



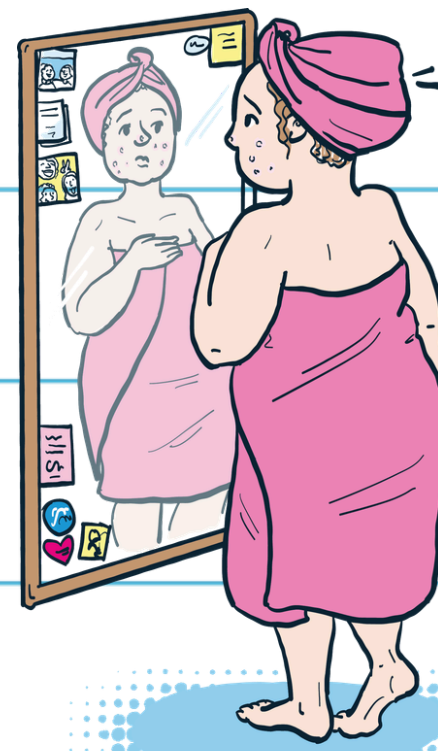
GUIDE to PUBERTY

FOR TEACHERS



Definition: a process of physical changes leading to sexual maturity

PUBERTY ONSET:
♀: 8-13 years
♂: 9-14 years



"Not being happy with the way we look may make us engage with unhealthy eating behaviours, feel sad and have low-mood and self-esteem."

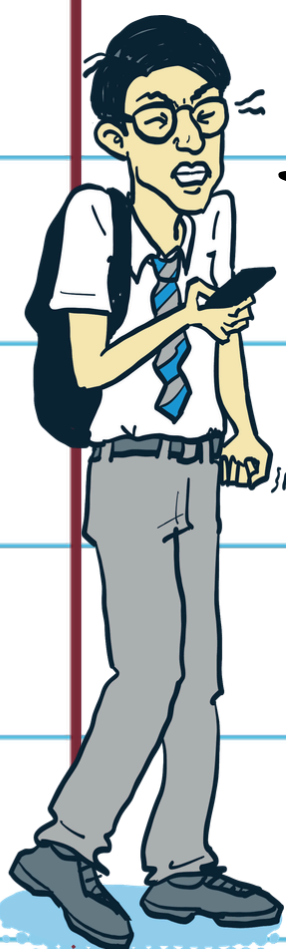
Going through puberty feels much more distressing when we are developing slower or faster than our peers



IT CAN BE HARD TO ACCEPT *changing bodies...*

36% of girls and 24% of boys avoid PE classes due to worries about appearance

FEELINGS & EMOTIONS



We can lash out at our parents, teachers and peers as we are learning to control our emotions...

- WHAT TO EXPECT:**
- ⚡ MOOD CHANGES
 - ⌚ CHANGES IN ENERGY LEVELS
 - ♂♀ IDENTITY DEVELOPMENT
 - ➡ TAKING RISKS
 - ?! QUESTIONING RULES



We get more curious about romantic relationships and what we like...

SEX & SEXUALITY

- WHAT TO EXPECT:**
- 📧 WANTING MORE PRIVACY
 - 🔍 LOOKING FOR INFORMATION
 - 💬 SEXUAL LANGUAGE & JOKES
 - 👉 EXPLORING OWN BODIES AND SEXUALITY
 - 💬 TALKING ABOUT SEXUAL ACTS WITH PEERS

HOW CAN TEACHERS HELP?

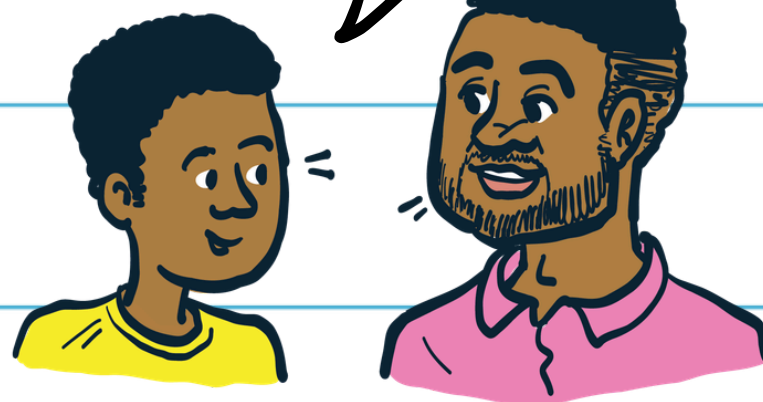
be a **ROLE MODEL** for a **HEALTHY LIFESTYLE**



Reassure us that the changes we're going through is completely normal, such as growing slower or quicker than our peers.



76% of teenagers who learned about body confidence in school said it made them feel more positive about themselves



"Help us learn how to use sanitary items and provide us with sanitary options"



It is important to inform us about what is okay and what is not okay when it comes to sexual behaviour

Use the correct words for body parts when talking about our bodies. This empowers us and helps us understanding and accepting our bodies.

PRAISE THE TEENAGER FOR THEIR EFFORTS

