

## TEN SLIGHTLY SHOCKING FACTS ABOUT MODERN PUBERTY

1. The average kid starts puberty more than two years earlier than they did a generation ago, and puberty takes much longer— it now lasts almost a decade.
2. The brain doesn't finish maturing until early adulthood, leaving a huge gap between body maturation (starting at around age 8 or 9) and smart decision-making (fully in place between 25 to 30 years old).
3. Body image issues, fueled by social media, have skyrocketed: well over half of all tweens and teens report having them, with guys affected just as much as girls.
4. Twenty percent of all people in the United States who identify as transgender are between 13 and 17 years old.
5. Rates of vaginal intercourse in high school are down, but anal sex is up.
6. Fifty percent of all males will develop breast buds during puberty, but most of those buds disappear after a while.
7. Bye- bye pads and tampons— today's period products of choice include menstrual cups and period underwear.
8. Millennials and Gen Zers of all genders are much more likely than Boomers and Gen Xers to perform major landscaping to their pubic hair by shaving, waxing, or permanently lasering it— sometimes all off.
9. The average age of first exposure to porn is 12 years old for boys, and not much later for girls.
10. Data from 2021 shows that 40 percent of all high school students reported feeling persistently sad or hopeless; it's even higher among females (60 percent) and LBGTQ+ kids (70 percent).