

Coping with change

Controlling the changes



Look at these changes that might happen during puberty. Which ones can we control? Which ones are out of our control?

Feeling tearful

Fancying someone

Growing hair under our arms or between our legs

Growing taller

Feeling embarrassed by parents/carers

Feeling angry

Girls only: starting periods

Boys only: having wet dreams

Arguing with parents/carers/siblings

Buying trendy clothes

Getting spots

Starting to sweat more

Feeling anxious

Wanting to eat more

Using the internet more

Going out with friends more often

Can control	Cannot control

Ways to manage changes well

Change	Ways to manage