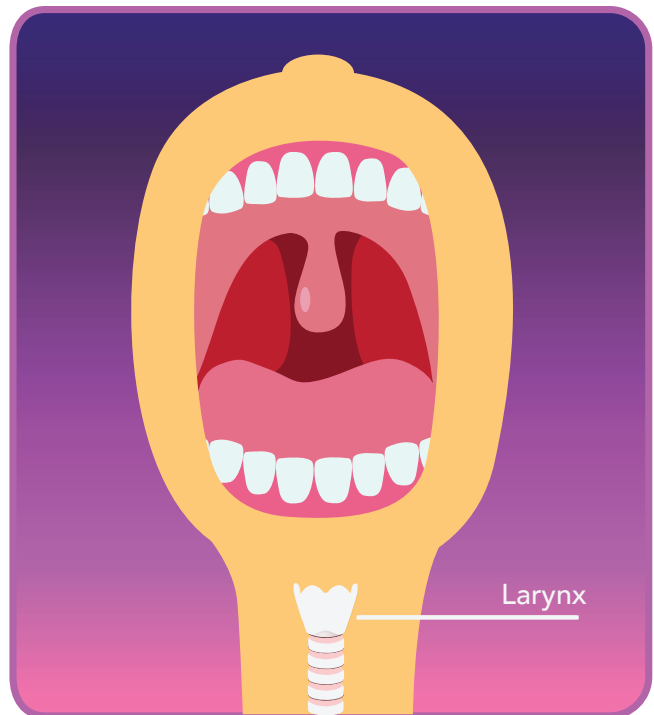


# Voice breaking



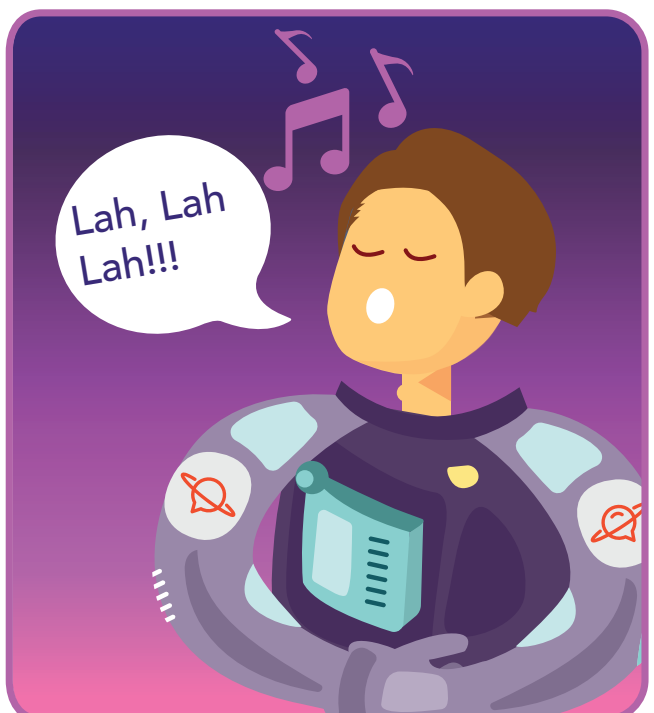
During puberty your voice changes. It can be high one minute and low the next. This is because your voice box is growing



Your voice box is also called your larynx. It is in your throat



You may also notice a bump sticking out of the front of your throat. This is called an Adam's apple



It can take time but your voice will stop changing. It will be deeper than before. This means you're growing up