

Name _____

Understanding Puberty: What Would You Say?

1. I keep hearing that my body's going to start changing. What's going to happen?

2. I worry that I'm growing faster than my friends. What can I do?

3. The changes in my body embarrass me. Is there someone I can talk to?

4. My feelings seem to be up and down a lot these days. Is that normal?

5. People say that now that I'm growing up, I will have new responsibilities in my family. What does that mean?
