

# My Body Timeline

## Activity Sheet

### Why this worksheet matters

As you grow, your body, thoughts, and feelings may change. This is a natural process called puberty. Puberty happens to everyone, but not at the same time or in the same way. Learning about body development and changes will help you understand what's happening and make decisions about your body that feel safe and comfortable for you.

This worksheet is meant to help you think, reflect, and learn at your own pace. You are always in control of what you choose to write or share.

### Important reminders

- Everyone's body and puberty timeline are different
- There is no "right" or "wrong" age for changes to happen
- You may notice some changes now, some later, or experience them differently than others
- You are not expected to share personal information unless you choose to
- All bodies, identities, and cultures deserve respect
- It's normal to have questions, and asking questions is a sign of learning and growing

### Part 1: What I Already Know About Puberty

Answer in words, point form, or drawings.

1. What does the word puberty mean to you?

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2. What is one thing you already know about growing up and changing?

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3. What is one thing about puberty and body changes that you're curious or wondering about?

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### Part 2: Understanding Puberty

During puberty, the brain sends signals to trigger the release of hormones that lead to changes in the body, including changes to emotions and social experiences.

#### Puberty includes:

- Physical changes (how the body grows and develops)
- Reproductive system changes (how the body prepares for reproduction)
- Emotional experiences (how feelings and moods may shift and intensify)
- Social transitions (how relationships with friends, family, and others may change)

People from different families and cultures may talk about puberty in different ways. Some changes may feel exciting, confusing, uncomfortable, or all of these at once. All these feelings are normal.

#### Reflection:

1. How might learning about puberty help you take care of your health and well-being?

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2. What is one important idea you want to remember about how everyone's body changes at its own pace?

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3. What would you say to help a friend who feels worried about puberty changes?

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### Part 3: Changes Many People Notice During Puberty

Puberty happens at different times and in different ways for everyone. In the following list of common changes people might notice, check (✓) changes you already notice, circle ones you have heard about, or leave blank anything you are unsure about.

#### Physical Changes:

- Growing taller or faster than before (that is, growth spurts)
- Changes in body shape (for example, fat distribution and muscle development)
- More body hair (in areas such as the face, legs, arms, underarms, pubic area)
- Stronger body odour and/or sweating more
- Skin changes (for example, oilier skin and/or acne)
- Voice changes
- Increased hunger or appetite
- Genital development (penis, testicles, vulva may grow)
- Needing more sleep or feeling tired more often
- Changes in energy levels or sleep patterns

#### Emotional Changes:

- New or stronger emotions and mood changes
- Feelings that can shift quickly throughout the day
- Wanting more privacy or personal space
- Feeling more self-conscious or aware of your body
- Experiencing stronger reactions to everyday situations
- Having more intense feelings about yourself or others
- Noticing changes in confidence or self-esteem
- Feeling excited, nervous, and/or confused about growing up
- Feeling different from friends sometimes

#### Social and Mental Changes:

- Thinking differently or noticing new interests
- Shifts in feelings about yourself and others
- Changes in friendships or social groups
- Growing independence and/or new responsibilities
- Becoming more aware of how others see you
- Questioning rules or wanting to understand "why"
- Becoming more curious about your identity and future
- Noticing changes in how you relate to family member
- Wanting to make more of your own decisions
- Wanting to spend more time with friends

Choose one change from above and answer: What is one thing you already know, have heard, or wonder about this change?

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### Part 4: Changes That May Happen

These are *possible* changes that may happen during puberty. Bodies are unique, and not everyone experiences all of these changes.

#### People with female sex organs may notice:

- Breast or chest development
- Changes in body shape (for example wider hips, more curves)
- Growth of hair on arms, underarms, legs, and pubic area
- Menstrual periods beginning
- Vaginal discharge (clear or white fluid that helps keep the vagina healthy — this is normal)
- Mood changes related to hormonal cycles

**Menstrual Cycle Basics:** The menstrual cycle is a monthly process where the body prepares for the possibility of pregnancy.

- The lining of the uterus (called the endometrium) thickens each month
- If pregnancy doesn't happen, this lining leaves the body as menstrual blood
- This process typically begins during puberty and continues until menopause (later in life)
- A full cycle usually lasts about 28 days, though it can range from 21-35 days, with bleeding lasting 3-7 days, and it is common for this to be irregular when it first starts

**Reflection:** What is one new fact you learned about menstruation, or a question you still have about menstruation?

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#### People with male sex organs may notice:

- Voice changes (for example, the voice may become deeper or crack sometimes)
- Growth of facial, chest, arm, underarm, leg, and pubic hair
- Growth of the penis and testicles
- Increased muscle development
- Nocturnal emissions or "wet dreams" (these happen during sleep and are completely normal)
- Erections happening more often (these can happen without choice and at unexpected times, and are normal)

**Spermatogenesis Basics:** Spermatogenesis is the process where sperm cells are made in the testicles. This process begins during puberty and continues throughout life, with the body constantly making new sperm.

**Reflection:** What is one new fact you learned about spermatogenesis, or a question you still have about this process?

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## Activity Sheet

### Part 5: My Body Timeline

You may use the timeline below to show when you noticed changes, when you think they might happen, or leave it blank. You can write words, draw symbols, or use colours. Note: This is private unless you choose to share.

Ages (approximate): 8      9      10      11      12      13      14      15      16

What changes might happen at different times for different people?

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**Remember:** Everyone's body develops at its own pace. Some people start puberty earlier, some later, and that's completely normal. There's no "right" or "wrong" time for these changes to happen.

#### My timeline notes or drawings:

#### Reflection:

- What surprised you about the timing of puberty changes?

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- How do you feel knowing that everyone develops at their own pace?

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- What would you tell a friend who was worried about being 'early' or 'late'?

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### Part 6: How I Feel About Growing Up and Changing

There is no single “right” way to feel about puberty and growing up. All feelings are normal and okay, and they might change over time which is completely normal.

1. Circle or write words that describe how you feel right now:

- Calm
- Curious
- Proud
- Unsure
- Nervous
- Confused
- Excited
- Happy
- Worried
- Overwhelmed
- Ready
- Not ready
- Other: \_\_\_\_\_

2. One feeling I want to understand a bit more:

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3. Something that helps me feel safe or calm when I learn about changes is:

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4. One question I have or one thing I'd like to talk more about with a trusted adult:

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### Part 7: Personal Hygiene and Self-Care

As bodies change during puberty, personal hygiene becomes more important. These habits help keep people healthy, comfortable, and feeling confident about their bodies.

Check (✓) any practices you already know about or use:

- Showering or bathing regularly (daily or every other day)
- Washing hair regularly (frequency depends on hair type)
- Washing face daily (if skin becomes oilier)
- Wearing clean clothes and changing underwear daily
- Oral care (brushing teeth twice daily and flossing)
- Using deodorant and/or antiperspirant when needed
- Choosing and changing menstrual products safely and regularly (for people who menstruate)
- Washing hands frequently throughout the day
- Getting enough sleep (9-11 hours for your age group)
- Staying hydrated and eating nutritious foods
- Balancing screen time with other activities
- Spending time with family, friends, or doing hobbies you enjoy
- Other: \_\_\_\_\_

#### Reflection:

1. Why is personal hygiene important during puberty?

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2. One hygiene habit I want to start or improve on:

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3. Who can you talk to if you have questions about personal care products?

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### Part 8: Getting Support

Learning about puberty, body changes, and hygiene can bring up new questions or feelings. You deserve support and care as you navigate these changes.

Here are some examples of trusted people you could talk to for support (now or in the future):

- Parent or caregiver
- Teacher
- School counsellor
- Nurse or doctor
- Elder, faith leader, or community member
- Another trusted adult
- Older sibling, cousin, or other family member

#### Reflection:

One question I have right now (optional):

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One way I can take care of myself as I grow:

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#### Remember:

- Going through puberty is a natural and healthy process
- All bodies grow and change in many different ways and timelines
- Learning about your body (reproduction and hygiene) helps you take care of yourself
- Your experiences and feelings are valid and important
- You have the right to set boundaries and ask for help when you need it
- You are growing at your own pace, and that pace is perfect for you
- It's normal to have questions - asking questions shows you're learning and growing