

Growing Up: Your Amazing Journey

Embrace the Change: Your Roadmap to Becoming You!

- Puberty is a natural process where the body begins to change from a child into an adult, usually starting between the ages of 8 and 14.
- Hormones are responsible for the physical changes you might notice, such as growing taller, changes in skin, and the development of body hair.
- Personal hygiene becomes even more important during this time, including showering daily and using deodorant to stay fresh as your sweat glands become more active.
- It is completely normal for your emotions to feel like a rollercoaster; talking to a trusted adult, like a parent or teacher, can help you navigate these big feelings.
- Everyone develops at their own individual pace; comparing your progress to others is unnecessary because your body follows its own unique timeline.

Did you know? Did you know that your body is currently producing tiny chemical messengers called hormones? These are the '■■■■' (commanders) of your growth! They act like internal signals that tell your body exactly when to start the different stages of puberty, making you unique while ensuring everyone reaches adulthood in their own time.

Key vocabulary: Puberty · Hormones · Hygiene · Independence · Development · Emotion · Respect · Confidence