**Puberty Activity**

Puberty is a time when the body goes through changes to prepare for adulthood. It typically happens between the ages of 8 and 15. It is started by the release of hormones in the body. Males and females experience some changes that are similar. Other changes are different. Each person’s body goes through changes at its own rate and time. It is best to talk with a trusted adult about any questions or concerns you might have about puberty.

# Materials

* pencil and paper

# Directions

1. Read the **PebbleGo Next Health** article “Puberty.” Take notes on anything you have questions about or want to know more about.
2. Journal about your feelings after reading this article. What about puberty, if anything, are you nervous about? What do you have questions about?
3. Consider talking through your thoughts and feelings with a trusted adult.

# Critical Thinking

1. What are some things that happen during puberty?
2. What are hormones, and what jobs do they do?
3. How might puberty affect people differently?