

Coping with change

Puberty questions



I keep shouting at my sister for no reason, even when she hasn't done anything wrong. Why is this happening?

I have lots of spots on my face and I think that everyone is staring at them.

I haven't even noticed any of the puberty changes yet and I am in Year 5. Is this normal?

I don't want puberty to happen to me. What can I do?

What should I do if my period starts when I'm at school?

Am I going to grow a beard?

I am the shortest person in my year group and I feel so small next to everyone else!

This morning I woke up and my bed sheets were slightly wet but I hadn't wet the bed. Is this normal?