

Jigsaw Jez's Journey

genitals

semen

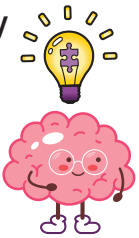
Changing Me

testosterone

How can I cope positively with change?

I will learn about...

- My self-image and body image
- Puberty for boys
- Puberty for girls
- The importance of looking after yourself physically and emotionally
- Becoming a teenager



growth spurt

hormones

I will explore...

- How to develop my self-esteem
- Puberty and how it is a natural process
- How to express feelings about the changes that happen to me during puberty
- How to cope with the changes that growing up brings
- The changes that I might want to make for the future

oestrogen

perception

age appropriateness

pubic hair

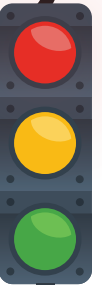
self-esteem

hygiene



facial hair

consent



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What can you do to help yourself manage change as you get older?

Why is it important to look after ourselves physically and emotionally, especially during puberty?

My Thinking Pad

What have I learnt in this puzzle that helps me to cope positively with change?

Girls change during puberty by...

Boys changes during puberty by...

Puberty can be different for different people because...

How might changes at puberty affect you and your friends?

Changing Me

