

Growing Up: Your Amazing Journey

Be Proud of Who You Are Becoming!

- Growing up means you will gradually take on more responsibility for your own belongings, your schoolwork, and your choices.
- As your body grows, it is normal to experience physical changes as you move through puberty. This is a natural part of becoming an adult.
- It is common to have big emotions when things change. Talking to a trusted adult like a teacher or parent can help you understand these feelings.
- Developing independence is a gradual process. You learn to make your own decisions and solve problems by using the skills you have practised at school and at home.
- Everyone grows at their own unique pace. You do not need to compare your journey to others, because you are developing exactly as you should.

Did you know? Did you know? Even though you are growing taller, your brain is also developing! During your teenage years, your brain builds new connections that help you solve harder puzzles, learn new skills, and understand your feelings even better.

Key vocabulary: Puberty · Independence · Responsibility · Emotions · Development · Confidence