# My Growing Up Map

Every body grows on its own timetable. Questions are welcome here.

**Name:** _____ **Date:** _____

## 1 Changes I have heard about

Tick the ones you know a little about. Circle ones you want to learn more about

- ☐ Growing taller fast
- ☐ Sweat and smell
- ☐ Skin and pimples
- ☐ Hair in new places
- ☐ Voice changes
- ☐ Breasts growing
- ☐ Periods
- ☐ Erections, wet dreams

## 2 How I feel about growing up

You can feel more than one thing at once

- ☐ Curious
- ☐ Excited
- ☐ Proud
- ☐ Embarrassed
- ☐ Worried
- ☐ Confused
- ☐ Just okay
- ☐ Something else

## 3 My questions

No question is silly. Write it or draw it

**A question I have:** _____

**A word I'm not sure about:** _____

**Something I heard from friends:** _____

## 4 My trusted adults

People I can ask about my body and feelings

**At home:** _____

**At school (nurse, counselor, teacher):** _____

**My doctor:** _____

My body belongs to me. If anyone makes me feel unsafe, I tell a trusted adult. Draw or write a note to me:

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# My Body Care Plan

Growing bodies need a little more care. Small habits, every day.

**Name:** _____ **Date:** _____

## 1 My daily care Choose the ones that fit you right now

- [ ] Shower or bath
- [ ] Deodorant
- [ ] Wash my face
- [ ] Brush teeth
- [ ] Clean clothes
- [ ] Clean socks
- [ ] Enough sleep
- [ ] Drink water

## 2 My ready kit A small bag for my backpack or locker

- [ ] Spare underwear
- [ ] Pads or liners
- [ ] Deodorant
- [ ] Tissues
- [ ] Face wipes
- [ ] Lip balm
- [ ] Water bottle
- [ ] Something else

## 3 My week Tick each one you did today

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| **Washed up** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **Deodorant** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **Lights out on time** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

## 4 For the adult helper Short, calm talks work better than one big talk

Puberty usually starts at 8 to 13 in girls and 9 to 14 in boys. Ask the doctor if it starts earlier or not by 13 or 14.

Use correct names for body parts, answer simply and say: "I'm glad you asked." It is okay to say: "Let me find out."

Talk about periods and wet dreams before they happen, and pack the ready kit together.

**US: crisis, call or text 988. Emergency, call 911. These pages do not replace a doctor's advice.**

Adult notes: questions to look up, next check in date

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