

Growing Up: Your Amazing Journey

Be proud of your progress—every step is a new adventure!

- Puberty is a natural stage of development where the body begins to prepare for adulthood through physical and hormonal changes.
- Growing up involves taking on more responsibility at home and school, such as managing your own belongings or helping others.
- Emotional changes are normal; it is common to experience a wider range of feelings as you navigate new social situations.
- Personal hygiene becomes extra important during these years because your body starts to produce more sweat and oil as it develops.
- Building resilience—the ability to bounce back from challenges—is a key part of growing up and becoming more independent.

Did you know? Did you know? During puberty, your brain is busy 'pruning' itself. It is removing connections you don't use often and strengthening the ones you do, which helps you think more complexly and understand yourself better as you grow!

Key vocabulary: Puberty · Independence · Responsibility · Hormones · Well-being · Resilience