What’s Happening To Me?

Puberty is the time when girls and boys change from being children and into being adults. Puberty usually begins between the ages of 8 to 18 years.

Describe five changes that could happen to boys and girls at puberty.

Describe one change that only happens to girls at puberty

Describe one change that only happens to boys at puberty

Ask the adults in your family about life when they were teenagers...

What sort of clothes did they wear?

What was their favourite music?

What were hairstyles like then?

What did they enjoy about growing and changing and being teenagers?

What did they find difficult about growing up and being teenagers?

We completed “What’s Happening To Me?”

_________________________  _________________________
Student                           Adult

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