

## **“THEY TELL ME I’M GOING THROUGH PUBERTY”**

Hi, I’m Chris and I’d like to tell you about what’s happening to me. It seems that every day brings a new change. It’s almost like I’m getting a new body! They tell me I’m going through puberty.

One thing that’s happening is this new hair that’s growing in places it’s never been before. Like under my arms. I know this is normal and all, but it still takes getting used to.

I don’t mind some of the changes I’m seeing. In fact, some things I even like. I’m taller than I was last year. I know I’m smarter just because I’m able to think and write about what I’m going through now.

But then, there are some changes that aren’t so good. Like B.O; body odour. I didn’t understand why I was starting to smell but when I was told that it is because my sweat glands are reacting to my hormones I realise it’s not too bad if I wash and use deodorant.

What I really don’t like is acne. I remember I was getting ready to go to a party, when I looked in the mirror and saw this big spot staring back at me. I went to the party anyway. I noticed that many other kids had the same or worse luck with their spots. I wonder how common this is.

There’s one thing I get a little embarrassed about. It’s even hard for me to say this. When I was at the party the other night, I was with someone I like and I got this new feeling, it was strange but kind of nice. They tell me it’s normal. Is it?

They tell me I’m going through puberty. That means I have to go to school with my spots and manage things like body odour. But, I’m taller and smarter and growing into an adult so I think I’ll survive.

### **Q. Do you think Chris is a boy or a girl, or are you unsure?**

- Ask children to discuss this in pairs and then ask them to put their hands up if they think Chris is a boy and then if they think Chris is a girl.

- No change that is happening to Chris would indicate one gender over another.
- The changes happening to Chris are NORMAL and could happen to anyone.
- The changes Chris is going through are all signs of puberty and will happen to different people at different times.