

Growing Up: Your Amazing Journey!

Growing up is a natural adventure—let's explore the changes ahead together!

- **Puberty is a natural process where your body goes through physical changes to help you grow from a child into an adult.**
- **Hormones are like tiny internal messengers that act as the 'start' button for these changes, which can sometimes make your moods feel a bit wobbly.**
- **Good hygiene, such as washing daily and using deodorant, becomes extra important as your body starts to sweat more during these changes.**
- **It is completely normal to feel a mix of excitement, confusion, or nerves—everyone experiences these feelings at different times.**
- **You are never alone; if you have questions, you can always talk to a trusted adult, like a teacher, parent, or school nurse.**

Did you know? Did you know? Every single person in the world goes through puberty! It is the body's clever way of preparing to change from a child into an adult. Even the tallest trees and the strongest lions started out small and had to grow and change to reach their full potential, just like you!

Key vocabulary: Puberty · Hygiene · Hormones · Emotions · Independence · Wellbeing