Growing Up: Your Amazing Journey

Embrace the Change: Your Guide to Growing Up with Leo the Lion!

■ **Puberty is the time when your body begins to change from a child to an adult. These changes are guided by hormones, which are natural chemical messengers in your body.**

■ **Everyone grows at their own pace. It is completely normal for your friends to change at different times and in different ways than you do.**

■ **Good personal hygiene, like showering regularly and using deodorant, becomes extra important as your body changes to help you stay fresh and healthy.**

■ **Growing up means taking on more responsibility, such as managing your own belongings, helping more at home, and making thoughtful choices.**

■ **If you ever feel worried or confused about growing up, remember that you can always talk to a trusted adult, like a teacher, parent, or family member.**

Did you know? Did you know? During puberty, your brain is actually busy 'rewiring' itself! This is why you might suddenly develop new interests, feel emotions more intensely, or start thinking about the world in a more complex way. It is a completely normal part of becoming a young adult.

Key vocabulary: Puberty · Hormones · Hygiene · Independence · Responsibility · Confidence