

Coping with change

Puberty: true or false?



Sometimes children do not feel worried about puberty changes.

Everybody goes through puberty changes.

There is never anyone you can speak to if you have questions or feel worried about puberty.

Puberty changes happen very slowly, not overnight.

Puberty changes aren't painful.

You can speak to someone you trust about puberty.

Puberty usually starts for girls at the age of 15.

Puberty usually starts for boys at the age of 10.

Puberty is caused by chemicals in our bodies called hormones.

Puberty changes are normal and happen to everybody.

Puberty is the beginning of children's bodies changing into adult bodies.

Puberty changes all happen at the same time.