

GROWING UP for girls

GROWING UP

“You are totally unique! Everyone goes through puberty in their own way, at their own time. There really is no right or wrong way to grow up.”

There's lots of things that will change when you grow up.
Fill in the blanks in the sentences using the list of words:

1. You'll grow
2. You might put on weight in different areas such as your
3. You'll start to grow
4. Your will get wider.
5. You might feel new or emotions.
6. You'll start having

HIPS CONFUSING ARMS
PERIODS TALLER BREASTS

Got a tricky question?

Write a question in the box, cut it out and give it to trusted adult
(it could be a family member or a teacher!)

GROWING UP *for girls*

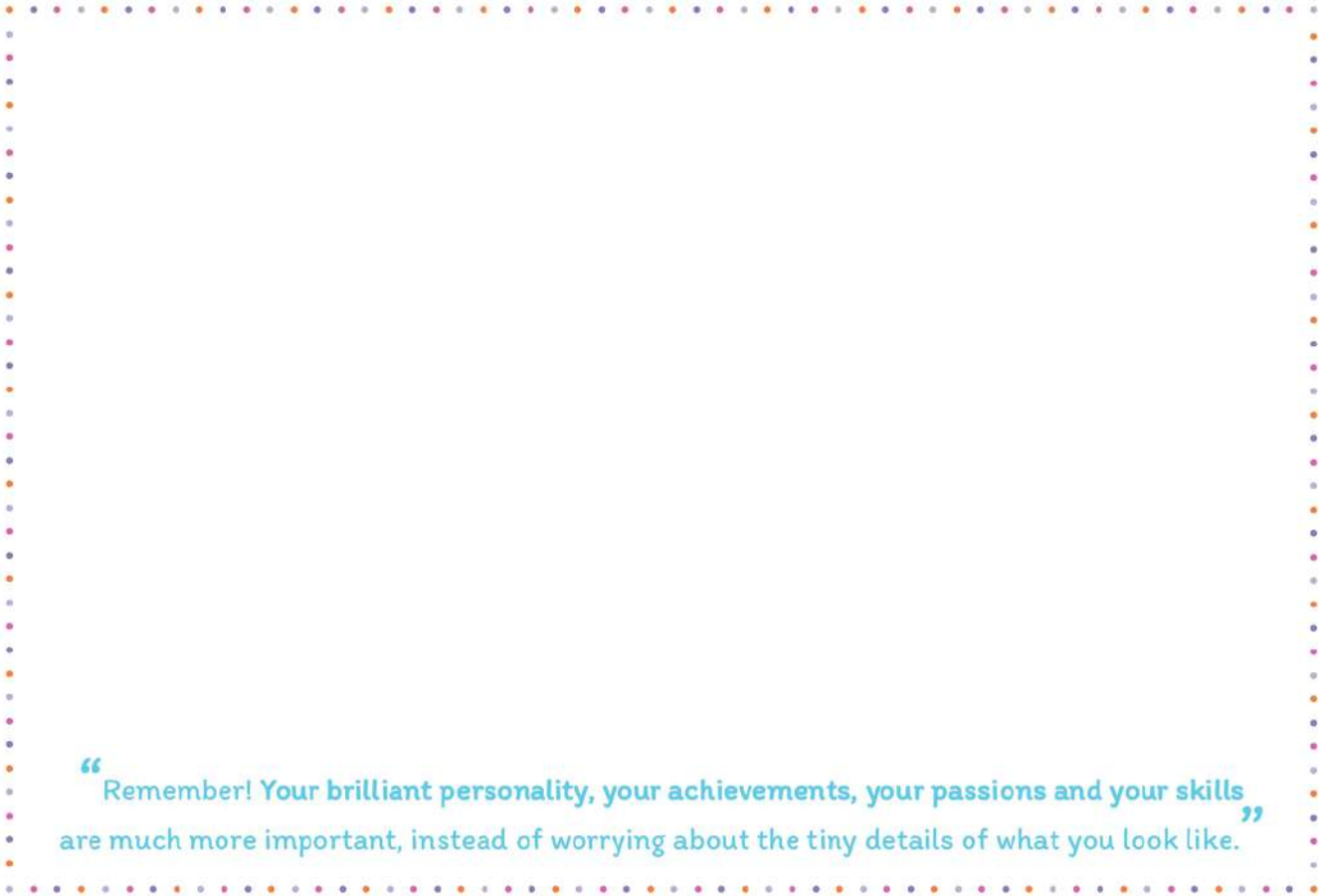
BE TRUE TO YOURSELF

“Stay focused on doing the things you enjoy and keeping your body healthy.”

Write down some things you love about yourself!

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Draw an outline of yourself in the box below and colour yourself in with colours and patterns that reflect your personality and interests. Then write in the space around you with key words that describe your interests, hobbies, talents and achievements.



“Remember! Your brilliant personality, your achievements, your passions and your skills are much more important, instead of worrying about the tiny details of what you look like.”

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HEALTHY HABITS

“A perfect body is one that works just the way it should, and not one that looks a certain way. To feel good about ourselves and keep everything in our bodies working properly, we all need to do regular exercise and eat well.”

Think about all the things you do to look after yourself

Do you play any sports or enjoy a particular type of exercise? *E.g. Football, swimming, walking*

How many hours of sleep do you get? *E.g. enough to rest and recharge*

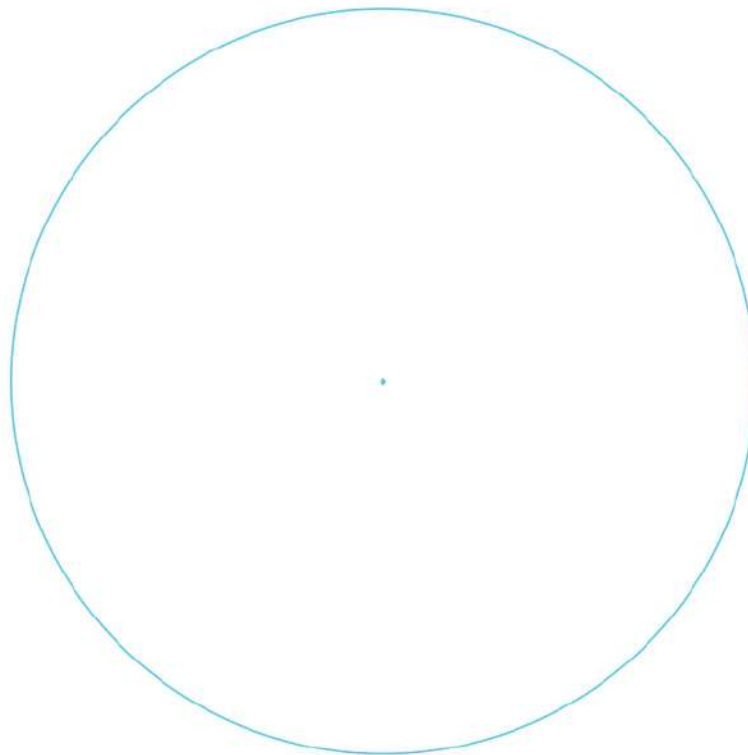
Do you have a balanced diet? *E.g. your 5 a day and you enjoy your occasional sweet treats!*

What hobbies and interests do you have? *E.g. reading, listening to music, being outdoors*

Create a pie chart in the diagram below.

Make the sections as big or small as you like and how important you think they are.

Label each section clearly by colouring in the sections, writing in keywords and drawing illustrations.



Do you think there is anything you could improve or spend more time on?

.....
.....

“As we grow up, we get to know ourselves better than we ever have before. Trying new activities, exploring new ideas and making new friends helps us to work out the kind of people we want to be as adults.”