IN THIS GUIDE:

- WHAT TO EXPECT
- WHAT YOUNG PEOPLE NEED
- HOW TO OFFER SUPPORT

PARENTS' AND CAREGIVERS'

GUIDE TO PUBERTY

PUBERTY IS A PROCESS

OF PHYSICAL CHANGES LEADING TO SEXUAL MATURITY

ADOLESCENCE

IS MORE THAN JUST PHYSICAL CHANGES:

the TIMING VARIES...

PUBERTY ONSET:

♀: 8-13 years

♂: 9-14 years

FEELINGS & EMOTIONS

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

WHAT TO EXPECT:

- MOOD CHANGES
- CHANGES IN ENERGY LEVELS
- IDENTITY DEVELOPMENT
- TAKING RISKS
- QUESTIONING RULES

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 PARENTS & CAREGIVERS CAN HELP:

RESPECT their PRIVACY

TALK ABOUT PUBERTY BEFORE IT STARTS!

SUPPORT THE CHILD IN THEIR SELF-EXPRESSION

PRAISE THE TEENAGER FOR THEIR EFFORTS

PUT YOURSELF IN THE CHILD'S SHOES

THEY ARE JUST STRUGGLING TO BECOME AN INDIVIDUAL ON THEIR OWN

be a ROLE MODEL for a HEALTHY LIFESTYLE

STAY CALM DURING OUTBURSTS

THEY LEARN FROM HOW YOU REACT TO THEM!

BE INFORMED

GW4 Pathline LAURA SORVALA ILLUSTRATION

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Read more in our full guide: www.gw4.co.uk/puberty-guide