

Growing Up: Your Amazing Journey

Growing Strong, Growing You: Navigating the Great Adventure of Puberty!

- Puberty is a natural process that happens to everyone as they transition from childhood to adulthood.
- Hormones are the natural chemicals produced by the body that trigger physical changes, such as growing taller or skin changes.
- Personal hygiene becomes extra important during puberty; washing daily and using deodorant helps you feel fresh and confident.
- It is completely normal to experience a wide range of new emotions, and talking to a trusted adult can help you understand these feelings.
- Everyone experiences puberty at different times; there is no 'right' or 'wrong' age to start changing.

Did you know? Did you know that your body has a special internal 'instruction manual' made of hormones? During puberty, these tiny messengers send signals to different parts of your body to help you grow from a child into a young adult. Everyone's manual works at a slightly different speed, which is why everyone grows and changes at their own unique pace!

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