

# **My body: Feelings and Puberty**

- I can describe the changes that take place with puberty.
- I can talk about my growing independence.
- I can talk about things I can do when I am upset.
- I can identify an adult to speak to if I am upset.

When we go through  
puberty what happens  
to...



*Voices*  
**Body shape**  
*Hair* **Smell**  
**Skin**  
**Breasts**



## Feelings, moods and emotions

People use different words like **feelings** or **emotions** or **mood** to describe how a person feels at times.



## Feelings, moods and emotions

When your body changes with puberty, you might feel things more strongly, or your feelings can change quickly.

You might hear people say that with puberty you get moody or have mood swings.





All the changes that happen during puberty are caused by chemicals in your body. These chemicals are called Hormones.

When your body is ready to begin puberty, your pituitary (say: pih-TOO-uh-ter-ee) gland (a pea-shaped gland located at the bottom of your brain) releases these special hormones.

Depending on whether you're a boy or a girl, these hormones go to work on different parts of the body.

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## Feelings game



# LET'S TALK

**What do you do if  
you feel sad?**



**What do you do if you  
feel angry?**



## When you like someone

During puberty, you can start to have feelings of **attraction** to someone.

You might ‘fancy’ other boys or girls, sometimes people fancy boys and girls.

You may even feel like you’re in love!

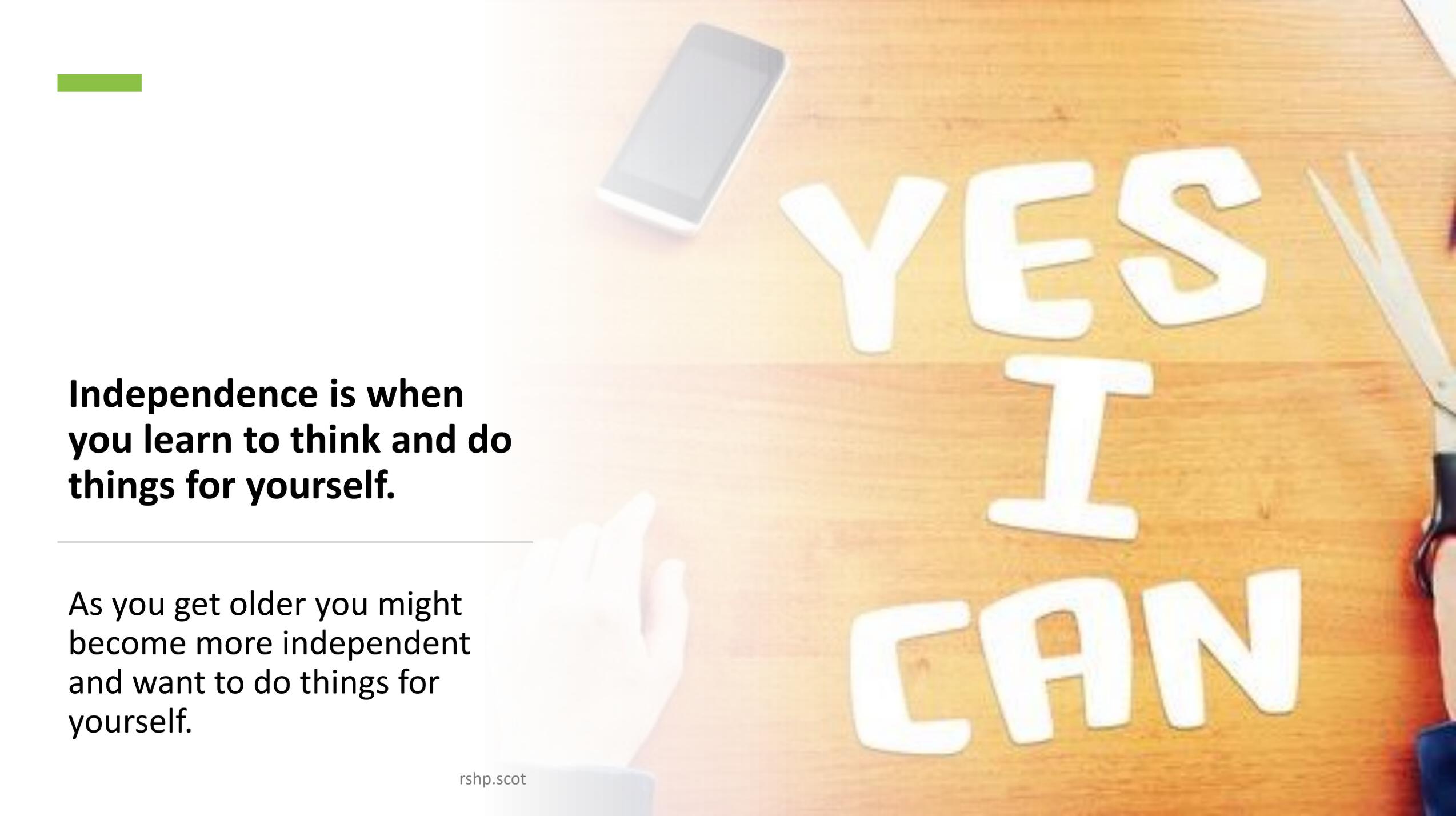


**When you like someone.  
That's okay.**

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They might like you back.  
But they might not feel the same  
way, and that's okay too.  
You should never try to make  
someone feel something that  
they don't want to feel!



A photograph of a wooden table. In the upper left, a smartphone lies on its back. In the center, the words 'YES I CAN' are arranged in three rows using large, white, 3D block letters. To the right, a pair of scissors is partially visible. In the lower left, a white hand is reaching towards the letters. A green horizontal bar is in the top left corner of the page.

**Independence is when  
you learn to think and do  
things for yourself.**

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As you get older you might become more independent and want to do things for yourself.



1



2



3



4



5

**What do you do now for yourself that you didn't used to do?**



1



2



3



4



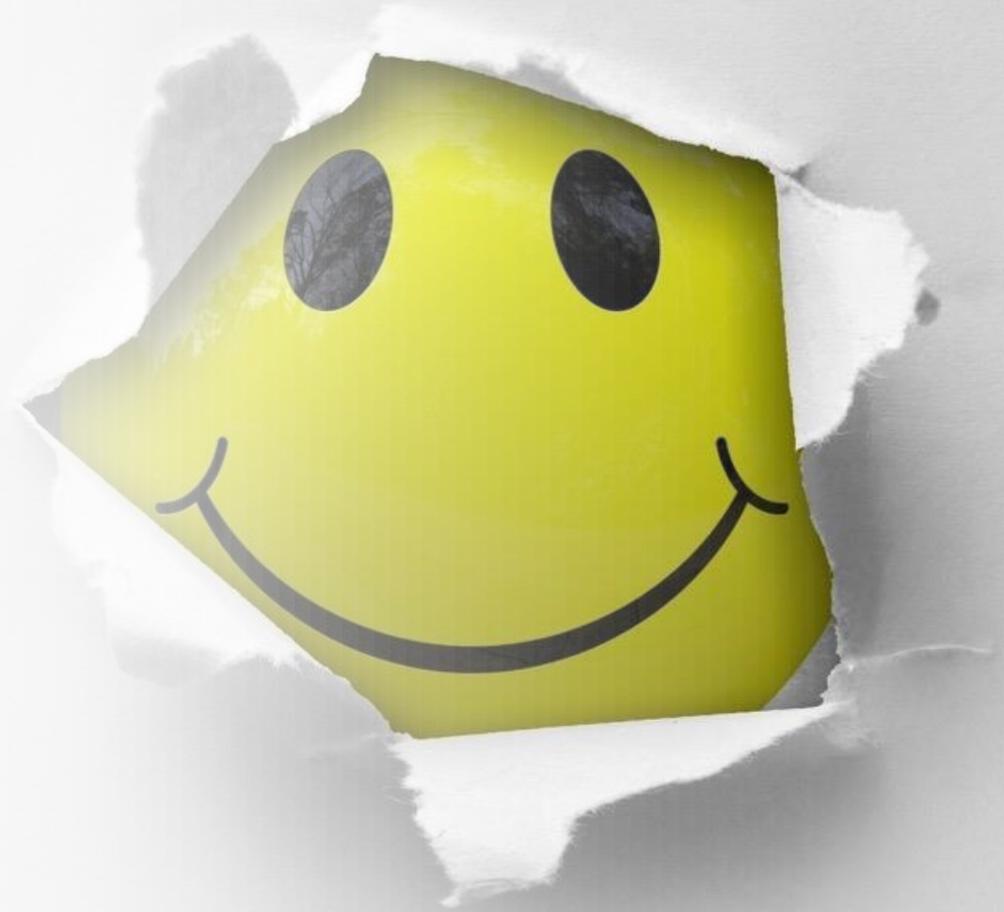
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**What things would you like to do more on your own or for yourself because you are getting older?**

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It's good to talk about  
your feelings and  
emotions.

**Who can you talk to?**



**Its good to talk about our feelings and emotions.**

**You can talk to someone at school or at home.**

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**You can contact ChildLine** whatever your worry, if it's about you or someone you love.

Childline counsellors are there to help. Speak to them by phone, online or email 24 hours a day.

**Information and chat online**  
<https://www.childline.org.uk/>

**Phone 0800 1111**

