



# **GROWING UP COMES FIRST**

Increasing the wellbeing of youth  
during the puberty process



# **COMFORT RULES!**

1. Ask questions
2. Listen
3. Respect

4. Right to pass
5. Confidentiality

**WHAT ARE THE**

**BEST THINGS**



**ABOUT GETTING OLDER?**

# WHAT IS PUBERTY?

**A**

The medical name for the process of **changing from a child to an adult.**

**B**

The period of life during which an individual becomes **capable of reproduction.**

**C**

Puberty comes from the Latin word "**pubescere**" which means "**to be covered with hair**".

**D**

PEW-burr-tee is a time when young people **start to smell**, causing others to plug their noes and say, "**PEW!**"

# WHEN DOES PUBERTY HAPPEN?

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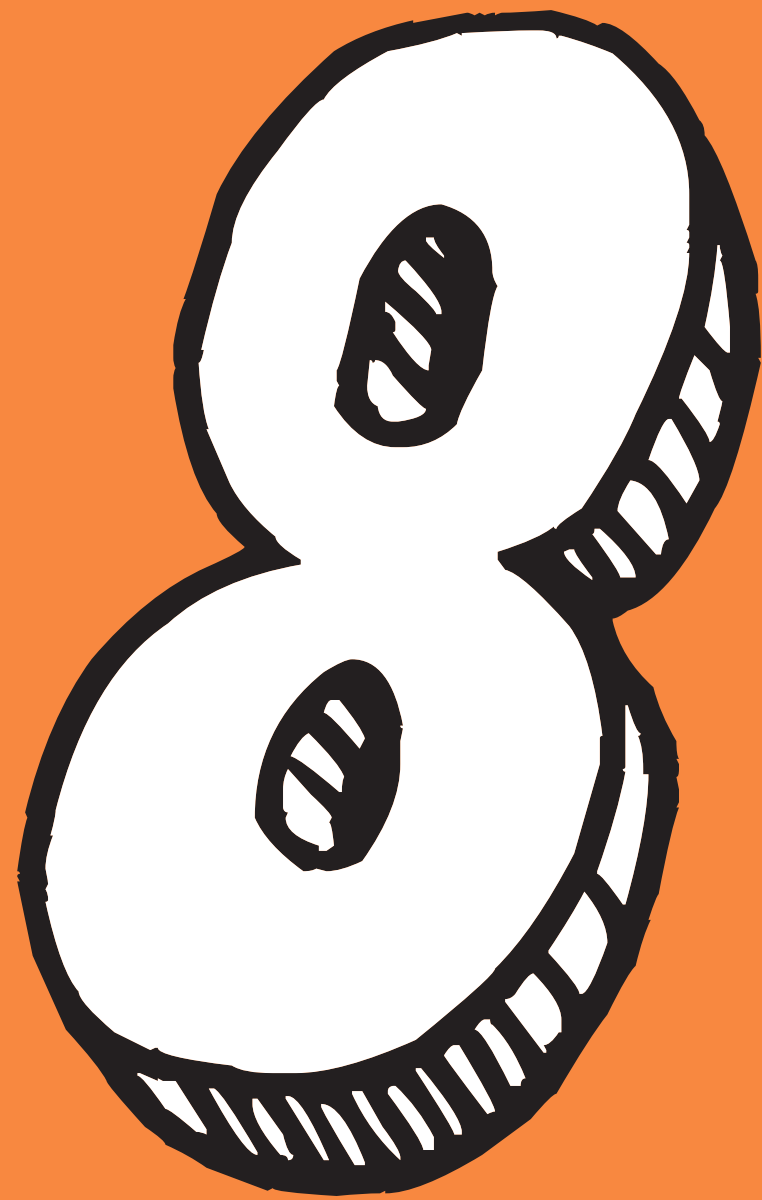
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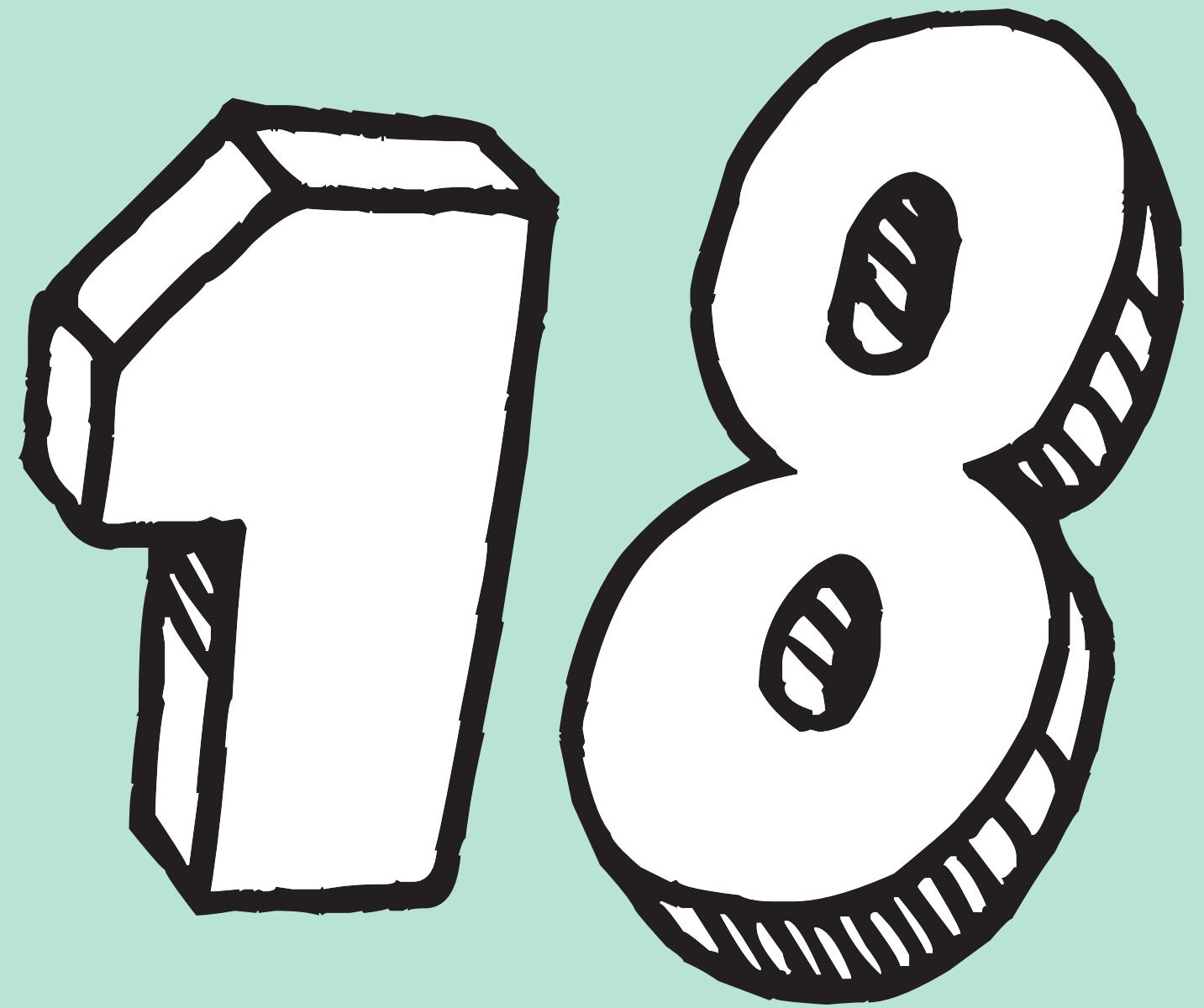
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**PUBERTY CAN HAPPEN ANYTIME  
BETWEEN**



**&**



# WHEN TALKING ABOUT BODIES PEOPLE MAY FEEL...



# **SOME STUDENTS WONDER...**



**WHY DO WE NEED  
TO TALK ABOUT  
THIS?!**

**WHAT DO YOU  
THINK?**



**WHEN IT  
COMES TO  
CHANGES,  
BOYS AND  
GIRLS...**

**1**

**ARE EXACTLY  
THE SAME**

**2**

**HAVE MANY OF  
THE SAME**

**3**

**ARE VERY  
DIFFERENT**

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