

All About Adolescence

Answer the questions

Share the stage of life that you love to be in and tell us why



I am excited to be a

Because I can

You are an adolescent. Share 3 physical changes that you are experiencing.

1.

2.

3.

**You are an adolescent whose body is changing.
Why is your body changing?**

Answer:

This is Jack. His parents **do not** allow him to drink soft drinks.

1.

2.



Tina got her period for the first time. Complete this table below

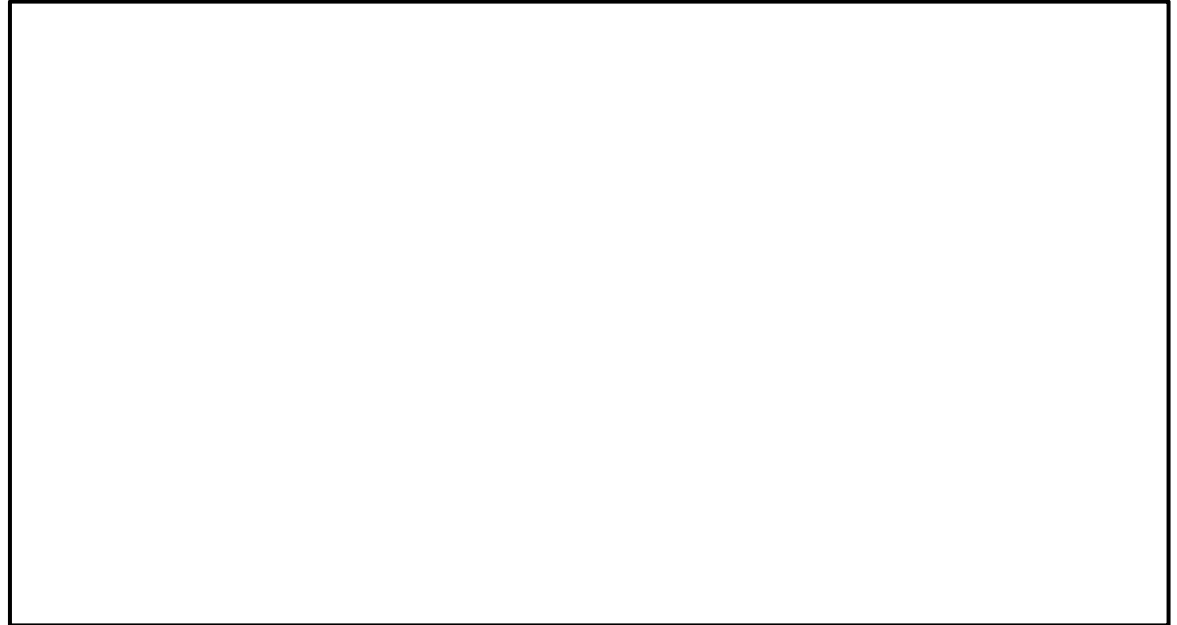
Things that Happen during period	Strategies
Stomach Cramps
.....	Using a sanitary Pad
Sweating

You are an adolescent now. Share and describe one change that you will experience

Name the change

What happens?

How does it make
me feel



Matt is an adolescent boy. He started experiencing changes in his private parts. Share and explain one changes that he experienced.

Name of change

Explain the change

Tia is an adolescent. Her friends bodies have started changing are growing. Tia is still short and her body has not changed. So she has low Self Esteem.

How can Tia motivate herself?

**Tim is an adolescent. He has pimples on his face.
Tim thinks he looks ugly because of his pimples.**

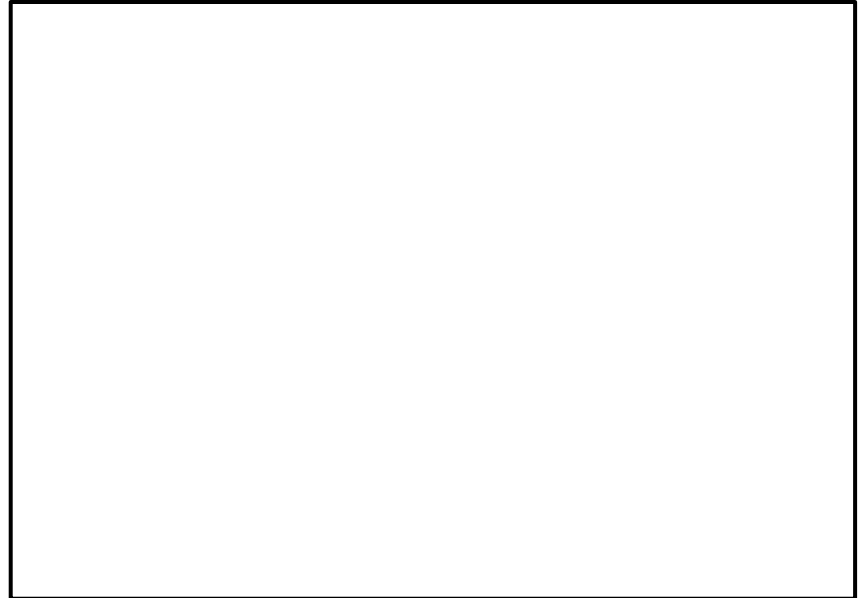
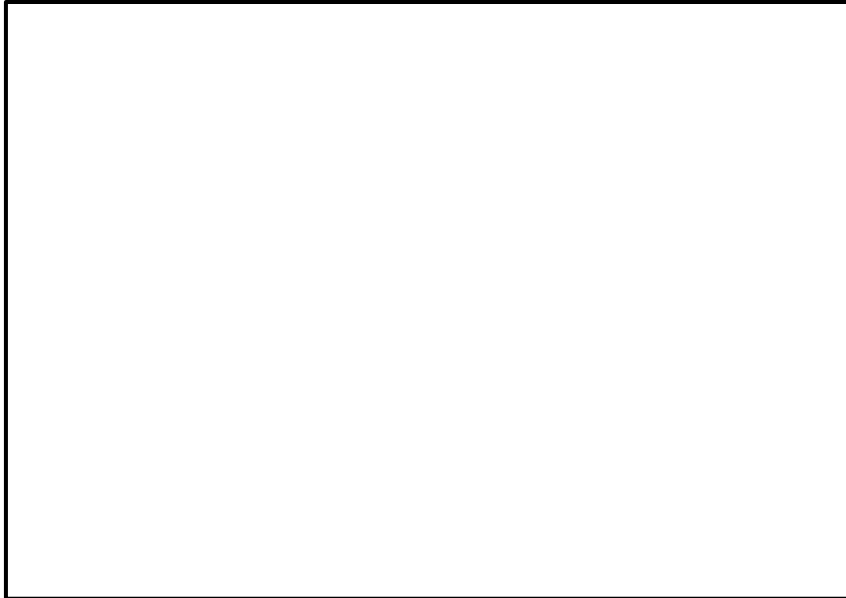
Why is he feeling like this?

How can he motivate himself?

One change that Adolescents experience is **mood swings.**

Explain this change

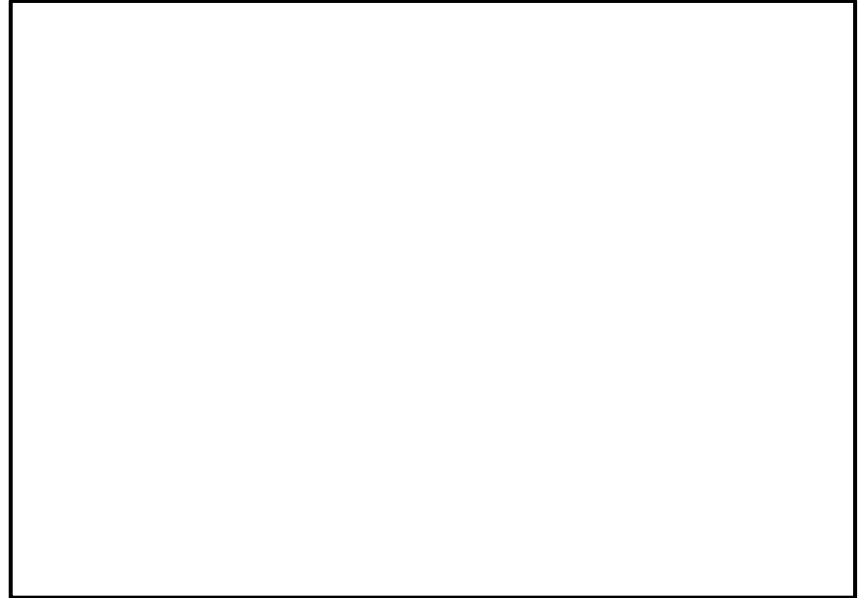
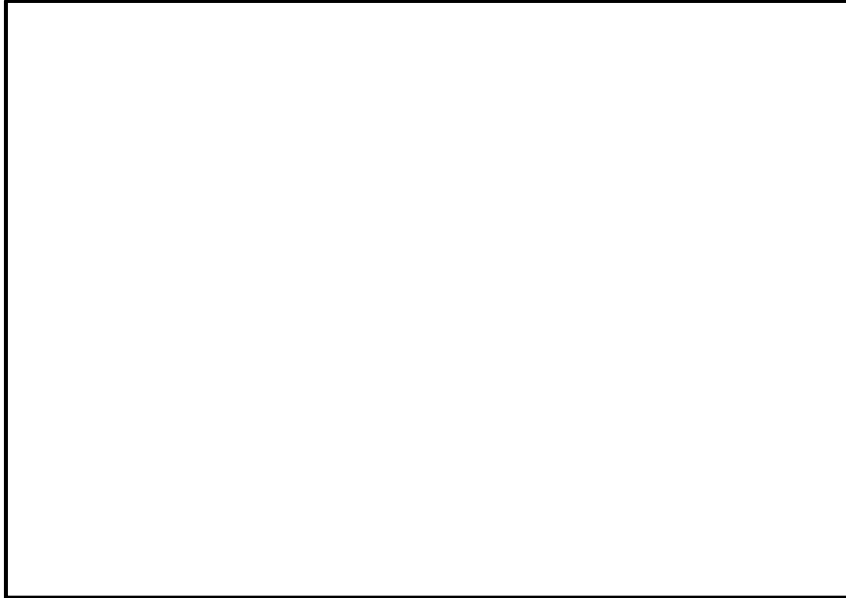
Coping with this change



Adolescents **body shape** and **private parts** change.

Explain this change

Coping with this change



Due to Puberty, Adolescents **sweat more.**

Coping with this change