

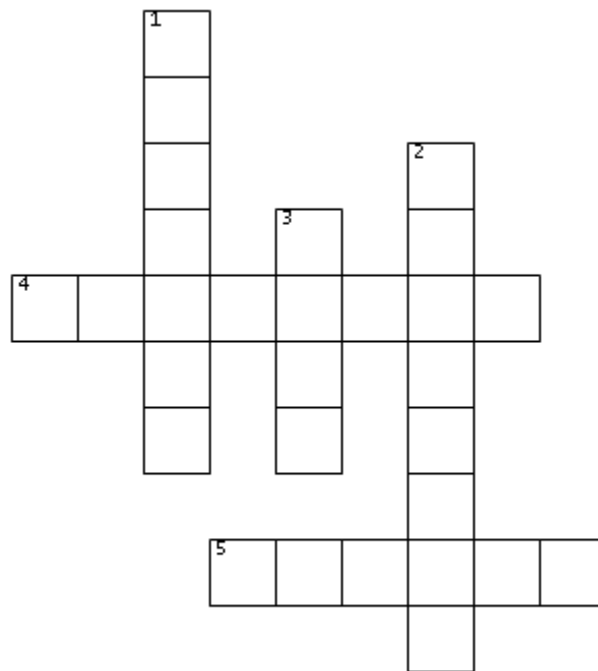


Module 1: Understanding Ourselves: Growth and Development

Lesson 1: Changes During Puberty – Worksheet Activity

Part I: Cross Word Puzzle!

Instructions: Fill in the numbered blank squares with words that match the corresponding clues



ACROSS:

4. Special body chemicals called _____ cause puberty.
5. During puberty, the body grows _____, and individuals may experience acne.

DOWN:

1. _____ is a natural and normal process where your body changes into an adult.
2. Hormones can affect your _____ and lead to mood swings.
3. New hair growth and _____ odor are common physical changes during puberty.

Part II: Categorize!

Instructions: Below is a list of changes that happen during puberty. Write "P" for Physical, "E" for Emotional, or "S" for Social next to each change.

Changes:

- Body grows bigger and stronger ____
- Experience mood swings ____
- Start to get interested in dating ____
- Getting taller ____
- Feel more sensitive or easily upset ____
- Desire more independence from parents ____
- New hair growth ____
- Confusion about yourself ____
- Friendships grow more important ____
- Having acne ____

Part III: Matching!

Instructions: Match each term related to puberty with its correct description or example.

- | | |
|------------------------------|---|
| 1. Hormones | a) Friendships become more significant during puberty. |
| 2. Emotional Changes | b) Body grows bigger and experiences acne. |
| 3. Social Changes | c) Special body chemicals that trigger puberty changes. |
| 4. Physical Changes | d) Mood swings and increased sensitivity. |
| 5. Healthy Coping Strategies | e) Talking to a trusted adult or counselor for support. |

Part IV: Reflect and Share!

Instructions: Answer the following question in your own words.

Question:

1. What is the most important thing you learned about puberty from this lesson? How can this information help you or your friends?
2. Based on the lesson, list at least three healthy ways to manage sad or confused feelings during puberty.
3. Why is it helpful to have support from adults during puberty? Explain in 1-2 sentences.

Part V: Coping Corner!

Instructions: As a group, discuss the importance of healthy coping strategies during puberty.

1. Refer to the lesson's "Healthy coping strategies" section.
2. Think of a common feeling or challenge a teenager might face during puberty (e.g., feeling confused, feeling sensitive, dealing with a new physical change).
3. On your group's worksheet, describe this feeling/challenge.
4. Then, brainstorm and list at least **three specific, healthy strategies** a person could use to cope with that feeling/challenge. These can be from the lesson or new ideas your group comes up with that are safe and positive.

- **Feeling/Challenge:**

- **Healthy Coping Strategies:**

a.

b.

c.
