

Growing Up: Your Amazing Journey

Embrace the Change: Your body is doing something brilliant!

- Puberty is a gradual process that happens at different times for everyone; there is no 'right' age to start, and your unique timeline is perfectly normal.
- Your body will experience physical changes, such as growing taller or skin becoming oilier, which means establishing a daily hygiene routine is a great way to look after yourself.
- Hormones can sometimes make your emotions feel 'big' or changeable; talking to a trusted adult, like a teacher or family member, can really help you navigate these new feelings.
- Taking care of your mental well-being is just as important as physical health; eating nutritious food, getting plenty of sleep, and staying active will help you feel your best.
- Asking questions is a sign of maturity; if you are curious about your development, remember that there are reliable sources of information available to support you.

Did you know? Did you know? Puberty is a universal experience! It is a natural process that prepares your body for adulthood. Just like a caterpillar transforming into a butterfly, your body is undergoing a series of clever biological updates triggered by tiny chemical messengers in your body called hormones.

Key vocabulary: Puberty · Hormones · Hygiene · Independence · Emotions · Development · Well-being