



SAVVY SINGING TEENS

Find Your Voice

AGES 13 TO 15

SINGING THROUGH THE VOICE CHANGE

by Savannah

INSIDE THIS GUIDE

00 Welcome



01 Your Changing Voice



02 Breath & Support



03 Smart Warm-Ups



04 Building Healthy Habits



05 Confidence & Finding Your Sound



Welcome

Hey, I'm Savannah. If your voice has been doing weird things lately, cracking, feeling unpredictable, sitting lower or higher than usual, you are completely normal. Your body is growing, and your voice is growing with it. This guide will help you understand what's happening and sing through it in a healthy, confident way. Your voice is becoming **yours**.
Let's find it.

Savannah

HEADS UP

During these years, your voice may feel unstable, and that's a sign of healthy growth, not a problem. The most important thing right now is to be gentle and patient with your voice, not to push it.

WHAT YOU'LL NEED

- Your **voice** and a little patience with it
- A **water bottle**, hydration matters more than ever now
- A **piano or free pitch app** to find comfortable notes
- Your **phone's voice recorder** to track your changing range
- Optional: **headphones** for practicing along to songs

WHAT'S HAPPENING

Your Changing Voice

During puberty, your voice box (the larynx) grows and your vocal cords get longer and thicker. This is why your voice may crack, feel inconsistent, or change in range. For some singers the change is dramatic; for others it's gentle. Both are normal.

The key thing to understand: this is a temporary, natural stage. Your voice isn't broken, it's upgrading. The smartest move is to stop forcing old notes and work gently within whatever feels comfortable today.

Cracking is normal

As your cords change, your voice may "flip" or crack mid-note. Everyone going through this experiences it.

Your range may shrink, then grow

It's common to temporarily lose some high or low notes. They settle and often expand once the change is done.

Don't force it

Pushing for notes that feel hard right now can strain your changing voice. Sing only what feels easy.

Patience pays off

Singers who are gentle during the change come out the other side with stronger, healthier voices.

WORDS TO KNOW

Larynx. your voice box, it grows during puberty, which changes your voice.

Voice change. the natural shift in pitch and tone as your body matures.

Passaggio. the "bridge" spot where your voice flips between registers, extra bumpy during the change.

Breath & Support

No matter what your voice is doing, breath support is the foundation that keeps it healthy. Supported singing comes from steady airflow powered low in your body, not from pushing or straining your throat.

When your voice feels unpredictable, good breath support is what keeps you steady. It takes pressure off your cords and lets your voice work with less effort.

BREATH SUPPORT CHECKLIST

Power comes from your breath, not your throat. Keep your throat relaxed and let your breath do the work.

- ☐ Stand tall, shoulders relaxed and down
- ☐ Breathe low, your belly expands, not your chest
- ☐ Place a hand on your stomach to feel it move
- ☐ Exhale slowly on a steady "sss" for as long as you can
- ☐ Keep your throat open and relaxed, like the start of a yawn
- ☐ Never push or squeeze to reach a note

WHY IT MATTERS

Breath support is even more important during the voice change. It lets you sing steadily without straining cords that are already working hard to grow.

Smart Warm-Ups

Warm-ups are essential right now, but they should be gentle and stay in your comfortable range. The goal is to ease your voice into motion, not to test your limits. If a warm-up feels strained, make it smaller.

GENTLE WARM-UP

Stay in the easy middle of your range. If it strains or hurts, back off, your voice will thank you.

- ☐ Start with humming, soft and easy
- ☐ Lip trills and "ng" buzzes to warm the cords gently
- ☐ Sirens on "oo", but only as high/low as feels comfy
- ☐ 5-note scales in your easy middle range
- ☐ Stop and rest if you feel scratchiness or strain
- ☐ Hydrate before, during, and after

If your voice cracks during a warm-up, no big deal. Smile, relax, and keep going gently. It's all part of the process.

Building Healthy Habits

The habits you build now set up your voice for life. Treating your voice well during the change protects it and helps it grow into its full, healthy potential.

HEALTHY VOICE HABITS

1

Hydrate, hydrate, hydrate

Water keeps your cords healthy. Sip throughout the day, not just before singing.

2

Warm up every time

Never jump into hard singing cold, especially now.

3

Sing within your comfort zone

Skip notes that strain. There's no rush to reach them.

4

Rest your voice

Avoid yelling and give your voice quiet time after heavy use.

5

Don't compare

Everyone's voice changes on its own timeline. Focus on your own journey.

Confidence & Finding Your Sound

Your changing voice is becoming your real, adult voice, and it's worth being excited about. Confidence comes from understanding what's happening and being patient with yourself.

Keep singing the music you love, stay gentle, and trust the process. The voice you're growing into is uniquely yours.

Sing what you love

Pick songs that sit comfortably in your range right now and enjoy them.

Track your progress

Record yourself now and then, you'll be amazed how your voice settles over time.

Be kind to yourself

Cracks and off days are normal. Confidence grows when you stop expecting perfection.

KEEP GOING

Next: The Next Level (Ages 16 to 18)

Once your voice settles, The Next Level helps you build range, stamina, and performance skills for your maturing voice.

EXPLORE THE NEXT LEVEL