Puberty is one of the most profound biological and social transitions in the life span. It begins with subtle changes in brain-neuroendocrine processes, hormone concentrations, and physical morphological characteristics and culminates in reproductive maturity. The onset and trajectory of the hormone and physical changes that characterize puberty are well documented.

Puberty as a social construction is a more complicated concept and entails definitional ambiguity regarding the onset and offset of puberty; social-role passages into new reference groups; perceptions of body, self, and sexual image; Hormones are body chemicals that affect metabolism, growth, development, reproduction, and the body's stress-reaction. The onset of puberty is triggered by the brain, which starts the hormones flowing through the bodies of both boys and girls. The first stage of hormonal reactions starts when the hypothalamus releases a hormone called gonadotropin-releasing hormone (GnRH). This hormone, in turn, signals the pituitary gland, an endocrine gland the size of a pea at the base of the brain, to release luteinizing hormone (LH) and follicle stimulating hormone (FSH). These are the hormones that Zits and Hormones?: Skill has been added to your Cart. Add a gift receipt with prices hidden. Buy used Bring your club to Amazon Book Clubs, start a new book club and invite your friends to join, or find a club that’s right for you for free. Explore Amazon Book Clubs. Flip to back Flip to front. Hormones that increase during puberty can cause acne on the face and body, and increase sweating. At this time, a girl’s ovaries and a boy’s testes will begin to function. Puberty occurs when a part of the brain called the hypothalamus begins to produce a hormone (gonadotropin) that has an effect on the testes and ovaries causing an increase sex hormone and estrogen in girls and testosterone in boys. Healthcare providers measure puberty in five stages in both girls and boys based on reproductive development. In girls, the first sign of puberty is a breast bud, a small amount of firm, often tende