



# UNDERSTANDING OURSELVES: GROWTH AND DEVELOPMENT

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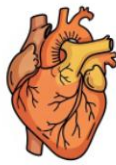
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Changes During Puberty

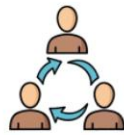
## Lesson's learning outcomes



PHYSICAL CHANGE



EMOTIONAL



SOCIAL CHANGE

- Recognize physical, emotional, and social changes during puberty.
- Understand puberty changes are a normal part of growing up.
- Identify healthy coping strategies for these changes.

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# What is Puberty?



- Puberty is when your body changes into an adult
- It is a natural and normal process
- Special body chemicals called hormones causes puberty

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# Physical Changes



- Body grows bigger and stronger
- Getting taller and experiencing acne
- New hair growth and body odor
- Changes happen to everyone differently

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# Emotional Changes



- Hormones can affect your feelings
- Experience mood swings
- Feel more sensitive or easily upset
- Confusion about yourself is normal

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# Social Changes



- Friendships grow more important
- Learn to build healthy relationships
- Desire more independence from parents
- Start to get interested in dating

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## Summary



- Puberty involves physical, emotional, and social changes
- These changes are a normal part of growing up
- Hormones play a key role in causing puberty
- Healthy coping strategies can help manage changes

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## Key Concept Check



**What are three types of puberty changes?**

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## Key Concept Check



**True or False?**

**Everyone starts puberty at the exact same age.**

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## Key Concept Check



**What is a healthy Way to Manage sad or confused feelings during puberty?**

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WELL DONE!