

Always Changing & Growing Up

Activity Sheet 1

Introducing Terry

Hi! I'm Terry. Do you ever feel like I do? Like your whole body's changing. It seems every day brings a new change.

One of the things I notice is that none of my clothes seem to fit for very long. My jeans are too short (or my legs are too long). My T-shirts are too tight. Even my feet seem to grow a size every six months. I kind of like getting bigger though. My parents say I'll be taller than they are.

I'm not sure how I feel about some of the changes. For example, I have hair in places I've never had hair in before. And there's someone in my class that I really like. Whenever we're close, I get kind of nervous, and then I start to blush.

Some of the changes are just embarrassing. I worry about body odour, even though I shower and use deodorant everyday. And then, there's the subject of pimples. Well, we all know about them. Just when you're getting ready to go to school in the morning, a pimple appears, and it makes me feel uncomfortable.

Sometimes I wonder what will happen next. I realize I'm becoming an adult, and I do feel more grown up than I did two years ago. I'm kind of scared but also I know that these feelings are a natural part of growing up.

Make a list of some of the changes that occur during puberty. Organize the changes in a chart like this:

Changes During Puberty	Could only happen to those with female sex organs	Could only happen to those with male sex organs	Could happen to those with female and male sex organs
Example: Grow taller			✓

Complete the following sentence starters:

The things I like about being me are...

I notice that...

I think a lot about...

Sometimes, I feel like I'm the only one who...

I look forward to...

I think puberty is...

OPTIONAL ACTIVITY

Write out some of your completed sentence starters on mural paper to create a graffiti board about puberty.