because of them starting puberty early that they will tend to have a higher change of body image problems relating to their peers and peers' opinions (Grayson & Bigner, 2010, p. 243). Another serious problem that develops to these girls is that they tend to have more eating disorders than others. These two problems have been found to cause a multitude of other problems in a domino effect such as higher rates of obesity and body dissatisfaction. Once one problem begins then more often than not another will rise. It creates a lifetime spent of attempting to adapt and society changing that places the severity of these problems on young girls. Early puberty can heavily effect opinions of peers as well as our own personal view of ourselves and our body. However, there's also a connection between girls who hit puberty early and more risk-taking behaviors than normal girls.

Risk taking behavior is normal in teenagers regardless of gender or sex but the girls who start puberty first are the ones who take more risks than normal. As an example, sex is an area that most teens are going to explore with one person or another while these girls take risky behaviors (Grayson & Bigner, 2010, p. 243). These risky sexual behaviors including not using protection or contraception but can also include more partners or older partners. Just as before, this risk-taking behavior involving sex is just the beginning of a domino effect to others. Teenage pregnancy being mostly caused by this sexual behavior but it's not just the pregnancy that's being increased. The chance of having a spontaneous abortion are much higher but also stillborn babies and low-birth weights in those who have children (Grayson & Bigner, 2010, p. 243). The rate of teenagers who have abortions due to unexpected pregnancy also increase with these girls. While girls who start puberty early usually are not sexual active immediately, there is a close resemblance with them and earlier sexual experiences as well (personal communication, 2018).

Another major effect that girls will tend to develop when their begin puberty earlier than their peers is that they tend to have more bad habits and mental health. They tend to have higher rates of depression and also increased rates of suicide and suicide attempts (Grayson & Bigner, 2010, p. 243). There's a strong correlation that's been found between these girls who have depression and bad habits such as smoking or substance abuse. They tend to use more drugs and drink more alcohol than their peers do however it may or may not be linked to the difficulty in making friends their age and higher rates of depression. It's because of these problems that tend to lead girls towards a lower self-rated state of health and wellbeing than others. These actions and habits that the girls get into tend to create a difficulty in the relationship between themselves and their parents as well. Most teenagers go through a difficult phase with their parents in one

way or another, however, girls who state puberty early are the ones who tend to have an increase in tension between them.

Boys will tend to start puberty a little later than girls do but they don't all begin puberty at the same time; there's not a powerful enough air freshener. When boys hit puberty before their peers it also tends to lead to more problems in social and behavioral areas. There is no found social interaction problem, these boys will tend to take things internally and feel more as if they are unliked or even inferior. There are numerous social behaviors and habits that they will get into with their friends regardless of puberty timing. They tend to begin drinking alcohol earlier than other boys their age but also they tend to abuse the substance more (Grayson & Bigner, 2010, p. 244). They also tend to experiment with smoking and drugs earlier but have a higher chance of becoming addicted to them. There's more than just risky substance abuse that these early onset boys go through such as family issues and conflicts.

While boys who begin puberty early on, they will become more emotionally dependent on those around them than other boys. Despite this emotional need for security, they tend to have a higher conflict with their family relationships and family matters. Household chores and their relationship with their mothers changes during this time and creates a never ending conflict (Grayson & Bigner, 2010, p. 244). While they rely on others for emotional stability, they tend to be more antisocial and have a wider range of behaviors both delinquent and not. Though, these individuals will tend to have a higher rate of popularity about them completely unrelated to the teenage stereotype of these type of bad boys being cool. Completely unrelated. However, despite their social behaviors fluctuating in different areas, it's common for these early onset boys to develop depression at a much higher rate (Grayson & Bigner, 2010, p. 244). They also tend to go

through and experience more major life events because they are out there and taking risks but also have lots of friends.

One of the major ways in which an identity is formed in teenage boys and girls and non-binary individuals is through their physical appearance. Puberty helps teenagers with their physical identity by morphing and changing into the body that they will have the rest of their lives. While girls develop hips, boobs and begin menstruation it creates a physical part of who we are in society, culture and our own minds. Boys will later on develop more muscle, produce more testosterone and their voice will deepen and crack (Grayson & Bigner, 2010, p. 237). Despite girls and boys developing very differently, both are maturing and evolving into their final form. There are a few areas of puberty that both girls and boys develop together such as the dreaded acne and never ending body hair that takes over every crevice. With growth pains done and mood swings mostly over, a physical identity can ground and support an individual to who they are and what they want to become.

As puberty finishes developing, teenagers tend to already have experienced various forms of sexual activity and often with more than one person or gender. It's not just about the sexual experiences, however, but also the relationships that were created during those experiences. Aside from the normal straight couples experiencing sex for the first time or developing a relationship with their first love; it might have also helped a person realize they don't like penises or help someone realize they don't sex at all. It's more than just having that sexual experience but it's learning about what and who and how they like sex and who they want as a partner. Most of the world considers marriage to be the point of adulthood and a sexual identity can help accomplish that life event and find the right partner for that individual.

Bigner, J. & Grayson, T. (2010). Foundations in human development (2nd ed.). Redding, California: BVT Publishing.

