

Help! This is My Body?

1. Growing Up and Out (or Not)

- a. Describe three physical changes you can expect during growing up during the period known as “puberty”.

- b. Why can this period be upsetting to teens as their body goes through these growth changes?

2. Adjusting to a New Body

a. Beware- don't compare –

Why is it dangerous to compare your physical changes with friends and especially celebrities and models?

b. Treat your body well

Although we know we need healthy eating and exercise many teenagers do not eat properly and often quit or switch activities. What reasons can you give for these choices.

c. Explain these statements.

Befriend Your Bod

Walk tall- even if your not

3. More Curves Ahead

- a. Puberty is the first period of growing up however it is followed by another. When can you expect this next period?

- b. Explain why the “Freshman 15” time can lead to bad habits which have negative effects on our bodies.

- c. Why is important to build **resilience**