

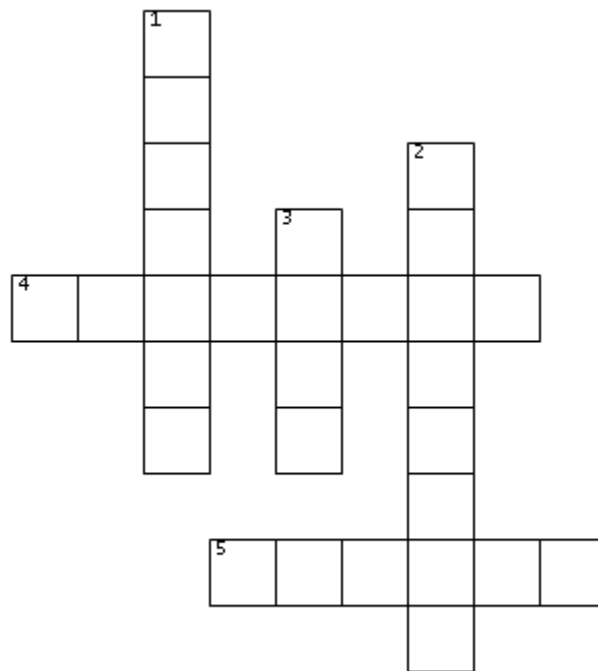


Module 1: Understanding Ourselves: Growth and Development

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 **hormones** cause puberty.
5. During puberty, the body grows **bigger**, and individuals may experience acne.

DOWN:

1. **Puberty** is a natural and normal process where your body changes into an adult.
2. Hormones can affect your **feelings** and lead to mood swings.
3. New hair growth and **body** 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 P
- Experience mood swings E
- Start to get interested in dating S
- Getting taller P
- Feel more sensitive or easily upset E
- Desire more independence from parents E
- New hair growth P
- Confusion about yourself E
- Friendships grow more important S
- Having acne P

Part III: Matching!

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

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

Part IV: Reflect and Share!

Instructions: Answer the following question in your own words.

(Answers should be similar below)

Question:

1. What is the most important thing you learned about puberty from this lesson? How can this information help you or your friends?
 - The most important thing that the student learned about puberty from this lesson is that it involves physical, emotional, and social changes, and these changes are a normal part of growing up. This information can help the student or his/her friends by normalizing the experiences they might be going through, reducing anxiety about changes, and encouraging open communication about what they're feeling and experiencing.
2. Based on the lesson, list at least three healthy ways to manage sad or confused feelings during puberty.
 - Talk to a trusted adult.
 - Share feelings with a parent or teacher.
 - A school counselor can offer support.
3. Why is it helpful to have support from adults during puberty? Explain in 1-2 sentences.
 - It is helpful to have support from adults during puberty because open communication with them can help manage emotions. Support from adults is also very helpful in general during this time.

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
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:**

(Answers should be similar below)

- a. Talk to a trusted adult.
- b. Share feelings with a parent or teacher
- c. A school counselor can offer support

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