

Growing Up: A New Adventure with Nova and Leo

Growing Up is Great: Your Guide to Big Changes!

- Puberty is a natural process that happens to everyone as they get older, usually starting between the ages of 8 and 14.
- During this time, your body will start to grow taller and change shape, which is a sign that you are becoming stronger and healthier.
- Good hygiene, like showering every day and using deodorant, is important because your body might start to sweat a little more than before.
- It is very common to have lots of different feelings or emotions; talking to a trusted adult like a teacher or a parent can always help.
- Everyone grows at their own speed, so do not worry if your friends are changing at a different time to you. Everyone is unique!

Did you know? Did you know? Just like a caterpillar turns into a butterfly, human bodies go through a special transformation called puberty! It is a perfectly normal part of life that helps you grow from a child into a young adult.

Key vocabulary: Puberty · Changes · Growth · Hygiene · Healthy · Emotions